

Physical Education Curriculum First Grade

Taught	Unit	TEKS/SE and Alignment Objectives
First 6 Weeks On going throughout the year	Safety practices and procedures	1.1A demonstrate an awareness of personal and general space while moving at different directions and levels such as high, medium, and low
		1.5A use equipment and space safely and properly
		1.6A demonstrate starting and stopping signals
		1.6B explain boundaries and rules for simple games
	Social development	1.7A follow directions and apply safe movement practices
		1.7B interact, cooperate, and respect others
1.7C resolve conflicts in socially acceptable ways such as talking and asking the teacher for help		

Physical Education Curriculum First Grade

Taught	Unit	TEKS/SE and Alignment Objectives
First 6 Weeks On going throughout the year	Movement	1.1B demonstrate proper foot patterns in hopping, jumping, skipping, leaping, galloping, and sliding
		1.1E clap in time to a simple rhythmic beat
		1.1F create and imitate movement in response to selected rhythms
		1.1H demonstrate on cue key elements in overhand throw and catch
	Physical activity and health	1.3A describe and select physical activities that provide opportunities for enjoyment and challenge
Second 6 weeks on going throughout the year	Safety practices and procedures	1.5B describe importance of protective equipment in preventing injury such as helmets, elbow/knee pads, wrist guards, proper shoes, and clothing
	Movement	1.1B demonstrate proper foot patterns in hopping, jumping, skipping, leaping, galloping, and sliding
		1.1jump a long rope

**Physical Education
Curriculum
First Grade**

Taught	Unit	TEKS/SE and Alignment Objectives
Third 6 Weeks On going throughout the year	Physical activity and health	<p>1.1H demonstrate on cue key elements in underhand throw and catch</p> <p>1.3B participate in moderate to vigorous physical activities on a daily basis that cause increased heart, rate, breathing, rate, and perspiration</p>
	Safety practices	1.5E describe and demonstrate appropriate reactions to emergency situations common to physical activity settings such as universal safety precautions, and calling 911
	Movement	<p>1.1B demonstrate proper foot patterns in hopping, jumping, skipping, leaping, galloping, and sliding</p> <p>1.1C demonstrate control in balancing and traveling activities</p>
		1.1H demonstrate on cue key elements in overhand throw, and catch

**Physical Education
Curriculum
First Grade**

Taught	Unit	TEKS/SE and Alignment Objectives
		1.2A recognize that motor skill development requires correct practice
		1.2B demonstrate a base of support and explain how it affects balance
		1.3C participate in appropriate exercises for flexibility in shoulders, legs, and trunk
		1.3D lift and support his/her own weight in selected activities that develop muscular strength and endurance of the arms, shoulders, abdomen, back, and legs such as hanging, hopping, and jumping
	Physical activity and health	1.4A distinguish between active and inactive lifestyles

1

**Physical Education
Curriculum
First Grade**

Taught	Unit	TEKS/SE and Alignment Objectives
Fourth 6 weeks	Safety practices	1.4B describe the location and function of the heart 1.5C describe how to protect himself/herself from harmful effects of the sun
	Movement	1.1B demonstrate proper foot patterns in hopping, jumping, skipping, leaping, galloping, and sliding 1.1D demonstrate the ability to work with a partner such as leading and following 1.3C participate in appropriate exercises for flexibility in shoulders, legs, and trunk 1.3D lift and support his/her own weight in selected activities that develop muscular strength and endurance of the arms, shoulders, abdomen, back, and legs such as hanging, hopping, and jumping

**Physical Education
Curriculum
First Grade**

Taught	Unit	TEKS/SE and Alignment Objectives
Fifth 6 weeks	Physical activity and health	1.4C describe how muscles and bones work together to produce movement
	Safety practices and procedures	1.5A use equipment and space safely and properly
	Movement	1.1G jump a long rope
	Physical activity and health	1.3C participate in appropriate exercises for flexibility in shoulders, legs, and trunk 1.3D lift and support his/her own weight in selected activities that develop muscular strength and endurance of the arms, shoulders, abdomen, back, and legs such as hanging, hopping, and jumping
Sixth 6 weeks	Safety practices and procedures	1.5D list water safety rules and demonstrate simple extension rescue
	Movement	1.1H demonstrate on cue key elements in overhand throw, underhand throw, and catch

**Physical Education
Curriculum
First Grade**

Taught	Unit	TEKS/SE and Alignment Objectives
	Physical activity and health	1.4D describe food as a source of energy 1.4E explain the negative effects of smoking, lack of sleep, and poor dietary habits on physical performance and on the body