



Grade 1 Curriculum Map

PE

Month	Theme	Content Areas	Strategies/Best practices use to teach the skills and concepts	How students will demonstrate their understanding	Resources for this Unit	British Columbian Curriculum Standards Prescribed Learning Outcomes	Expected Student Learning Results
April	Athletics (Sports Day preparation) (outside) Circuit Training (inside)	Relay races Sprint race Ball toss/catch	Individual and team races.	Students can: -complete races -participate in team games	Batons Cones Balls Sacks Hula Hoops Gymnastic Benches Jump rope	<ul style="list-style-type: none"> ▪ Active Living – <i>Participation</i> A6 <ul style="list-style-type: none"> ▪ Movement Skills B1 – B4 <ul style="list-style-type: none"> ▪ Safety, Fair Play & Leadership C1 – C3	1 a & d, 2 a & b, 4 b.
May	Athletics (Sports Day preparation) (outside) Circuit Training (inside)	Relay races Sprint race Ball toss/catch	Individual and team races.	Students can: -complete races -participate in team games	Batons Cones Balls Sacks Hula Hoops Gymnastic Benches Jump rope	<ul style="list-style-type: none"> ▪ Active Living – <i>Participation</i> A6 <ul style="list-style-type: none"> ▪ Movement Skills B1 – B4 <ul style="list-style-type: none"> ▪ Safety, Fair Play & Leadership C1 – C3	1 a & d, 2 a & b, 4 b.
June	Softball (outside) Dodgeball (inside) Swimming (at Central Sports)	Throwing, catching and striking a small ball	Pair, small sided and whole class games Pair and small group drills *outside instruction	Students can: -throw a ball underarm -hit a ball with a bat -throw a ball overarm	Bats Balls Cones	<ul style="list-style-type: none"> ▪ Active Living – <i>Participation</i> A6 <ul style="list-style-type: none"> ▪ Movement Skills B1 – B4 <ul style="list-style-type: none"> ▪ Safety, Fair Play & Leadership C1 – C3	1 a & d, 2 a & b, 4 b.
July	Cricket (outside) Dodgeball (inside) Swimming (at Central Sports)	Throwing, catching and striking a small ball	Pair, small sided and whole class games Pair and small group drills *outside instruction	Students can: -throw a ball underarm -hit a ball with a bat -throw a ball overarm	Cricket equipment Cones	<ul style="list-style-type: none"> ▪ Active Living – <i>Participation</i> A6 <ul style="list-style-type: none"> ▪ Movement Skills B1 – B4 <ul style="list-style-type: none"> ▪ Safety, Fair Play & Leadership C1 – C3	1 a & d, 2 a & b, 4 b.
September	Soccer (outside) Crab Soccer (inside) Swimming (at Central Sports)	Basic soccer skills of passing a ball accurately, moving with a ball at speed, and being able to stop a moving ball.	Pair, small sided and whole class games Pair and small group drills *outside instruction	Students can: -pass a ball -dribble/run with a ball - stop and control a ball	Cones Balls Goals Small boards	<ul style="list-style-type: none"> ▪ Active Living – <i>Participation</i> A6 <ul style="list-style-type: none"> ▪ Movement Skills B1 – B4 <ul style="list-style-type: none"> ▪ Safety, Fair Play & Leadership C1 – C3	1 a & d, 2 a & b, 4 b.
October	Soccer (Outside) Crab Soccer	Basic soccer skills of passing a ball accurately, moving with a ball at speed, and being able to stop a moving ball.	Pair, small sided and whole class games Pair and small group drills	Students can: -pass a ball -dribble/run with a ball - stop and control a ball	Cones Balls Cones Small boards	<ul style="list-style-type: none"> ▪ Active Living – <i>Participation</i> A6 <ul style="list-style-type: none"> ▪ Movement Skills B1 – B4	1 a & d, 2 a & b, 4 b.

	(inside)					<ul style="list-style-type: none"> ▪ Safety, Fair Play & Leadership C1 – C3 	
November	Touch Rugby (inside and outside)	Able to hold ball correctly, pass and catch a rugby ball.	Pair, small sided and whole class games Pair and small group drills	Students can: -throw and catch a ball	Rugby balls Cones Tags and belts	<ul style="list-style-type: none"> ▪ Active Living – <i>Participation</i> A6 ▪ Movement Skills B1 – B4 ▪ Safety, Fair Play & Leadership C1 – C3 	1 a & d, 2 a & b, 4 b.
December	Touch Rugby (inside and outside)	Able to hold ball correctly, pass and catch a rugby ball.	Pair, small sided and whole class games Pair and small group drills	Students can: -throw and catch a ball	Rugby balls Cones Tags and belts	<ul style="list-style-type: none"> ▪ Active Living – <i>Participation</i> A6 ▪ Movement Skills B1 – B4 ▪ Safety, Fair Play & Leadership C1 – C3 	1 a & d, 2 a & b, 4 b.
January	Cross-country running (outside) Netball (inside)	To be able to distance run. Able to pass and catch, plus can shoot accurately at a target (goal).	Short, small circuit training style activities followed by distance run. Pair, small sided and whole class games Pair and small group drills	Students can -run without having to stop and walk (pace themselves) Students can: -throw and catch a ball -shoot ball at a target (basket/net)	Cones Tennis balls Hula Hoops Net Balls Cones	<ul style="list-style-type: none"> ▪ Active Living – <i>Participation</i> A6 ▪ Movement Skills B1 – B4 ▪ Safety, Fair Play & Leadership C1 – C3 	1 a & d, 2 a & b, 4 b.
February	Handball (outside) Benchball (inside)	Able to pass and catch, plus can shoot accurately at a target (goal).	Pair, small sided and whole class games Pair and small group drills	Students can: -throw and catch a ball -shoot ball at a target (basket/net)	Balls Cones Goals Gymnastic benches	<ul style="list-style-type: none"> ▪ Active Living – <i>Participation</i> A6 ▪ Movement Skills B1 – B4 ▪ Safety, Fair Play & Leadership C1 – C3 	1 a & d, 2 a & b, 4 b.
March	Field Hockey (inside and outside)	Students are able to pass, move with, stop and shoot at a goal using hockey stick (and ball).	Pair, small sided and whole class games Pair and small group drills	Students can: -throw and catch a ball -shoot ball at a target (basket/net)	Hockey sticks Balls Goals Cones	<ul style="list-style-type: none"> ▪ Active Living – <i>Participation</i> A6 ▪ Movement Skills B1 – B4 ▪ Safety, Fair Play & Leadership C1 – C3 	1 a & d, 2 a & b, 4 b.

Overall aims for the Grade One PE Program of Study

Pupils should be able to:

- run, jump, throw and catch in isolation and in combination.
- play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.
- develop flexibility, strength, technique, control and balance (for example through athletics).
- take part in outdoor and adventurous activity challenges both individually and within a team.
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Over the course of the school year PE classes will be directed by the following ESLRs;

1. AIS is preparing 'global minded' students that;
 - d. Enjoy learning, have a good attitude towards learning in all subjects and who demonstrate a desire to learn and understand.

2. AIS students develop a respect for themselves and others by;
 - a. Co-operating and working together on academic and non-academic group projects.
 - b. Demonstrating a positive attitude, enthusiasm and active participation.

4. At AIS students develop a healthy self-confidence;
 - a. By showing they are prepared to risk take and challenge themselves by trying new things.
 - b. Being motivated learners with a curiosity about the working universe around them.