1st Grade At A Glance

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

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