

First Grade Physical Education

Gross Motor Skills

<http://www.sad44.org/curriculum/health/health.pdf>

	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Unit (Maybe on-going)				
Strands	Physical Fitness (A)			
	Motor Skills (B)			
	Personal and Social Interaction (C)			
	http://www.state.me.us/education/lres/hpe.htm			
Activities	Freeze Tag and other games Running; running backwards Jumping Skipping Jogging Kicking Ball handling Catching and throwing		Ghost Busters Sharks and Octopus Gymnastics Gallop Jumping Rope	
Assessments			Loco motor Skills (LAD-adapted) B-1	
Vocabulary				
Resources	http://www.ceismc.gatech.edu/busyt/eng.shtml This site allows you to search by grade spans and a list of lessons will come up. http://www.pecentral.org/lessonideas/health/healthlp.asp Gives you lots of different options into how you want to search.			