CAISL
Carlucci American International School of Lisbon

GRADE 1 PHYSICAL EDUCATION FRAMEWORK

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EXPECTATIONS

CLASS EXPECTATIONS

- The student is expected to participate frequently and for short periods of time in sustained, moderate-to-vigorous physical activities that cause increased heart and respiration rates.
- The student is expected to work independently for short periods of time.
- The student is expected to follow the teacher while stretching properly and orderly.

THEMES & CONTENTS

The Performance Indicators (shown at the end of this Framework) are developed through the practice and performance of the Themes and Content below.

MANIPULATIVE SKILLS

- Throw a ball underhand
- Catch a self-tossed ball

OBSTACLE COURSE

- Travel on, under, in front of, and behind objects
- Jump on one or both feet
- Land on one or both feet

BASKETBALL

- Dribble a ball with one hand

SOCCER

- Dribble the ball in an open but limited space
- Kick a stationary ball

VOLLEYBALL

- Strike a softball upward using arms and/or hands

PERSONAL FITNESS

- Able to jog or power walk for three minutes

PERSONAL BEHAVIOR WHILE IN TASK

- Awareness of personal space, space in general, and boundaries

<u>PERFORMANCE INDICATORS</u>

MOVEMENT FORMS & SKILLS DEVELOPMENT

The student will demonstrate critical elements used in all of the locomotor skills. DOK1
The student will demonstrate critical elements used in manipulative skills performed alone (e.g., toss and catch, dribble with hand in general space, dribble with foot, kick and strike with hand or equipment, throw underhand and overhand, volley). DOK1
The student will demonstrate critical elements for manipulative skills while moving. DOK1
The student will demonstrate moving to rhythm by keeping time to a simple beet, using a variety of locomotor and non-locomotor skills. DOK1
The student demonstrates a variety of basic object control skills (e.g., underhand and overhand throw, catch, hand dribble, foot dribble, kick and strike). DOK1
The student will use the concept of relationships (e.g. over, under, around, in front of, behind, and through) in dynamic movement situations. DOK2 E

PERSONAL FITNESS

The student will participate frequently and for short periods of time in sustained, moderate-to-vigorous physical activities that cause increased heart and respiration rates. DOK1 E

SOCIAL & PERSONAL DEVELOPMENT WITH PHYSICAL ACTIVITY

The student will work independently for short periods of time. DOK1 E
The student will follow teacher while stretching properly and in the right order. DOK1