

# **Physical Education**

## **Pacing Guide**

### **Grade 1**



**2006**

**REVISED 2012**

**Long Beach Unified School District  
Christopher Steinhauser, Superintendent**

**PHYSICAL EDUCATION PACING GUIDE  
GRADE 1**

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## Elementary Physical Education Pacing Chart Grades 1-5

Pacing charts are used to help teachers pace their instruction so they can make sure they teach all of the essential information in a given course of study. Pacing Charts serve to give a sense of how long to spend on a given series of lessons or units. California Education Code Section 51210 mandates a minimum of 200 minutes of Physical Education instruction every ten days for grades 1-6.

The attached Pacing Chart is a guide for 36 weeks of Physical Education instruction.

The information in the top row of the following table explains the content of each column of the pacing chart.

The week number during the school year and the unit in the Lesson Plans	The LBUSD grade level Physical Education Content Standards addressed	The general type of skills or concepts addressed	The specific skills and concepts addressed	The name of activities in which the standards and skills are introduced, practiced, and reviewed	The resource and page on which the lesson's skill or concept is described and/or the directions for the activity are listed LP = Lesson Plans* SFA = Sport for All Cards**
<b>Week</b>	<b>Focus Standard And Support Standards</b>	<b>Unit Focus</b>	<b>Skills</b>	<b>Activity</b>	<b>Resources for Concept and Activity</b>

\*Example: "LP: Lesson 7, P. 52" = Lesson 7 on page 52 of the grade level **Physical Education Lesson Plans**.

All teachers should have the appropriate grade level **Physical Education Lesson Plans**.

\*\*Example: "SFA Green 5" = Green (Sport Play) **Sport For All** card #5.

Each school has at least one set of both green (Sport Play) and blue (Sport Skill Basic) **Sport For All** cards

### **Physical Education Lesson Plans:**

Each lesson of the **Lesson Plans** indicates: **Equipment** needed (A comprehensive recommended **Equipment** list is on Page 1 of the Lesson Plans. Most items are in the District Stock Catalog.) **Warm-ups** - Exercises for warm-ups are listed on page xii-xiv of Lesson Plans. **Concepts** - The **Concept** is provided to the students either at the start of the lesson or at various points throughout the lesson. Do not confuse the **Concept** with the **Student Activities**. **Student Activities** - Students engage in activities to learn and reinforce concepts and skills. **Closure** - Review questions.

See "page "i" of **Lesson Plans** for further explanation. The numbers in parentheses ( ) in the **Lesson Plans** indicate the Region 9 Standard addressed. Correlation of Region 9 Standards to LBUSD Standards is on the very first page of the **Lesson Plans**.

Fitness concepts and activities, as well as social skills' concepts and activities, should be addressed, reviewed, and practiced in physical education lessons throughout the year.

Physical Education Pacing Guide Overview Grade 1

Week	Unit Focus	Standards
1	Introduction to Physical Education	1, 5
2	Introduction to Physical Education	1, 5
3	Social Skill: Caring	3, 5
4	Social Skill: Caring Throughout Activity	3, 5
5	Space Awareness	1, 2, 3
6	Movement Skills Locomotor Skills	1, 2, 3
7	Movement Qualities And Locomotor Skills	1, 2, 3
8	Fitness: Cognitive Concepts & Activities	3, 4
9	Fitness: Cognitive Concepts & Activities	3, 4
10	Fitness: Cognitive Concepts & Activities	3, 4
11	Manipulatives: Rolling	1, 2

Week	Unit Focus	Standards
12	Manipulatives: Throwing & Catching	1, 2
13	Manipulatives: Throwing and Catching	1, 2
14	Manipulatives: Lead-Up Games	1, 2
15	Manipulatives: Lead-Up Games	1, 2
16	Rhythms & Dance	1, 2, 5
17	Rhythms & Dance	1, 2, 5
18	Manipulatives: Passing and Catching	1, 2
19	Manipulatives: Hand Dribbling	1, 2
20	Manipulatives Striking with Arms/Hands	1, 2
21	Manipulatives: Lead Up Games	1, 2
22	Jump Rope Individual Skills	1, 3

Week	Unit Focus	Standards
23	Jump Rope Individual Skills	1, 3
24	Fitness Cognitive Concepts and Activities	3, 4
25	Fitness Cognitive Concepts and Activities	3, 4
26	Manipulatives: Striking with Feet	1, 2
27	Manipulatives Striking/ Trapping with Feet	1, 2
28	Manipulatives Lead Up Games	1, 2, 5
29	Social Skills Parachutes and Hoops	3, 5
30	Social Skills Parachutes and Hoops	3, 5
31	Long Jump Rope	3, 4, 5
32	Fitness Cognitive Concepts and Activities	3, 4
33	Fitness Circuits	3, 4

34	Culminating Review Activities	1, 2, 4, 5
35	Culminating Review Activities	1, 2, 4, 5
36	Culminating Review Activities and Closure	1, 2, 4, 5

