

**WARREN COUNTY SCHOOL DISTRICT
PLANNED INSTRUCTION**

COURSE DESCRIPTION

Course Title: Physical Education K-1

Course Number: _____

Course Prerequisites: _____

Course Description: (Include “no final exam” or “final exam required”)

Kindergarten-Grade 1 Physical Education focuses on the social and physical aspects associated with physical activity. Students will be introduced to the knowledge and skills needed to safely achieve and maintain a healthy lifestyle.

Suggested Grade Level: Kindergarten/Grade 1

Length of Course: _____ One Semester X Two Semesters _____ Other

(Describe)

Units of Credit: _____ (Insert NONE if appropriate.)

PDE Certification and Staffing Policies and Guidelines (CSPG) Required Teacher Certification(s)

(Insert certificate title and CSPG#) Physical Education/Health and Physical Education

Certification verified by WCSD Human Resources Department:

X Yes _____ No

Board Approved Textbooks, Software, Materials:

Title:

Publisher:

ISBN #:

Copyright Date:

Date of WCSD Board Approval:

BOARD APPROVAL:

Date Written: June 10, 2010

Date Approved: _____

Implementation Year: 2011-2012

Suggested Supplemental Materials: (List or insert None) None

Course Standards

PA Academic Standards: (List by Number and Description)

10.3 – Safety and Injury Prevention

10.4 – Physical Activity

10.5 – Concepts, Principles, and Strategies of Movement

WCSD Academic Standards: (List or None)

None

Industry or Other Standards: (List, Identify Source or None)

None

SPECIAL EDUCATION AND GIFTED REQUIREMENTS

The teacher shall make appropriate modifications to instruction and assessment based on a student's Individual Education Plan (IEP) or Gifted Individual Education Plan (GIEP).

SPECIFIC EDUCATIONAL OBJECTIVES/CORRESPONDING STANDARDS AND ELIGIBLE CONTENT WHERE APPLICABLE

(List Objectives, PA Standards #'s, Other Standards (see samples at end))

PA Standard: 10.3.3 Safety and Injury Prevention

X – performance assessed during that semester

	Performance Indicators	1	2	Assessment
C.	Recognize conflict situations and identify strategies to avoid or resolve.	X	X	Teacher observation; Question and answer
D.	Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).	X	X	

PA Standard: 10.4.3 Physical Activity

X – performance assessed during that semester

	Performance Indicators	1	2	Assessment
A.	Identify and engage in physical activities that promote physical fitness and health.	X	X	Student performance; Teacher observation; Question and answer; Technology assessment
B.	Know the positive and negative effects of regular participation in moderate to vigorous physical activities.	X	X	
C.	Know and recognize changes in body responses during moderate to vigorous physical activity.	X	X	
F.	Recognize positive and negative interactions of small group activities.	X	X	

PA Standard: 10.5.3 Concepts, Principles, and Strategies of Movement

X – performance assessed during that semester

	Performance Indicators	1	2	Assessment
A.	Recognize and use basic movement skills and concepts.	X	X	Teacher observation; Question and answer;
C.	Know the function of practice.	X	X	
E.	Know and describe scientific principles that affect movement and skills using appropriate vocabulary.	X	X	

ASSESSMENTS

PSSA Assessment Anchors Addressed: The teacher must be knowledgeable of the PDE Assessment Anchors and/or Eligible Content and incorporate them into this planned instruction. Current assessment anchors can be found at pde@state.pa.us.

Formative Assessments: The teacher will develop and use standards-based assessments throughout the course.

Portfolio Assessment: _____ Yes X No

District-wide Final Examination Required: _____ Yes X No

Course Challenge Assessment (Describe):

REQUIRED COURSE SEQUENCE AND TIMELINE

(Content must be tied to objectives)

Content Sequence	Dates
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Objectives:

- Sustain moderate to vigorous physical activity for short amounts of time.
- Use safe practices, rules, and procedures
- Identify and demonstrate non-loco and loco motor movement skills.
- Demonstrate the emerging skills of catching, kicking, throwing, and striking.
- Identify how the body responds to physical activity.

TEAM SPORTS

Basketball
 Soccer
 Volleyball
 Team Handball
 Football
 Softball
 Floor Hockey

INDIVIDUAL/DUAL SPORTS

Badminton
 Racquet Sports
 Table Tennis
 Frisbee Golf
 Track and Field
 Bowling
 Tumbling

RECREATIONAL SPORTS

Ultimate Frisbee
 Kickball/Variations
 Softball Activities
 Cage Ball Activities
 Bocce Ball
 Dance
 Cooperative Activities
 Structured Games
 Team Building
 Orienteering

LIFETIME CONDITIONING

Circuit Training Activities
 Run / Walk / Jog
 Jump Rope / Roping Activities
 Aerobics
 Bands

P.E. ASSESSMENTS

Physical Fitness Testing
 Heart Rate Monitors
 REM Cognitive

WRITING TEAM: Martha Asp, Darlene Beach, Kristopher Black, Holly Burt, Caryn Chew, Ronda Darling, Shannon Linkerhof, Jeff Manelick, Kay McKinney, Michele Johnson, Amy Morrison, Kimberly Nelson, Richard Nowacki, Steven Onuffer, Jeffrey Passaro, Michele Petrishen.

WCSD STUDENT DATA SYSTEM INFORMATION

1. Is there a required final examination? _____ Yes X No
2. Does this course issue a mark/grade for the report card? _____ Yes X No
3. Does this course issue a Pass/Fail mark? X Yes _____ No
4. Is the course mark/grade part of the GPA calculation? _____ Yes X No
5. Is the course eligible for Honor Roll calculation? _____ Yes X No
6. What is the academic weight of the course?
 X No weight/Non credit _____ Standard weight
_____ Enhanced weight (Describe)