

### STUDENT LEARNING GOALS

Students in grade one continue to develop understanding of key concepts and principles and to link these concepts and principles to their movement. Students will relate participation in vigorous physical activity to changes in the body, to enjoyment, and to improving their health and well-being. They will further their understanding of the importance of physical activity in their lives. As students increase their understanding of movement, they gain a deeper understanding of how and why the body moves. Students continue to develop socially as they work safely alone and in a group. The natural enjoyment of physical activity should be reinforced and complemented by a variety of educational game, dance, and gymnastic activities in which students learn and are successful.

**WEB LINKS:** <http://www.nhtsa.dot.gov/kids>  
<http://kidshealth.org/kid/index.html>  
[www.teachnet.com](http://www.teachnet.com)

### SKILLED MOVEMENT

- Demonstrate the correct critical elements (isolated, small parts of the whole skill or movement) of locomotor, non-manipulative, and manipulative skills.
- Demonstrate critical elements used in all of the locomotor skills.
- Demonstrate critical elements used in manipulative skills performed alone (e.g., toss and catch, dribble with hand in general space, dribble with foot, kick and strike with hand or equipment, throw underhand and overhand, volley).
- Demonstrate critical elements for manipulative skills while moving.
- Demonstrate simple educational gymnastic sequences that contain a variety of balance, roll, transfer of weight, and flight.
- Demonstrate moving to a rhythm by keeping time to a simple beat, using a variety of locomotor and non-locomotor skills.

### MOVEMENT PRINCIPLES AND CONCEPTS

- Demonstrate improvement in locomotor, non-manipulative, and manipulative skills while applying the movement concepts.

### PERSONAL FITNESS

- Participate frequently and for short periods of time in sustained, moderate-to-vigorous physical activities that cause increased heart and respiration rates.
- Identify changes in the body that occur during moderate-to-vigorous physical activity.

### RESPONSIBLE BEHAVIORS

- Apply, with little or no reinforcement, safe and cooperative behaviors in physical activity settings.
- Work independently for short periods of time.
- Try new activities and skills.

### PHYSICALLY ACTIVE LIFESTYLE

- Participate regularly in physical activities that require physical exertion and skill.

**INSTRUCTIONAL FOCUS**

- Fitness Activities
- Locomotor/Non-Locomotor Skill Development
- Motor Learning Concepts
- Rhythmical Activities
  - Dance
  - Creative dramatics
  - Manipulative routines
- Gymnastics
- Manipulative Activities
  - Ropes
  - Bean Bags
  - Hoops
  - Parachute
  - Shuffleboard
  - Juggling
- Low Organized Activities
  - Soccer
  - Basketball
  - Volleyball
  - Bowling
  - Track and Field
  - Softball/T-Ball
- Integrated Content Activities/ Cross Curriculum
- Multicultural Activities
- Cooperative Activities
- Seasonal/Thematic Activities
- Adaptive Physical Education



**FAMILY FITNESS AND FUN**

“PRAISE AND PLAY EVERY DAY”  
 Enjoy activity time together.  
 Practice P. E. skills together.  
 Walk/Exercise together.  
 Eat healthy to be healthy.  
 Turn chores into family fun activities:  
 Utilize community resources  
 School tracks/playgrounds  
 Local parks  
 Youth sports programs  
 Attend sporting events together:  
 Local middle/high school  
 College/Professional



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**BENEFITS OF PHYSICAL ACTIVITY**

- Regular physical activity in childhood and adolescence
- Improves strength and endurance
  - Helps build healthy bones, muscles, and joints
  - Helps control weight, build lean muscle, and reduce fat
  - Reduces anxiety and stress, increases self-esteem and overall energy level
  - May improve blood pressure and cholesterol levels
  - Prevents disease and promotes health

[www.cdc.gov/kidsmedia/background.htm](http://www.cdc.gov/kidsmedia/background.htm)

“If you want to know what a child is like — watch him play . . .  
 If you care about what he becomes — guide his play.”  
 — Vannier

**ENRICHMENT PROGRAMS**

**Fitness Education**  
 “Star Track”  
 ACES (All Children Exercising Simultaneously) World-wide  
 Early Morning Workout  
 Fitness Fridays  
 Jogging Programs:  
 Read and Run  
 All Star (Walking with the Principal)  
 Jingle Bell Run

**Heart Power (AHA)**

**O.K. Kids Program**

**Safety Awareness**  
 Playground Safety

**Annual Programs**  
 Success Week  
 Family Fun/Fitness Night  
 Five A Day  
 County Events  
 Field Day  
 Tournaments (in school)

**Community/Business Partnerships**

**Activity Clubs**

- Fitness
- Dance
- Sports



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**Kidswalk-to-School**



The goals of Kidswalk-to-School are to

- Encourage children to walk and bicycle to and from school.
- Increase awareness of the importance of regular physical activity for children, improved pedestrian safety, and healthy and walkable community environments.
- Mobilize communities to work together to create safe routes to school.

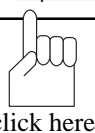
**Anticipated benefits of the Kidswalk-to-School program include**

- Increased levels of daily physical activity for children.
- Increased likelihood that children and adults will choose to walk and bike for other short distance trips.
- Improved neighborhood safety.
- Fewer cars traveling through the neighborhood.
- Fewer cars congesting the pick-up and drop-off points at the school.
- Friendlier neighborhoods as people get out and about interacting with one another.

**Physical Activity Brochure for Parents**



<http://www.cdc.gov/nccdphp/dash/physicalactivity/brochures/index.htm>



click here



<http://www.cdc.gov/nccdphp/dnpa/kidswalk/index.htm>