

# Physical Education, Grade 1

**Time on Task:** 2½ hours per week (includes Health Education)

**Course Philosophy:**

Physical education teaches students to make wise choices about the care and fitness of the body as the temple of God. Students learn to treat others with love and respect in Christian sportsmanship and acquire an understanding of competition in the light of God’s word. God wants us to find, develop and use our gifts to serve and glorify His name (I Corinthians 12:1-11)

**Course Description:**

In Physical Education, students acquire the knowledge and skills for movement that provide the foundation for enjoyment, continued social development through physical activity, and access to a physically-active lifestyle. The student exhibits a physically-active lifestyle and understands the relationship between physical activity and health throughout the lifespan.

<p><b>Goals and Objectives</b>  <b>Texas Essential Knowledge and Skills (TEKS)</b></p> <p><b>§116.3. Physical Education, Grade 1.</b>  <b>(a) Introduction.</b></p> <p>(1) In Physical Education, students acquire the knowledge and skills for movement that provide the foundation for enjoyment, continued social development through physical activity, and access to a physically-active lifestyle. The student exhibits a physically-active lifestyle and understands the relationship between physical activity and health throughout the lifespan.</p> <p>(2) First grade students continue to develop basic body control, fundamental movement skills, and health-related fitness components such as strength, endurance, and flexibility. Students can state key performance cues for basic movement patterns such as throwing and catching. Students continue to learn rules and procedures for simple games and apply safety practices associated with physical activities.</p>	<p><b>Sequential Yearly Plans and Learning Outcomes</b></p> <ul style="list-style-type: none"> <li>• Manipulative and Creative Skill Development, Fitness Awareness, Fitness Understanding, Understanding Self</li> <li>• Rehearse nonlocomotor and locomotor skills</li> <li>• Learn manipulative skills</li> <li>• Learn creative movement perceptions</li> <li>• Develop and use manipulative and creative skills</li> <li>• Understand health fitness</li> <li>• Understand self (I can)</li> <li>• Integrate movement</li> </ul>	<p><b>Spiritual Goals</b>  <b>God’s intended purpose for physical education:</b></p> <ol style="list-style-type: none"> <li>1. To understand that physical achievement and fitness is of value to God and evident in Scripture.</li> <li>2. To develop an appreciation for athletic competition by realizing it provides many pictures of the Christian life. <i>“Not that I have already attained, or am already perfected; but I press on, that I may hold of that for which Christ Jesus has also laid hold of me...I press toward the goal for the prize of the upward call of God in Jesus Christ.”</i></li> <li>3. To realize the value of teamwork through consideration of others.</li> <li>4. To be able to accept criticism and profit by it.</li> <li>5. To have the ability to lose gracefully.</li> <li>6. To know that self-discipline and</li> </ol>
-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

