

1st Grade At A Glance

Themes <i>Duration</i>	Movement	Fitness	Attitudes	Benchmark Rubrics
Basic Training <i>Four Weeks</i>	1.1A Spatial Awareness 1.1B Locomotor Skills 1.1C Body Management 1.1D Partner Cooperation	1.3B MVPA 1.3D Muscular Strength 1.5A Safety, 1.5C Sun Safety 1.5D Water Safety 1.5E Emergencies	1.6A Start/Stop, 1.6B Rules 1.7A Responsible Behavior 1.7B Cooperation 1.7C Conflict Resolution	BM1.1 BM1.4 BM1.11-12
Move It To The Right, Move It To The Left <i>Four Weeks</i>	1.1A Spatial Awareness 1.1B Locomotor Skills 1.1C Body Management 1.1D Partner Cooperation 1.1F Create Movement 1.2A Motor Skills/Practice	1.3A Enjoyment 1.3B MVPA 1.3C Flexibility 1.5A Safety 1.5B Protective Gear	1.6A Start/Stop 1.6B Boundaries/Rules 1.7A Responsible Behavior 1.7B Cooperation	BM1.1 -2 BM1. 4 BM1.11
Dancing With The Stars <i>Three Weeks</i>	1.1A Spatial Awareness 1.1B Locomotor Skills 1.1C Body Management 1.1D Partner Cooperation 1.1E Rhythm 1.1F Create Movement 1.2B Base of Support	1.3A Enjoyment 1.3B MVPA 1.3C Flexibility 1.3D Muscular Strength 1.4C Muscles/Bones 1.5A Safety	1.6A Start/Stop 1.6B Rules 1.7A Responsible Behavior 1.7B Cooperation 1.7C Conflict Resolution	BM1.1-2 BM1.7 BM1.12
Heads Up <i>Four Weeks</i>	1.1A Spatial Awareness 1.1D Partner Cooperation 1.1H Hand Eye Coordination 1.2A Motor Skills/Practice	1.3A Enjoyment 1.3B MVPA 1.3C Flexibility 1.5A Safety 1.5B Protective Gear	1.6B Rules 1.7A Responsible Behavior 1.7B Cooperation 1.7C Conflict Resolution	BM1.2-3 BM1.5-7
Catch Me If You Can <i>Four Weeks</i>	1.1A Spatial Awareness 1.1B Locomotor Skills 1.1C Body Management 1.1D Partner Cooperation	1.3A Enjoyment 1.3B MVPA 1.4E Harmful Habits 1.5A Safety 1.5B Health Habits	1.6A Start/Stop 1.6B Rules 1.7A Responsible Behavior 1.7B Cooperation	BM1.1-2 BM1.12
Tumble Weeds <i>Three weeks</i>	1.1A Spatial Awareness 1.1B Locomotor Skills 1.1C Body Management 1.1D Partner Cooperation 1.1E Rhythm 1.2B Base of Support	1.3B MVPA, 1.3C Flexibility 1.3D Muscular Strength 1.5A Safety	1.6B Rules 1.7A Responsible Behavior 1.7B Cooperation	BM1.1-2 BM1.11
Jumping Jack Flash <i>Three Weeks</i>	1.1B Locomotor Skills 1.1C Body Management, 1.1G Ropes 1.2A Motor Skills/Practice	1.3A Enjoyment, 1.3B MVPA 1.3C Flexibility 1.3D Muscular Strength, 1.4D Healthy Foods 1.5A Safety	1.7A Responsible Behavior 1.7B Cooperation 1.7C Conflict Resolution	BM1.1 BM1.11-12
Let's Get Fit <i>Two Weeks</i>	1.1A Spatial Awareness 1.1B Locomotor Skills 1.1C Body Management, 1.1G Ropes	1.3A Enjoyment, 1.3D Muscular Strength, 1.3B MVPA 1.3C Flexibility, 1.4C Muscles/Bones	1.6B Rules 1.7A Responsible Behavior	BM1.1 BM1.4 BM1.8, 1.9

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Living the Good Life <i>Four Weeks</i>	1.1A Spatial Awareness 1.1B Loco motor Skills 1.1C Body Management 1.1D Partner Cooperation 1.1H Hand/Eye Coordination	1.3B MVPA 1.4A Healthy Habits 1.4B Lungs 1.4C Muscles/Bones 1.4D Healthy Foods 1.4 E Harmful Habits 1.5A Safety	1.6A Start/Stop 1.7A Responsible Behavior 1.7B Cooperation	BM1.8-10 BM1.12
Coordinated School Health <i>12 Days</i>	1.1A Spatial Awareness 1.1B Locomotor Skills 1.1D Partner Cooperation	1.3A Enjoyment, 1.3B MVPA, 1.4B Lungs 1.4C Muscles/Bones, 1.4D Healthy Foods 1.5B Health Habits, 1.5C Sun Safety	1.6A Start/Stop 1.6B Rules 1.7A Responsible Behavior 1.7B Cooperation	BM1.1 BM1.10 BM1.12