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Week	Focus Standards & Support Standards	Unit Focus (Equipment Needed)	Skills	Activity	Resources for Concept and Activity
<b>0</b>		Teacher Preparation	Background information and review for teacher	Read orientation to Physical Education Lessons  Review Standards	LP: p. i, v-vii, xii-xiv  LBUSD 1st Grade PE Standards
<b>1-2</b> LP: Unit 1 Lessons 1-5 Page 4-7	1 5	Physical Education Orientation: Rules Procedures Routines (Fleece Balls, Cones, Hoops)	Safety/Attire  Equipment Signals Formations Boundaries Warm-up Stretching Techniques  Simple Games	Safety lesson  PE/ playground equipment Start/stop Signals Class management Playing areas defined General Specific Exercise Techniques  Choose from: Hoop Exchange, Mousetrap, Squirrels in the Tree, Busy Bee, Midnight, Crows & Cranes	LP: p. v, lesson 1, p.5, LBUSD playground safety video available from OMS LP: lessons 2-4, p.5-6 LP: p. v; lessons 4-5, p.6 LP: p. vi-vii LP: lesson 4, p.5 LP: p. xii LP: p. xii-xiv  LP: lesson 4, p. 6, LP: lesson 5, p. 6 LP: Unit 2, lesson 1, p. 8 LP: lesson 4, p. 8 LP: Unit 2, lesson 9, p. 12 LP: Unit 2, lesson 10, p. 12

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Week	Focus Standards & Support Standards	Unit Focus (Equipment Needed)	Skills	Activity	Resources for Concept and Activity
<p style="font-size: 24pt; margin: 0;"><b>3-4</b></p> <p style="margin: 0;">LP: Unit 2 Lessons 1-19 Page 8-17</p>	<p style="margin: 0;">3 5</p>	<p style="margin: 0;">Cooperative Activities (Fleece Balls, Cones, Hoops, 8" Balls)</p>	<p style="margin: 0;">Socialization Caring During Activities</p>	<p style="margin: 0;">Hoop Exchange, Mousetrap, Squirrels in the Tree, Busy Bee Midnight Crows &amp; Cranes Pilgrims &amp; Native Americans Hospitals Tag Santas &amp; Snowmen Circle Straddleball Hit the Target Rolling Under Bridges All in This Together</p>	<p style="margin: 0;">LP: Unit 1, lesson 4, p. 6 LP: lesson 2 p. 8 LP: lesson 1, p. 8 LP: Unit 1, lesson 4, p. 8 LP: lesson 9, p. 12 LP: lesson 10, p. 12 LP: lesson 11, p. 13 LP: lesson 12, p. 13 LP: lesson 13, p. 14 LP: lesson 14, p. 14 LP: lesson 15, p. 15 LP: lesson 16, p. 15 LP: lesson 18, p. 16</p>

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Week	Focus Standards & Support Standards	Unit Focus (Equipment Needed)	Skills	Activity	Resources for Concept and Activity
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<p style="font-size: 24pt; font-weight: bold;">5-7</p> <p>LP: Unit 4 Lessons 1-19 Pages 29-39</p>	<p>1</p> <p>2</p> <p>3</p>	<p>Space Awareness Personal Space General Space (Music, Cones)</p> <p>Movement Skills Non-Locomotor Locomotor</p> <p>Movement Qualities</p>	<p>Personal Space General Space Directions Levels Pathways</p> <p>Non-Locomotor Bending, twisting, turning, rocking/swaying, balancing, stretching, pushing/pulling</p> <p>Locomotor Walking, running, jumping, hopping, sliding, galloping, skipping, leaping, fleeing, chasing,</p> <p>Movement Qualities Fast/Slow Heavy/Light</p>	<p>Find Personal Space Bubble Game Everybody's It</p> <p>Perform Non-Locomotor Movement</p> <p>Perform Locomotor Movements Statue Tag, Red Light, Green Light Dodge and Tag Game</p>	<p>LP: lessons1-3, p. 30-31 LP: lesson 3, p. 31 LP: lesson 4, p. 31</p> <p>LP: lessons 11-14, p.35-36</p> <p>LP: lessons 5-10, p. 32-34 LP: lesson 13, p. 36 LP: lesson 17, p. 38 LP: lesson 19, p. 39</p>
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Week	Focus Standards & Support Standards	Unit Focus (Equipment Needed)	Skills	Activity	Resources for Concept and Activity
<b>11-15</b> LP: Unit 5 Lessons 1-20 Pages 40-50	1 2	Manipulatives (Fleece Balls, Bean Bags, Tennis Balls, Playground Balls)	Rolling  Throwing & Catching	On Body Parts At Targets With Partner  Solo Roll, Partner Roll Target Roller Roll A Goal  Individual Toss & Catch Underhand & Overhand Throw at Targets Underhand Throwing & Catching w/ Partner and at Targets Overhand Throwing & Catching w/ Partner	LP: lesson 1, p. 41, LP: lesson 3, p. 42 LP: lessons 2, 4-6, p. 41-43, SFA 2  SFA Green 1 and 2 SFA Green 3 SFA Green 4  LP: lessons 7-9, p. 44-45 LP: lesson 12, p. 46  LP: lessons 12-14, p. 46-47 SFA Green 17, 18, 19, 20 LP: lessons 15-20, p. 48-50
<b>16-17</b> Unit Lessons Pages 32-34	1 2 5	Rhythm & Dance	Beats/Tempo  Dance	Claps/Tap Move Using Locomotor Movements Hokey Pokey Head Shoulders Knees & Toes Chicken Dance	LP: Page 77 LP: lessons 5-10, p. 32-34  Music available on All-Time Favorite Dances CD
<b>18-21</b> Unit 9 Lessons 1-19 Pages 84-94	1 2	Manipulatives (Fleece Balls, Bean Bags, Tennis Balls, Playground Balls)	Passing & Catching  Hand Dribbling  Striking (Arms & Hand)	Passing w/ Partner (Bounce & Catch) Passing w/ Partner (Throw & Catch) Hand Dribbling Bounce, Throw, and Catch One handed and Two Handed Striking	LP: lessons 1-2, p. 85 SFA Green 17 SFA Green 17, 18, 21, 23  LP: lessons 3-6, p. 86-87 SFA Green 16 LP: lessons 7-10, p. 88-89

