

Chilton Public Schools Curriculum Document

Curricular Area: Physical Education Grade: First

Course Title (if different than Curricular Area):

EE	IT	EV	EC	WI Academic Standard	Standard	Course/Unit/O.B.J. #	NT	I	D	R	M	R
				4A1	Select and participate regularly in physical activities for the purpose of improving skills and maintaining good health	Fitness Unit-O.B.J. # 22			X			
				4A2	Describe healthful benefits that result from regular physical activity	Fitness Unit-O.B.J. # 23, 24, 25,			X			
				4A3	Identify several moderate to vigorous physical activities that provide personal pleasure	Rhythms Unit-O.B.J. #19		X				
				4B1	Demonstrate progress toward the mature form of all locomotor(movement) patterns and selected manipulative and nonlocomotor skills such as throwing, catching, and kicking	Locomotor Unit-O.B.J. # 1, 2, 3, 4,		X	X			
				4B2	Adapt a physical skill to the demands of a dynamic unpredictable environment such as balancing with control on a variety of objects(balance board, large apparatus, skates)	Body Management Unit-O.B.J. # 6, 7, 8, 9,			X			
				4B3	Acquire beginning skills in a few specialized movement forms such as dribbling and passing a basketball to a moving receiver or jumping and landing for height/distance using mature form	Manipulative Unit-O.B.J. #17		X	X			
				4B4	Apply combined movement skills in a variety of settings such as developing and refining a creative dance sequence into repeatable	Locomotor Unit-O.B.J. # 5			X			
				4C1	Work on improving personal performance in fundamental and	Manipulative Unit-O.B.J. #12,			X			

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					selected specialized motor skills such as throwing, catching, running							
				4C2	Use critical elements of fundamental and specialized movement skills to provide feedback to others such as accurately recognizing the critical elements of a throw made by a fellow student and providing positive feedback to that student	Rhythms Unit- O.B.J. # 21			X			
				4C3	Recognize and apply concepts that affect the equality of increasingly complex movement performance, such as consistently striking a ball with a bat or paddle demonstrating an appropriate grip	Manipulative Unit- O.B.J. #13, 14, 15 Rhythms Unit- O.B.J. #18			X			
				4C4	Identify and apply characteristics and critical elements of highly skilled performance to develop movement competence or proficiency such as using internal and external information to modify movement during performance	Locomotor Unit- O.B.J. # 5 Body Management Unit- O.B.J. # 10, 11 Manipulative Unit- O.B.J. 16 Rhythms Unit- O.B.J. #19, 20, 21			X			
				4D1	Experience positive feelings as a result of involvement in physical activity		X					
				4D2	Learn to enjoy practicing activities to increase skill competence	Fitness Unit- O.B.J. # 227			X			
				4D3	Celebrate personal successes and achievements as well as those of others		X					
				4D4	Use physical activity as a means of self expression		X					

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				4E1	Identify several activities related to each component of physical fitness such as development of muscular strength	Rhythms Unit- O.B.J. #18 Fitness Unit- O.B.J. # 22			X			
				4E2	Associate results of fitness testing to personal health status and the ability to perform various activities such as maintaining continuous aerobic activity for a specified time and/or activity and supporting, lifting, and controlling body weight in a variety of activities.	Fitness Unit- O.B.J. # 26, 27, 28		X	X			

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				4E3	Describe personal strengths and weaknesses and elevate the weaknesses to strengths	Fitness Unit-O.B.J. # 23			X			
				4F1	Follow activity-specific rules, procedures, and etiquette with little or no reinforcement	Daily Class-O.B.J. # 29			X			
				4F2	Utilize safety principles in activity situations	Daily Class-O.B.J. # 30, 31			X			
				4F3	Work productively with a partner to improve skills, for example improve the overhand throw pattern for distance by using the critical elements of the process	Daily Class-O.B.J. # 32			X			
				4F4	Work independently and “on task” for short periods of time	Fitness Unit-O.B.J. # 28			X			
				4F5	Accept the teacher’s decision regarding a personal rule infraction without displaying negative reactions toward others		X					
				4G1	Explore cultural and ethnic self awareness participation in	Daily Class-O.B.J. # 32			X			

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					physical activity								
				4G2	Demonstrate acceptance of the skill and ability of others through verbal and nonverbal behavior	Daily Class-O.B.J. # 33			X				
				4G3	Indicate respect for persons from different backgrounds and the cultural significance as they contribute to various games, dances, and physical activities		X						

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