

Grade Level 1st

All Quarters	Content	Skills
	Directions, Routines, and Procedures	<ol style="list-style-type: none">1. Learning Verbal Signals<ol style="list-style-type: none">a. freeze, stop, go,2. Learning non verbal signals<ol style="list-style-type: none">a. Hand signals,b. Music
	Classroom management	<ol style="list-style-type: none">1. Learning Organization<ol style="list-style-type: none">a. squadsb. linesc. small groups
	Spatial and Body Awareness	<ol style="list-style-type: none">1. Learning Personal and General Space2. Learning Pathways<ol style="list-style-type: none">a. straight, curved, etc.3. Learning Levels<ol style="list-style-type: none">a. low, medium, high4. Learning Directions<ol style="list-style-type: none">a. forward, backwards, sideways, diagonal5. Learning Distance<ol style="list-style-type: none">a. far/near6. Learning general body parts<ol style="list-style-type: none">a. head, toes, knees, etc.
	Movement Skills	<ol style="list-style-type: none">1. Learning Locomotor Skills<ol style="list-style-type: none">a. run, skip, gallop, etc.2. Learning Non Locomotor Skills<ol style="list-style-type: none">a. bend, twist, stretch, etc.
	Manipulative Skills	<ol style="list-style-type: none">1. Learning Manipulative Skills<ol style="list-style-type: none">a. dribble, kick, catch, etc.b. Scooters
	Physical Fitness	<ol style="list-style-type: none">1. Moving to develop/improve Cardiovascular endurance<ol style="list-style-type: none">a. walk, jog, runb. fitness games/activities2. Developing/Improving Flexibility3. Developing/Improving Muscular Strength and Endurance<ol style="list-style-type: none">a. upper bodyb. lower body4. Developing/Improving Agility<ol style="list-style-type: none">a. dodging, chasing, and changing direction

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		5. Utilizing Fitness Gram Program
	Rhythm	1. Performing Rhythm Through Movement a. Dances- YMCA, Chicken Dance, etc. b. Lummi sticks c. Tinikling sticks d. Creative Movement
	Hand/Eye Coordination	1. Learning to Juggle 2. Learning through ball manipulation 3. Stacking Cups- Speed Stacks
	Team Building Activities	1. learning in small groups a. nebula tracks, etc. 2. Learning in large groups a. parachute,
	Tumbling	1. Developing/Improving Balance Technique a. Static- stationary, multipoint b. Dynamic- through movement c. Bridges
	Positive Behavior/Social Skills	1. Learning Character Traits a. Respect, Honest, Responsibility, etc. 2. Learning cooperation and teamwork 3. Learning classroom safety procedures 4. Learning proper equipment handling
	Adventure Education	1. Climbing a. traverse wall b. rope c. cargo net
	Cross Curricular Education	1. Understanding word recognition a. word wall 2. Incorporating core concepts 3. Incorporating art and music