

## Diocese of Jefferson City Curriculum Guide

Content Area: Physical Education  
 Grade Range: First Grade  
 Section/Heading: 1A

Strand: Personal Physical Activity

Diocesan Standard Terra Nova Objective	Benchmark Statement
Personal Physical Activity	Understand the social and personal responsibility associated with participation in physical activity.

Performance Indicators		
<ol style="list-style-type: none"> <li>1. Play safely and by the rules.</li> <li>2. Display good sportsmanship and Christian values.</li> <li>3. Improve and refine physical skills.</li> <li>4. Understand and relate how the importance of better coordination, endurance, and good attitude contribute to a healthy life style.</li> <li>5. Understand the physical challenges faced by people with disabilities.</li> <li>6. Follow rules and procedures with little reinforcement.</li> </ol>		
Suggested Activities	Assessment	Resources

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Content Area: Physical Education  
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 Section/Heading: 1B.1

Strand: Motor Skills

Diocesan Standard Terra Nova Objective	Benchmark Statement
Motor Skills	Use movement concepts and principles in the development of motor skills.

Performance Indicators		
<ol style="list-style-type: none"> <li>1. Perform locomotor skills (balance, hop, skip, gallop, run, jump).</li> <li>2. Demonstrate eye-hand and eye-foot coordination (overhand and underhand throws with different objects, correct catching techniques, roll a ball to a target, bounce a ball with both hands, bat a ball with your fist and hand, kick a stationary or moving ball).</li> </ol>		
Suggested Activities	Assessment	Resources

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 Section/Heading: 1C.1

Strand: Movement Skills

Diocesan Standard Terra Nova Objective	Benchmark Statement
Movement Skills	Use a variety of basic and advanced movement forms.

Performance Indicators		
<ol style="list-style-type: none"> <li>1. Perform non-locomotor skills (bend, twist, stretch, turn and sway).</li> <li>2. Perform perceptual motor proficiency (move sideways, change directions and move around as told to) using whole and separate body parts.</li> <li>3. Demonstrate simple movement to rhythm with incorporation of manipulatives).</li> </ol>		
Suggested Activities	Assessment	Resources

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Content Area: Physical Education  
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 Section/Heading: 1D.1

Strand: Monitoring and Maintaining Physical Health

Diocesan Standard Terra Nova Objective	Benchmark Statement
Movement Skills	Understand how to monitor and maintain a health-enhancing level of physical fitness.

Performance Indicators		
1. Demonstrate increased muscular strength, endurance, flexibility, body awareness and agility through fitness and recreational activities.		
Suggested Activities	Assessment	Resources