

Physical Education 1st Grade - Pacing Guide

Marking period 1	Marking period 2	Marking period 3	Marking period 4
Perform	Perform	Perform	Perform
<ul style="list-style-type: none"> perform movement skills (loco motor, non-loco motor and manipulative skills) with developmentally appropriate control in games, sports, dance and recreational settings (• respond to changes in tempo, beat, rhythm, or musical style) respond to verbal and visual cues during physical activity differentiate between competitive and cooperative strategies explain why good sportsmanship is important and demonstrate positive behaviors during participation follow basic activity and safety rules and explain why they are important 	<ul style="list-style-type: none"> explain that practice and being healthy contribute to safe and improved performance explain that mental attitude influences physical performance understand sportsmanship, rules and safety; explain why good sportsmanship is important and demonstrate positive behaviors during participation in sports and cooperative recreational activities follow basic activity and safety rules and explain why they are important 	<ul style="list-style-type: none"> explain that practice and being healthy contribute to safe and improved performance apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle identify the components of health-related and skill-related fitness and exercise and identify physical activities that develop each component 	<ul style="list-style-type: none"> identify body responses associated with moderate to vigorous physical activity including sweating, a fast heart rate, and heavy breathing explain that participation in regular physical activity contributes to wellness and explain that too much or not enough exercise can be harmful engage in moderate to vigorous physical activity that develops all components of fitness including monitoring and its various applications