

Richmond Public Schools
Department of Curriculum and Instruction
Curriculum Pacing And Resource Guide



Course Title/ Course #: Physical Education/First Grade

Start day:1

Meetings:180 days

Course Description

Physical Education for first grade will focus on motor skills, anatomic movement, fitness planning, social development, and energy balance. Standards are outlined in the Virginia Standards of Learning in which student will be involved in a variety of educational games and dances for enjoyment.

Pacing Resources Assessments MP1

Time Frame	Standards of Learning	Units/ Topics/ Concepts	Resources	Assessments
3 weeks	1.1 a, e, k, l	Locomotor Skills (gallop, leap, skip, slide) and Jump roping	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html http://www.heart.org/HEARTORG/Giving/ForSchools/JumpRopeforHeartEvent/Jump-Rope-for-Heart-Event_UCM_315609_SubHomePage.jsp	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists

3 weeks	1.1 c, d, e	Manipulative skills (toss and throw, bounce and catch, toss and catch)	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists
2 weeks	1.1 e, f, g	Dance	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/	Dialogue Modeling Feedback Non-verbal Skill Assessment Checklists
9 weeks	1.2 a, b	Brain, muscles, bones	http://www.fueluptoplay60.com/ http://kidshealth.org/kid/stay_healthy/ http://www.sparkpe.org/ http://www.heart.org/HEARTORG/GettingHealthy/HealthierKids/Healthier-Kids_UCM_304156_SubHomePage.jsp http://organwiseguys.com/	Dialogue Tests/quizzes Ticket out of the door

1 week/ongoing	1.4 a-d	Cooperation, Safety, and Rules	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html http://kidshealth.org/kid/stay_healthy/	Dialogue Modeling Games Feedback Non-verbal Thumbs up/down/sideways
ongoing	1.1 i 1.3 a	Participate in moderate to vigorous physical activity that require skill	https://www.cooperinstitute.org/youth/fitnessgram http://www.pyfp.org/ http://www.fueluptoplay60.com/ http://www.sportsbackers.org/	Dialogue Awards Thumbs Up/Down/Sideways

Pacing Resources Assessments MP2

Time Frame	Standards of Learning	Units/ Topics/ Concepts	Resources	Assessments
3 weeks	1.1c-e, h- k	Manipulative Skills (toss and throw to targets, bounce and catch, throw underhand, dribble with hand) while moving	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Re sources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists
3 weeks	1.1 f- k	Locomotor and Non-locomotor Rhythmic Patterns	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Re sources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists

3 weeks	1.1 k, l	Jump roping	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html http://www.heart.org/HEARTORG/Giving/ForSchools/JumpRopeforHeartEvent/Jump-Rope-for-Heart-Event_UCM_315609_SubHomePage.jsp	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists
9 weeks	1.5 a, b	Food Groups	http://www.fueluptoplay60.com/ http://kidshealth.org/kid/stay_healthy/ http://www.sparkpe.org/ http://www.heart.org/HEARTORG/GettingHealthy/HealthierKids/Healthier-Kids_UCM_304156_SubHomePage.jsp http://www.choosemyplate.gov/	Dialogue Tests/quizzes Ticket out of the door
	1.2 c, d 1.3 b	Heart, lungs	http://www.fueluptoplay60.com/ http://kidshealth.org/kid/stay_healthy/ http://www.sparkpe.org/ http://www.heart.org/HEARTORG/GettingHealthy/HealthierKids/Healthier-Kids_UCM_304156_SubHomePage.jsp http://organwiseguys.com/	Dialogue Tests/quizzes Ticket out of the door

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ongoing	1.4 a-d	Cooperation, Safety, and Rules	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html http://kidshealth.org/kid/stay_healthy/	Dialogue Modeling Games Feedback Non-verbal Thumbs up/down/sideways
ongoing	1.1 I 1.3 a	Participate in moderate to vigorous physical activity that require skill	https://www.cooperinstitute.org/youth/fitnessgram http://www.pyfp.org/ http://www.fueluptoplay60.com/ http://www.sportsbackers.org/	Dialogue Awards Thumbs Up/Down/Sideways

Pacing Resources Assessments MP3

Time Frame	Standards of Learning	Units/ Topics/ Concepts	Resources	Assessments
3 weeks	1.1 b, c, d, h-j	Manipulative Skills (strike with equipment, volley) with force and direction and Non- Locomotor Movements	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists
3 weeks	1.1e	Gymnastic Sequences	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/	Dialogue Modeling Feedback Non-verbal Skill Assessment Checklists

3 weeks	1.1 k, m 1.3 a, b, c	Long Rope and Identify Changes in body during Physical Activity	https://www.cooperinstitute.org/youth/fitnessgram http://www.pyfp.org/ http://www.fueluptoplay60.com/ http://www.sportsbackers.org/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.heart.org/HEARTORG/Giving/ForSchools/JumpRopeforHeartEvent/Jump-Rope-for-Heart-Event_UCM_315609_SubHomePage.jsp	Personal Fitness Data Dialogue Modeling Feedback Games Non-verbal Thumbs up/down/sideways Skill Assessment Checklists
9 weeks	1.5 a- d	Food groups, hydration	http://www.fueluptoplay60.com/ http://kidshealth.org/kid/stay_healthy/ http://www.sparkpe.org/ http://www.heart.org/HEARTORG/GettingHealthy/HealthierKids/Healthier-Kids_UCM_304156_SubHomePage.jsp http://www.choosemyplate.gov/ http://organwiseguys.com/	Dialogue Tests/quizzes Ticket out of the door
ongoing	1.4 a- d	Cooperation, Safety, and Rules	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html http://kidshealth.org/kid/stay_healthy/	Dialogue Modeling Games Feedback Non-verbal Thumbs up/down/sideways

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ongoing	1.1 i 1.3 a	Participate in moderate to vigorous physical activity that require skill	https://www.cooperinstitute.org/youth/fitnessgram http://www.pyfp.org/ http://www.fueluptoplay60.com/ http://www.sportsbackers.org/	Dialogue Awards Thumbs Up/Down/Sideways
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<u>Pacing Resources Assessments MP4</u>				
Time Frame	Standards of Learning	Units/ Topics/ Concepts	Resources	Assessments
3 weeks	1.1 c, d, k	Manipulative Skills(kick to target, dribble with foot, trap)	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists
3 weeks	1.1 k, m 1.3 a, b, c	Identify Changes in body during Physical Activity and Long rope	https://www.cooperinstitute.org/youth/fitnessgram http://www.pyfp.org/ http://www.fueluptoplay60.com/ http://www.sportsbackers.org/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx	Personal Fitness Data Dialogue Feedback Non-verbal Thumbs up/down/sideways Modeling Games Skill Assessment Checklists
ongoing	1.4 a-d	Cooperation, Safety, and Rules	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html http://kidshealth.org/kid/stay_healthy/	Dialogue Modeling Games Feedback Non-verbal Thumbs up/down/sideways

ongoing	1.1 i 1.3 a	Participate in moderate to vigorous physical activity that require skill	https://www.cooperinstitute.org/youth/fitnessgram http://www.pyfp.org/ http://www.fueluptoplay60.com/ http://www.sportsbackers.org/	Dialogue Awards Thumbs Up/Down/Sideways
3 weeks	Review 1.1-1.5	Skilled movements, principals, concepts, and personal fitness	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists Awards Thumbs Up/Down/Sideways