

HADDON TOWNSHIP PHYSICAL EDUCATION & HEALTH
GRADE ONE



The health and physical education curriculum in first grade provides students with developmentally appropriate concepts and experiences that reflect the NJ Core Curriculum Content Standards. The first grade health curriculum will provide students with information on the responsible use of medicines, as well as the health-related issues associated with tobacco and alcohol.

The physical education curriculum for first grade is designed to teach and reinforce basic throwing, catching and striking skills. Students will utilize a variety of ball types and sizes, as well as various striking instruments. Students will also learn basic movement and rhythmical skills (i.e. running, skipping, hopping), which will be applied in both individual and group activities. Students will perform locomotor and non-locomotor movements with developmentally appropriate control in skill practice. Students will learn how to work both individually and cooperatively in varied settings. Students will demonstrate cooperation, as well as the ability to listen to and follow directions.

ESSENTIAL LEARNINGS: *First grade students will demonstrate an understanding of the Cumulative Progress Indicators from the NJ Core Curriculum Content Standards. All first grade students will begin to progress toward basic understanding in the following skills in Physical Education and Health.*

Physical Education

Ball/Striking Skills

- Develop and refine gross motor skills. (2.5.P.A.1)
- Develop and refine fine motor skills. (2.5.P.A.2)
- Develop and refine fine motor skills. (2.5.P.A.3)
- Explain what it means to demonstrate good sportsmanship. (2.5.2.C.1)
- Determine how attitude impacts physical performance. (2.5.2.B.3)

Movement Education and Rhythm

- Develop and refine gross motor skills. (2.5.P.A.1)
- Develop and refine fine motor skills. (2.5.P.A.2)
- Use objects and props to develop spatial and coordination skills. (2.5.P.A.3)
- Explain that people who abuse alcohol, tobacco

- Explain and perform movement skills with developmentally appropriate control in isolated settings and applied settings. (2.5.2.A.1)
- Demonstrates changes in time, force and flow while moving in personal and general space at different levels, directions, ranges and pathways. (2.5.2.A.2)
- Respond in movement to changes in tempo, beat, rhythm or musical style. (2.5.2.A.3)
- Correct movement errors in response to feedback. (2.5.2.A.4)

Health

Drugs and Medicine

- Explain what medicines are and when some types of medicines are used. (2.3.2.A.1)
- Discuss the basic rules when taking medicines. (2.3.2.A.3)
- Define drug and give examples of harmful and/or illegal drugs. (2.3.2.B.1)
- Explain that tobacco use contributes to lung diseases and fires. (2.3.2.B.2)
- Explain that some people cannot control their use of alcohol, tobacco and other drugs. (2.3.2.C.1)

HADDON TOWNSHIP PHYSICAL EDUCATION & HEALTH
GRADE ONE



and other drugs can get help. (2.3.2.C.2)

Wellness

- Define wellness and explain how making healthy choices and having healthy relationships contribute to wellness. (2.1.2.A.1)
- Describe and demonstrate self-care practices that support wellness such as brushing and flossing teeth, washing hands, and wearing proper attire for weather and sports. (2.1.2.A.2)
- Explain why some foods are healthier to eat than others. (2.1.2.C.1)
- Sort foods according to food groups and food sources. (2.1.2.C.2)
- Explain ways to prevent the spread of disease such as hand washing, immunizations, covering coughs and not sharing cups, hats, combs, etc. (2.1.2.D.4)
- Explain and demonstrate ways to prevent injuries, including seat belts, bicycles, motor vehicles, and fire and traffic safety procedures. (2.1.2.E.1)
- Identify safe and appropriate behavior when interacting with strangers, acquaintances and trusted adults. (2.1.2.E.4)