	<p>education with other learning</p> <p><b>Course Scope and Sequence</b></p> <ul style="list-style-type: none"> <li>• Safety</li> <li>• Body Movement Control</li> <li>• Strength</li> <li>• Endurance</li> <li>• Flexibility</li> <li>• Follow cues for movements</li> <li>• State rules for games</li> </ul> <p><b>Units Taught</b></p> <ul style="list-style-type: none"> <li>• Sports <ul style="list-style-type: none"> <li>○ VB – Volleyball</li> <li>○ BB – Basketball</li> <li>○ FB – Football</li> <li>○ SR – Soccer</li> <li>○ SB – Softball</li> <li>○ R – Racket Sports</li> <li>○ G – Games</li> <li>○ D – Dance</li> <li>○ Tumbling</li> </ul> </li> <li>• Miscellaneous <ul style="list-style-type: none"> <li>○ MS – Motor Skills/Movement</li> <li>○ T – Teamwork</li> <li>○ H – Health</li> <li>○ F – Fitness, General Exercise</li> <li>○ B – Ball Handling</li> <li>○ J – Juggling</li> <li>○ SY – Safety</li> <li>○ SC – Social Skills</li> <li>○ P – Patterns/Rhythms</li> </ul> </li> </ul>	<p>persistence is essential for success.</p> <ol style="list-style-type: none"> <li>7. To understand that obedience to the rules of the game must be learned.</li> <li>8. To recognize that God sets standards for our activities that are distinct from the secular world.</li> <li>9. To appreciate that God expects us to look after our bodies He has given us by keeping ourselves pure.</li> <li>10. To appreciate and develop the physical gifts and abilities God has given us and to understand that all gifts, physical and spiritual, come from God. God wants us to find, develop, and use our gifts to serve and glorify His name.</li> </ol> <p><b>Biblical Integration Truth Statements</b></p> <ol style="list-style-type: none"> <li>1. <i>What is prime reality, the really real?</i>  God exists and is the ultimate reality. (Psalm 90:2, Revelation 22:13) <ol style="list-style-type: none"> <li>a. God designed, created, and sustains His creation. (Genesis 1:1-31)</li> <li>b. God is good, holy, and loving. (Luke 18:19, 1 John 4:16, 1 Peter 1:16, Psalm 145:12)</li> <li>c. God is omniscient – all knowing. (Romans 11:33-36, Psalm 147:5)</li> <li>d. God is sovereign – nothing is beyond His ultimate interest, control, and authority. (Daniel 4:25)</li> <li>e. God is personal and also triune- He is coequally and coeternally</li> </ol> </li> </ol>
--	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

<p><b>(b) Knowledge and skills.</b></p> <p><b>(1) Movement.</b> The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms. <i>The student is expected to:</i></p> <p>(A) demonstrate an awareness of personal and general space while moving at different directions and levels such as high, medium, and low;</p> <p>(B) demonstrate proper foot patterns in hopping, jumping, skipping, leaping, galloping, and sliding;</p> <p>(C) demonstrate control in balancing and traveling activities;</p> <p>(D) demonstrate the ability to work with a partner such as leading and following;</p> <p>(E) clap in time to a simple rhythmic beat;</p> <p>(F) create and imitate movement in response to selected rhythms;</p> <p>(G) jump a long rope; and</p> <p>(H) demonstrate on cue key elements in overhand throw, underhand throw, and catch.</p> <p><b>(2) Movement.</b> The student applies movement concepts and principles to the learning and development of motor skills. <i>The student is expected to:</i></p> <p>(A) recognize that motor skill development requires correct practice; and</p> <p>(B) demonstrate a base of support and explain how it affects</p>	<ul style="list-style-type: none"> <li>○ JR – Jump Rope</li> <li>○ PS - Parachute</li> <li>○ C – Cardiorespiratory</li> <li>○ BC – Body Composition</li> <li>○ Tag</li> <li>○ CM – Classroom Management</li> </ul> <p><b>Correlation with TEKS</b> <b><u>Five for Life, K-5</u></b> Focused Fitness five4life@focusedfitness.org</p> <p>MS, F, SY</p> <p>MS, F</p> <p>MS, F T, SC</p> <p>P P</p> <p>MS, F, JR B, FB, SB</p> <p>MS, F</p> <p>F, H</p>	<p>God the Father, God the Son, Jesus, and God the Holy Spirit. (Hebrews 1:3)</p> <p><b>2. <i>What is the nature of external reality, that is, the world around us?</i></b></p> <p>a. God is the source of everything and created the universe out of nothing. (Genesis 1:1)</p> <p>b. The universe was created by God to be orderly. (Isaiah 45:18, Psalm 147:4)</p> <p>c. God is constantly involved in the unfolding pattern of the ongoing operation of the universe. (Psalm 24:1-2, Psalm 32:13-15)</p> <p>d. The universe reflects His glory. (Psalm 8:1, Psalm 19:1)</p> <p><b>3. <i>What is a human being?</i></b></p> <p>a. God created humans to know Him intimately and to have a loving relationship with Him. (Psalm 100:3)</p> <p>b. Human beings are created in the image of God with the capacity to choose. (Genesis 1:27, Proverbs 8:10)</p> <p>c. Adam and Eve chose disobedience and brought death to themselves and sin entered the world. (Romans 5:12)</p> <p>d. All human beings have a choice and all have chosen sin that brings separation from God. (Romans 3:23)</p> <p>e. Sin is rebellion against God’s wishes and ways and this destroys our relationship with</p>
------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

