



Highcroft Drive Elementary School Physical Education 2005-2006 First Grade Pacing Guide



First Quarter (* Major Assessment)

Establish learning environment
(1.2.1)

Space Awareness
(1.2.1), (1.4.2)

Dodging Obstacles
(1.4.2)

*Understand the basic movement
concept of personal space in a
physical education setting
(1.4.2)

Locomotor skills
(1.4.1)

*Demonstrate and identify critical
elements of the basic locomotor
skills of skipping, leaping, gallop-
ing, and sliding (1.4.1)

Hand dribble (1.3.1)

Second Quarter (* Major Assessment)

Fitness games and activities
(1.1.1), (1.1.2)

*Demonstrate the ability to under-
stand the concept of pacing during
cardiovascular endurance activities.
(1.1.2)

Complete one component of a health
related fitness assessment.
(1.1.1)

Throwing and catching
(1.3.1)

*Demonstrate and verbalize 2-3 of the
essential elements of catching and
throwing (1.3.1)

Balancing
(1.3.2)

*Demonstrate static and dynamic bal-
ances using different body parts
(1.3.2)

Third Quarter (* Major Assessment)

Rolling (1.3.2)

*Demonstrate a forward roll (1.3.2)

Simple Dances

Jump rope skills

*Demonstrate cooperation with a
partner by successfully working to-
gether to complete an assigned task.
(1.2.2)

Participate in Jump Rope For Heart

Hockey stick handling (1.3.1)

Fourth Quarter (* Major Assessment)

Striking with implements
(1.3.1)

*Demonstrate and verbalize 2-3 of
the essential elements of striking
(1.3.1).

Kicking
(1.3.1)

*Demonstrate and verbalize 2-3 of
the essential elements of kicking a
ball (1.3.1).

Chasing and Fleeing games

Field Day

Ongoing

Apply safe practices, physical education rules and procedures (1.2.1)