

HUDSONVILLE PUBLIC SCHOOLS ELEMENTARY COURSE FRAMEWORK



COURSE/SUBJECT

1st Grade Physical Education

State Standard	Content Strand	Skill	Objective	Key Concepts/ Cue Words	Materials/ Resources	Assessment
MPECS.1: A physically educated person will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.	Motor Skills	• Skip	Demonstrate the step-hop movement pattern.	“Step, hop”	N/A	Shows correct arm swing, knee lift and step-hop pattern with rhythm.
MPECS.1: A physically educated person will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.	Motor Skills	• Gallop	Demonstrate the elements of form including step, push and close using preferred and non-preferred foot.	Step, Push, Close	N/A	Trail leg is always behind lead foot with good balance and rhythm.
MPECS.1: A physically educated person will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.	Motor Skills	• Overhand Throw	Demonstrate overhand throw using proper technique.	T-position, twist, throw, follow-through	Ball	Stands sideways to target, opposite foot in front, eyes on target, rotate hips, throw, follow-through.
MPECS.1: A physically educated person will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.	Motor Skills	• Catching Fly Balls	Demonstrate catching a lightweight ball using proper technique.	Ready eyes, ready hands.	Ball	Eyes on object, catch with hands, bends arms as they contact object.

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MPECS.1: A physically educated person will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.	Motor Skills	<ul style="list-style-type: none"> • Jump Rope 	Demonstrates the elements of form in the basic jump; forward and backward.	Turn, wait, jump.	Jump Rope	Jumps one time over the rope successfully.
MPECS.1: A physically educated person will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.	Other Motor Skills	<ul style="list-style-type: none"> • Run • Slide • Walk • Hop • Jog/Pace 	Demonstrates the appropriate motion for the subsequent motor skill.	Varies	N/A	Observation
MPECS.3,4: A physically educated person will participate regularly in lifelong physical activity.	Physical Fitness	<ul style="list-style-type: none"> • Walk • Run • Jog/Pace • Skip • Gallop 	Demonstrates the ability to sustain each activity for the desired amount of time.	Varies	N/A	Observation
MPECS.2: A physically educated person demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.	Cognitive Domain	<ul style="list-style-type: none"> • Nutrition • Body Parts/ Functions • Benefits and knowledge of physical activity 	Demonstrate an understanding and knowledge of the concepts of nutrition and body functions in order to maintain a healthy lifestyle.	Varies	N/A	Observation
MPECS.5,6: A physically educated person exhibits responsible personal social behavior that respects self and others in physical activity settings.	Personal/ Social Domain	<ul style="list-style-type: none"> • Cooperation • Following Directions • Use of Space • Best Effort • Compassion 	Demonstrate an understanding of the concepts of the appropriate social skills in order to work together and care for others.	Varies	N/A	Observation