

**MARY, QUEEN OF PEACE SCHOOL**  
Grade Level Goals and Content

**GRADE: 1**

**SUBJECT: Physical Education**

**GOALS:**

Students will:

1. demonstrate knowledge of body awareness and the body's relationship to space.
2. apply knowledge and basic concepts through participation in developmental games and activities.
3. demonstrate locomotor, nonlocomotor, and balance skills through manipulative activities.
4. show an appreciation for personal fitness.
5. act in accordance with safety pertaining to self and others.
6. imitate positive sportsmanship and behavior through participation in all activities.

**CONTENT TOPICS:**

1. Major body parts (wrists, ankles, chest, waist, stomach, shoulders, elbows, knees, chin)
2. Spatial awareness and movement patterns when given oral commands (right/left, high, low, medium, high, forward, and backward)
3. Low organized games using motor skills (squirrel in the trees, circle tag, great pumpkin)
4. Partner and small groups to succeed in game objectives (ships and icebergs, mouse trap)
5. Locomotor skills paired with time, direction, and force (running, hopping, leaping, sliding, skipping, jumping, marching, stopping, galloping)
6. Unilateral, bilateral, cross-lateral movements paired with nonlocomotor skills (jumping jacks)
7. Balance on various number of supports, eyes open and closed
8. Fundamentals of throwing, catching, kicking, striking, jumping, and bouncing with age-appropriate body mechanics, force, and direction
9. Correct forms of stretching and exercising