



PHYSICAL EDUCATION

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FOR FAMILIES

YOU ARE YOUR child's first teacher. Learn how to support the goals of Oklahoma's academic standards and why they are important for your child. Please be in regular communication with your child's teachers and ask how you can support physical education learning at home. When schools and families work together as partners, it helps your child achieve academic success!

FIRST GRADE

What to expect:

In first grade, children enjoy dancing and using their imaginations when they play. They are improving their locomotor skills and are learning how to stay safe and respect other people's personal space.

First-graders will practice throwing, catching, dribbling, volleying and striking equipment (a scarf, beanbag, balloon or large ball, for example) while working individually, with partners and with small groups. Teachers will use cues to break down the skills into smaller, more understandable parts and will teach skills from easiest to most difficult to encourage proper development, competence and confidence.

By the end of the school year, your child will:

- Be able to hop, jump, gallop, jog, side-slide and skip with good form.
- Catch balls and other objects of various sizes they toss themselves or that are thrown well by others.
- Use a jump rope to jump forward (with the rope moving over the front of the body and up the back) and backward (with the rope moving over the back of the body and up the front).

What to do at home:

- Clap, pat or move to the beat of a song. Dance together!
- Ask your child to hop three times on one foot, then switch to the other foot and hop three times. Next, ask your child to hop two times on one foot, then switch. Finally, ask your child to hop one time and switch to the other foot. Tell your child the cue for skipping is "Step, hop, step, hop." With the basics down, they'll be skipping in no time!



OKLAHOMA
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Fostering Curiosity

Children are naturally curious and motivated to learn about things that interest them. Since curiosity helps students be successful in the classroom, it is important to encourage it at home. Play is a wonderful way to nurture curiosity in children, so be sure to allow plenty of playtime and physical activity. It is important to understand the differences between PE and physical activity. In PE, students learn to be physically active; physical activity is when students practice what they learn in PE. Encourage your child to ask questions, be creative, discover answers and explore their world.

Support your child's curiosity with questions like these:

- What are different ways you can move your body?
- What activities close to home could we try as a family, like biking, hiking and canoeing?

It's okay if you don't always have the answer to your child's questions. The best response is always, "Let's find out together."

Fostering Communication

Build your child's vocabulary, thinking skills and curiosity by using new words and having conversations that include questions to make your child think. Communicating with others gives children a chance to see and understand that there can be more than one point of view about a given subject. Accepting these different ideas helps children learn how to get along with others, encouraging positive relationships with other children and a strong self-image.

Support your child's communication skills with questions like these:

- What did you learn about in PE class today?
- What is your favorite activity in PE class? Why?
- What makes physical activity enjoyable for you?

Fostering Connections

Making connections between different school subjects helps build your child's overall knowledge and learning. It's also important for your child to make connections between what they are learning at school and in the real world. Point out these connections to your child and encourage them to make them, too.

- Connect science to physical activity using a nature scavenger hunt. Walk, jog, skip or gallop as you search for items on your list.
- Connect spoken language to the nature scavenger hunt by asking your child to use descriptive words to tell you about the objects they found. For example, your child could look at a leaf and say, "The leaf is pointy, brown and crunchy." Encourage your child to speak in complete sentences because it will help them learn to write in complete sentences.
- Ask your child to find a book or information about one item they found on the scavenger hunt.

Join the conversation!

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