<p>balance.</p> <p><b>(3) Physical activity and health.</b> The student exhibits a health-enhancing, physically-active lifestyle that improves health and provides opportunities for enjoyment and challenge. <i>The student is expected to:</i></p> <p>(A) describe and select physical activities that provide opportunities for enjoyment and challenge;</p> <p>(B) participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and perspiration;</p> <p>(C) participate in appropriate exercises for flexibility in shoulders, legs, and trunk; and</p> <p>(D) lift and support his/her own weight in selected activities that develop muscular strength and endurance of the arms, shoulders, abdomen, back, and legs such as hanging, hopping, and jumping.</p> <p><b>(4) Physical activity and health.</b> The student knows the benefits from being involved in daily physical activity and factors that affect physical performance. <i>The student is expected to:</i></p> <p>(A) distinguish between active and inactive lifestyles;</p> <p>(B) describe the location and function of the heart;</p> <p>(C) describe how muscles and bones work together to produce movement;</p> <p>(D) describe food as a source of energy; and</p> <p>(E) explain the negative effects of smoking, lack of sleep, and poor dietary habits on physical performance and on the body.</p> <p><b>(5) Physical activity and health.</b> The student knows and applies safety practices associated with physical activities. <i>The student is expected to:</i></p> <p>(A) use equipment and space safely and properly;</p> <p>(B) describe the importance of protective equipment in preventing injury such as helmets, elbow/knee pads, wrist guards, proper shoes, and clothing;</p> <p>(C) describe how to protect himself/herself from harmful effects of the sun;</p> <p>(D) list water safety rules and demonstrate simple extension</p>	<p>F, H</p> <p>All</p> <p>F</p> <p>H, F</p> <p>H</p> <p>H</p> <p>H, F</p> <p>H</p> <p>H, F, SY</p> <p>SY</p> <p>SY, H</p> <p>H</p> <p>SY, F</p>	<p>God. (Romans 8:7-8)</p> <p>f. God provides a way back to Himself through the death of His son Jesus (the second person of the Trinity), on the cross. (John 3:16, Romans 6:23)</p> <p>g. Human beings must respond to God with repentance of our sins, receiving forgiveness, and accepting Jesus as our Savior. (Romans 10:9-10)</p> <p><b>4. What happens to a person at death?</b></p> <p>a. For each person death is either the gate to life with God and His people or the gate to eternal separation from God. (1 Corinthians 50:52)</p> <p>b. After death, your soul will continue to exist in an eternal way and there is a final judgment by God. (Revelation 20:12)</p> <p>c. Everyone chooses to honor and love Him by accepting Jesus as our Lord and Savior or makes a choice to reject Jesus and grasp for self-fulfillment and personal glory. (Romans 6:23)</p> <p>d. Those who received Jesus as Savior will spend eternity in Heaven with God. (Philippians 4:10-21)</p> <p>e. Those who rejected Jesus as Savior will spend eternity in Hell without God. (Hebrews 10:26-27)</p> <p><b>5. Why is it possible to know anything at all?</b></p> <p>a. Human beings can both know the</p>
-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

