



First Grade Physical Education

Course Syllabus

Physical
Education

Prince George's County Public Schools

Prerequisites: None

Course Description:

The physical education program is based on the Society of Health and Physical Education (SHAPE America) Standards and Grade Level Outcomes. SHAPE America's five standards focus on developing physically literate individuals that have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity. At the elementary level, the focus is on the foundational skills, knowledge and personal/social responsibility in a physical activity setting.

By the end of first grade, students will have learned to demonstrate qualities of movement as they perform a variety of fundamental locomotor and non-locomotor skills. Students learn to manipulate objects with purposeful movement. Activities and skills that students are engaged in include, but are not limited to:

- **Locomotor Skills:**
 - Jogging, hopping, jumping, landing, sliding, galloping
- **Non-locomotor Skills:**
 - Bending, twisting, turning, transferring weight/rolling, balancing, stretching, curling
- **Manipulatives:**
 - Throwing, catching, volleying, striking, kicking, hand- and foot-dribbling and rolling
- **Movement Concepts:**
 - Space, force, speed, shapes, levels, directions, relationships, and pathways

Additionally, students will continue to build on their fitness and wellness knowledge.

Note: Lesson activities are dependent on a number of factors that include but are not limited to time, space, and equipment.

INSTRUCTOR INFORMATION:

NAME:

E-MAIL ADDRESS:

PLANNING TIME:

SCHOOL PHONE NUMBER:

CLASS INFORMATION:

COURSE NUMBER: 71100

CLASS MEETS:

ROOM:

TEXT:

GRADING:

Elementary School Physical Education

Overview: The goal of grading and reporting is to provide the students with feedback that reflects their progress towards the mastery of the indicators and objectives align to the Society of Health and Physical Educators (SHAPE) America Standards.

Factors	Brief Description	Grade Percentage Per Quarter
Classwork	<p>This includes all work completed in the classroom setting. This may include but is not limited to:</p> <ul style="list-style-type: none">• Warm ups• Worksheets• Article Critiques• Notebooks• Whole/Small group work or discussions• Vocabulary• Skill Assessments/Performance Based Assessments• Personal/Social/Emotional Development	70%
Homework	<p>This includes all work begun or completed outside the classroom/gymnasium. This may include, but is not limited to:</p> <ul style="list-style-type: none">• Journals• Written reports• Projects• Fitness Logs	10%
Assessment	<p>This category entails both traditional and alternative methods of assessing student learning. This may include:</p> <ul style="list-style-type: none">• Skill Assessments• Written Assessments• Rubrics• Task Cards• Pre/Post Fitness Assessment• Pair/Self Evaluation <p><i>An instructional rubric should be created to outline the criteria for success and scoring for each alternative assessment.</i></p>	20%

