



## Curriculum Summary

### First Grade – Health and Physical Education

Students should know and be able to demonstrate mastery in the following skills by the end of First Grade:

- Identify and engage in physical activities that promote physical fitness and health.
- Identify reasons why regular participation in physical activities improves motor skills.
- Identify likes and dislikes related to participation in physical activities
- Recognize positive and negative interactions of small group activities: roles (e.g., leader, follower), cooperation/sharing, on task participation.
- Know and recognize changes in body responses during moderate to vigorous physical activity: heart rate and breathing rate.
- Identify foods that keep our bodies healthy.
- Recognize and use basic movement skills and concepts:
  - locomotor movements (e.g., run, leap, hop)
  - non-locomotor movements (e.g., bend, stretch, twist)
  - manipulative movements (e.g., throw, catch, kick)
  - relationships (e.g., over, under, beside)
  - combination movements (e.g., locomotor, non-locomotor, manipulative)
  - space awareness (e.g., self-space, levels, pathways, directions)
  - effort (e.g., speed, force)
- Know and describe scientific principles that affect movement and skills using appropriate vocabulary: gravity, force, production/absorption, balance, rotation.
- Recognize and describe game strategies using appropriate vocabulary.
  - faking/dodging
  - passing/receiving
  - moving to be open
  - defending space
  - following rules of play
- Identify and use principles of exercise to improve movement and fitness activities.
  - frequency/how often to exercise
  - intensity/how hard to exercise
  - time/how long to exercise
  - type/what kind of exercise

## **Compliance Statement**

It is the policy of Bear Creek Community Charter School not to discriminate on the basis of race, sex, religion, color, national origin, age, handicap or limited English proficiency in its educational programs, services, facilities, activities or employment policies as required by Title IX of the 1972 Educational Amendments, Title VI and VII of the Civil Rights Act of 1964, as amended, Section 504 Regulations of the Rehabilitation Act of 1973, the Age Discrimination Act of 1975, Section 204 Regulations of the 1984 Carl D. Perkins Act or any applicable federal statute.

For information regarding programs, services, activities, and facilities that are accessible to and usable by handicapped persons or for inquiries regarding civil rights compliance, contact: Bear Creek Community Charter School, 30 Charter School Way, Bear Creek Township, PA 18702; or the Director of the Office of Civil Rights, Department of Health, Education and Welfare, Washington, D.C.