<p>rescue; and</p> <p>(E) describe and demonstrate appropriate reactions to emergency situations common to physical activity settings such as universal safety precautions, and calling 911.</p> <p><b>(6) Social development.</b> The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance, and gymnastics.</p> <p><i>The student is expected to:</i></p> <p>(A) demonstrate starting and stopping signals; and</p> <p>(B) explain boundaries and rules for simple games.</p> <p><b>(7) Social development.</b> The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.</p> <p><i>The student is expected to:</i></p> <p>(A) follow directions and apply safe movement practices;</p> <p>(B) interact, cooperate, and respect others; and</p> <p>(C) resolve conflicts in socially acceptable ways such as talking and asking the teacher for help.</p>	<p>H, SY, F</p> <p>MS, Sports, SY Sports, Games, T</p> <p>SY, MS, P T, SC SC</p> <p><b>Student Activities</b> Games Individual Play and Sports Team Play and Sports Motor Skills Performance</p> <p><b>Teaching Strategies</b> Oral Instruction Cooperative Learning Demonstration Small Groups Visual Aids Guided Inquiry Open-ended Inquiry</p> <p><b>Evaluation Procedures</b> Class Participation</p>	<p>world around them and God Himself because God has built within them the capacity to do so and because He takes an active role in communicating with them. (John 16:13)</p> <p>b. God’s own intelligence is the basis of human intelligence. Knowledge is possible because there is something to be known (God and His creation) and someone to know (God and human beings made in His image). (Genesis 1:27)</p> <p>c. God reveals, Himself to us in two basic ways: by general revelation and by special revelation. (Exodus 3:2, Psalm 19:1-4)</p> <p>d. In general revelation, God speaks through the creation of the universe and through His word, the Bible. (2 Samuel 22:31, Psalm 19:1)</p> <ul style="list-style-type: none"> <li>➤ The Bible is internally consistent and unified in its principles and claims.</li> <li>➤ There is tremendous coherence across the many authors and centuries during which the various books were written and in which its stories unfold.</li> <li>➤ It is relevant to all the cultures of the world</li> </ul> <p>e. Special revelation is God revealing Himself through supernatural ways.</p>
-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

	<p>Observation          Demonstration          Oral Quizzes          Performance Tests</p> <p><b>Other Resources and Bibliography</b>  <u>Physical Education K-2</u>          Christian Schools          International</p>	<p>Jesus Christ is the ultimate special revelation. He showed us what God is like more fully than any other form of revelation can. Because Jesus was also completely human, he spoke more clearly to us than any other form of revelation can. (John 14:7)</p> <p>6. <b><i>How do we know what is right and wrong?</i></b></p> <p>a. Ethics or the knowledge of right and wrong is based on the character of God as good (holy and loving). (Psalm 33:4)</p> <p>b. There is an absolute standard by which all moral judgments are measured and God Himself – His character of goodness (holiness and love) – is the standard. (1 Samuel 2:3)</p> <p>c. As a result of sin, morally, we have become less able to discern good and evil and less able to know God as He truly is. (Proverbs 1:7)</p> <p>d. God has revealed His standard in the various laws and principles expressed in the Bible. (Psalm 111:10)</p> <ul style="list-style-type: none"> <li>➤ He has dictated absolute moral truth to us.</li> <li>➤ Every truth must conform to Biblical principles.</li> <li>➤ Every choice must reflect God’s moral truth.</li> <li>➤ We must promote, defend, and teach these truths to</li> </ul>
--	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

		<p>others.</p> <p>7. <b><i>What is the meaning of human history?</i></b></p> <p>a. History is a meaningful sequence of events leading to the fulfillment of God's purposes for humanity. (Psalm 22:27-28, Psalm 47:3)</p> <p>b. History is going somewhere, directed toward a known end. (Matthew 25:34)</p> <p>c. History is a form of revelation, not only does God reveal Himself in history, but the very sequence of events is revelation. (Psalm 33:13-14, Psalm 47:9)</p> <p>d. History has meaning because God is behind all events, not only sustaining all things by His powerful word but also in all things working for the good of those who love Him. (Psalm 40:5, Romans 8:28)</p> <p><b><i>What should our response be to God?</i></b>  <b><i>What were we made for?</i></b></p> <p><b>We were made to</b>  <b>Love</b> – Matthew 22:37,  <b>Worship</b> – Romans 12:1,  <b>Obey</b> – 2 John 6, and  <b>Give Glory</b> – Psalm 96:3.</p>
--	--	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------