

1st Grade American Online School

PHYSICAL EDUCATION CURRICULUM

Movement, Energy, and Everyday Fitness

Version May/2025

1. Introduction

The Role of Physical Education in 1st Grade

In 1st grade, physical education is all about joyful movement, developing body awareness, and building confidence through games and sport-based activities. Students explore how movement affects their bodies, engage in structured warm-ups and simple sport routines, and build coordination, endurance, and teamwork skills. The focus is on developing habits for lifelong physical activity through fun, rhythm, and routine.

By the end of this course, students will:

- ✓ Recognize how movement affects the body and promotes health.
- ✓ Perform warm-up activities with coordination and purpose.
- ✓ Participate safely and cooperatively in basic sports and games.
- ✓ Improve locomotor skills such as sprinting, jumping, and balancing.
- ✓ Develop enjoyment and confidence through daily activity.

2. Core Competence Areas

PE.1 Understanding the Effects of Movement

Learning Outcomes

By the end of this course, students will be able to:

- ✓ Describe how movement changes heart rate, breathing, and energy levels.
- ✓ Recognize that exercise helps build strength, focus, and flexibility.
- ✓ Reflect on how they feel after physical activity.

Competencies

PE.1.A.1 – Connecting body awareness to health

- Explore before/after movement sensations (heartbeat, sweat, alertness).
- Use visual charts and smiley faces to describe energy levels.

PE.1.A.2 – Practicing healthy habits through movement

- Stretch daily and notice muscle use.
- Track movement minutes with stickers or logs.

PE.2 Warm-Up and Preparation Routines

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ Participate in warm-up routines safely and effectively.
- ✓ Understand the importance of preparing the body before activity.
- ✓ Follow instructions for movement drills with focus.

Competencies

PE.2.A.1 – Developing consistent warm-up habits

- Perform joint rotations, marching, and light jogging in structured routines.
- Use music cues and leader-follow exercises.

PE.2.A.2 – Building focus and readiness through routine

- Learn calming breathwork and transition exercises.
 - Reflect on how warming up helps movement quality.
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PE.3 Introductory Sports Skills – “Volleyball”

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ **Demonstrate basic underhand passing and balloon control.**
- ✓ **Cooperate in team-based mini games with soft balls or balloons.**
- ✓ **Understand rules of space and turn-taking in sport.**

Competencies

PE.3.A.1 – Practicing fundamental volleyball actions

- Use beach balls or balloons to learn bumping and passing.
- Engage in team relays and circle serve games.

PE.3.A.2 – Playing fair and following sport cues

- Take turns, call “mine,” and cheer for teammates.
 - Recognize safety rules (hands only, soft tosses, space awareness).
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PE.4 Running and Sprinting

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ **Perform short bursts of running with form and control.**
- ✓ **Understand pacing and energy use in sprint activities.**
- ✓ **Build cardiovascular endurance over time.**

Competencies

PE.4.A.1 – Sprint with balance and posture

- Use running tracks or obstacle lanes for straight-line sprinting.
- Practice start-stop techniques and sprint challenges.

PE.4.A.2 – Reflect on effort and performance

- Log run times or distances using pictures.
 - Use traffic light cues (green = go fast, yellow = steady, red = stop).
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PE.5 Daily Sport and Movement Habits

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ Participate daily in group movement routines and games.
- ✓ Develop routines for hydration, cool-down, and recovery.
- ✓ Recognize movement as part of a balanced day.

Competencies

PE.5.A.1 – Building movement into everyday life

- Create movement schedules with family input.
- Share “My Favorite Move” in class and teach it to peers.

PE.5.A.2 – Encouraging playful and structured fitness

- Use yoga cards, animal moves, or dance-along videos.
 - Track movement streaks with badges or class achievements.
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3. Assessment and Evaluation

Formative Assessments – Daily Practice Logs

- ✓ Warm-up checklists and participation rubrics.
- ✓ Sprint and movement feedback with stickers or simple charts.
- ✓ Partner praise slips and teacher observation notes.

Summative Assessments – Performance and Reflection

- ✓ Personal “PE Passport” of skills and achievements.
- ✓ Video of volleyball routine or movement routine.
- ✓ End-of-unit “How I Grew Stronger” reflection drawing.

Authentic Assessment – Celebratory Showcases

- ✓ Movement demonstration at class event.
 - ✓ Weekly “Mover of the Week” certificates.
 - ✓ Group performance or obstacle course relay.
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4. Instructional Strategies for Online Learning

Game-Based and Fun-Focused

- ✓ Use imaginative movement (animals, space missions, ninja training).
- ✓ Turn warm-ups into story-driven adventures

Structured Routines with Flexibility

- ✓ Blend repetition and novelty in circuits.
- ✓ Offer visual cue cards and partner routines.

Inclusive and Encouraging

- ✓ Celebrate effort over skill level.
- ✓ Use music and smiles as essential PE equipment.