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Week	Focus Standards & Support Standards	Unit Focus (Equipment Needed)	Skills	Activity	Resources for Concept and Activity
			Lead-Up games	Bounce/Dribble-Keep Away 4 Square (Bounce & Strike)	SFA Blue 10 and SFA Blue 11 LP: lessons 18-19, p. 93-94
<b>22-23</b> Unit 7 Lessons 5-12 Pages 65-68	1 3	Jump Rope	Individual Jump Rope Skills	Basic Short Rope Skills Backward Jump Step Routine Development Routine Practice	LP: Unit 7 lesson 5, p. 65 LP: Unit 7 lesson 6, p. 65 LP: Unit 7 lesson 7, p. 66 LP: Unit 7 lessons 11-12, p. 67- 68
<b>24-25</b> Unit 7 Lessons 1-20 Pages 63-72	3 4	Fitness  See Fitnessgram Manual for Directions:  Healthy FitnessZones  Pacer Test Mile Run Curl-Up Trunk Lift Push-Up Sit and Reach Shoulder Stretch	Cognitive Concepts Recognize Importance of Physical Activity and Healthy Food Choices  Health-Related Fitness Component Activities Cardiorespiratory Endurance	Good Nutrition  Circuit Training Practice Fitness Activities and Tests	LP: lesson 1, p. 63  LP: lesson 2, p. 63 FM: See tests
<b>26-28</b> Unit 9 Lessons 11- 17	1 2 5	Manipulatives (Fleece Balls, Bean Bags, Tennis Balls, Playground Balls)	Striking w/ Foot  Trapping w/ Foot  Lead-up Games	Passing w/ Partner Kicking (individual) Kick and Control Foot Dribbling & Trapping Kicking w/Partner; Soccer Relays	LP: lesson 13, p. 91, SFA 15 LP: lessons 11,12,17, p. 90, 93, SFA Green 13 LP: lessons 14-16, p. 91-92 SFA Green 33; SFA Green 14 SFA Green 35

LP = 1<sup>st</sup> Grade Standards Based Lesson Plans  
SFA Green = Green Sport for All Cards, Ages 5-7  
SFA Blue = Blue Sport for All Cards, Ages 8-10  
FM = Fitnessgram Test Administration Manual

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Pages 90-93				3 Player Kickball A-B-C Kick Runaround	SFA Green 36 SFA Green 38
<b>29-30</b> Unit 7	3 5	Social Skills Parachute Activities Hula Hoop Activities	Social Skills Muscular Strength	Popcorn Cat & Mouse Centipede Pass the Hoops All In This Together	LP: Unit 6, lessons 15-16, p. 59 LP: Unit 7, lesson 3, P. 64 LP: Unit 6, lesson 14, p. 58 LP: Unit 6, lesson 17, p. 60 LP: Unit 6, lesson 20, p. 61
<b>31</b> Unit 7	3 4 5	Long Jump Rope	Jumping Long Jump Rope Cardiorespiratory Endurance	Run Through Rope Rhymes Fitness—Skip to Health Fitness—Long Jump Ropes	LP: Unit 7, lesson 4, P.64  SFA Blue 37 SFA Blue 38
<b>32-33</b> Unit 7	3 4	Fitness	Cognitive Concepts Recognize Importance of Physical Activity and Healthy Food Choices  Health-Related Fitness Component Activities Cardiorespiratory Endurance	Good Nutrition  Circuit Training  Power Walk 6-8 minutes (not 12)	LP: lesson 1, p. 63  LP: lesson 2, p. 63 LP: lesson 10, p. 67 LP: lessons 14 & 15 , p. 68-69  LP: lesson 9, p. 67
<b>34-36</b>	1 2 4 5	Culminating Activities and Closure	Parachutes, Dance, Fitness Activities; Manipulative Activities and Games	Review Concepts; and Review and Practice Activities Learned Throughout the Year	

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