

Course Description

Grade 1 Physical Education

Philosophy Statement: As Christians we are all God's workmanship; each uniquely created in Christ Jesus; called to be good stewards of our bodies, the temple of God's Holy Spirit. Therefore, students are taught to bring glory to God in all aspects of their physical education experience.

Physical education will focus on equipping students to make responsible decisions and incorporating healthful physical activities into daily living. This is accomplished through motor skill learning and proficiency for use in games, sport, and leisure activities; health/fitness knowledge, awareness, and development; as well as promoting positive attitudes and behaviors.

Course Objective: Students will be encouraged to demonstrate maximum participation in physical activity. Each student will develop fundamental skills, coordination, cooperation and teamwork.

Textbooks: None

Materials:

- Sports equipment provided by the school

Time Allotment: 40 minutes per day, every third day

Course Content:

- Movement Awareness
- Rolling
- Underhand Throw / Catching
- Overhand Throw / Catching
- Kicking: Stationary/Moving
- Walking – Jogging – Running
- Tagging
- Jump Rope
- Lummi Sticks
- Teamwork
- Juggling
- Obstacle Course
- Personal Space
- Bean Bags
- Non-locomotors
- Balloons
- Scooter
- Tennis
- Soccer
- Floor Hockey
- Roller Skating
- Basketball
- Hula Hoops
- Parachute
- Fitness
- Basketball
- Scoops
- Hopping
- Obstacle Course

Areas to be evaluated:

- Class participation
- Skill check
- Teamwork and honesty check
- Individual progress in specific skills

Additional activities:

- Fun Day