



# Curriculum Overview

Subject: Physical Education

Grade: 1

**By the end of the year, you can expect your child to:**

- Explain and perform movement skills, which include balance, agility, and jumping
- Demonstrate changes in time, force and flow while playing games
- Demonstrate and explain good sportsmanship and positive behaviors during participation in Physical Education
- Explain how attitude impacts physical performance
- Demonstrate basic activity and safety rules and explain how they contribute to moving in a safe environment
- Explain what it means to be physically fit
- Define healthy lifestyle and how it relates to self-care practices that support wellness
- Engage in moderate to vigorous physical activities and explain how they promote lifelong fitness
- Select a personal health goal and explain why setting a goal is important
- Explain the role of regular physical activity and its relationship to personal health
- Differentiate when to use competitive and cooperative strategies in games, sports and other movement activities
- Identify the basic structure and function of the human body
- Explain the impact of good nutrition on health
- Adopt healthy habits (i.e. drinking eight glasses of water each day)
- Work effectively in a group to overcome a challenge and achieve a common goal
- Develop appropriate social skills, practice turn-taking, and work in teams
- Develop hand-eye coordination, foot-eye coordination and balance
- Participate in Jump Rope for Heart-Describe effects of jumping rope on circulatory, respiratory and digestive symptoms; Perform community service activities; Develop five components of physical fitness

- Participate in Field Day, which combines physical skills and sportsmanship