

**Wallenpaupack Area School District
Planned Course Curriculum Guide**

Department: Physical Education

Name of Course: Physical Education 1

Course Description:

Revision Date:

Wallenpaupack Area School District Curriculum	
COURSE: Physical Education 1	GRADE/S: 1
UNIT 1: Wellness and Fitness	TIMEFRAME: Year-round

PA COMMON CORE/NATIONAL STANDARDS:

10.4.3A,B,C,D,E,F

10.5.3A,B,C,D

UNIT OBJECTIVES (SWBATS):

- Students will be able to identify and engage in physical activities that promote physical fitness and health.
- Students will be able to know the positive and negative effects of regular participation in moderate to vigorous physical activities.
- Students will be able to know and recognize changes in body responses during moderate to vigorous activity.
- Students will be able to identify likes and dislikes related to participation in physical activities.
- Students will be able to identify reasons why regular participation in physical activities improves motor skills.
- Students will be able to recognize positive and negative interactions of small group activities.
- Students will be able to recognize and use basic movement skills and concepts.
- Students will be able to recognize and describe the concepts of motor skills development using appropriate vocabulary.
- Students will be able to know the function of practice.
- Students will be able to identify and use principles of exercise to improve movement and fitness activities.

INSTRUCTIONAL STRATEGIES/ACTIVITIES:

Flexibility

- Teacher led stretches
- Discussions of why stretching properly is appropriate for the activity
- Warm-ups / Cool-downs
- Yoga

Cardiovascular Endurance

- NP Marathon Kids Program
- Jogging/Walking
- Discussions about keeping a pace: how to and why.
- Discussions about heart rate and breathing rate.
- Exercises that increase heart rate (jumping jacks, jump rope, mountain climbers, etc.)
- Games that increase heart rate

Muscular Strength

- Wall apparatus (pull ups/chin ups)
- Body weight exercises (push-ups, plank, sit-ups, squats, etc.)

F.I.T.T. Principle

- Begin discussions about frequency (how often to exercise), intensity (how hard to exercise), time (how long to exercise), and type (what kind of exercise).

ANCHOR VOCABULARY:

ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative):

- Teacher observation
- Formative assessments pre/post
- Student participation
- Class discussion

EVIDENCE OF MASTERY/Cut Score (Keystone Exam):

Students will be able to perform exercises and activities with proper form.

DIFFERENTIATED INSTRUCTION (Remediation/Extension) (Process, Product or Content)

Modify exercises so all students can participate

- Moving at a slower pace
- Give options for exercises that work same muscle groups (ex. Shoulder taps instead of push-ups, crunches instead of sit-ups).
- Different levels of challenge

RESOURCES (Websites, Blogs, Videos, Whiteboard Resources, etc.):

Marathon Kids
OPEN Phys Ed
Shape America
American Heart Association
The PE Specialist

RESOURCE SPECIFIC VOCABULARY:

