First Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Last Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Grade 1

State Goal 19: Acquire movement and motor skills and understands concepts needed to engage in moderate

to vigorous physical activity.

Standard C: Demonstrate knowledge of rules, safety and strategies during physical activities.

This homework assignment is to help the student to practice the expectations of the PE classroom (gym), which will be pre-assessed and post assessed in the PE classroom (gym). This assignment is for practice at home, this does not need to be returned to school. It would be great if you would supervise the homework with your child. Remember “Practice makes Progress”.

Physical Education Expectation Homework

Circle the correct answer:

1. When first entering the gymnasium, what is the color of the line you walk on to go to

your pod space?

a. yellow b. blue

c. black

1. You have entered the gym and are at you Pod Space. What are you supposed to be doing in you pod space?
2. Follow your leader and do the All-Star Energizer exercises.
3. Talk to your neighbor
4. Sit and wait for instructions.
5. When the whistle is blown or the music stops what you need to do with your body.
6. Stop-Freeze, Look and Turn at the teacher, and Listen.
7. Keep on doing the activity you were doing.
8. Sit down right away.
9. When I give instructions and information, the class sits in a special formation. What is the name of the formation?

a. Square formation b. Information formation

1. Friendship circle

1. Any time someone gives you something. For example a piece of equipment. What are you supposed to say to that person?
2. Oh Wow, I got it.
3. Thank you!
4. Hurray!
5. Consequences for breaking the expectations (rules) your first time is a

a. First warning b. Out for the entire class

c. Sit at the table

1. Consequences for breaking the expectations (rules) the second time is

a. Another warning. b. Sit and read the expectation review sheet and come back when

**you** are ready.

1. Sit at the table
2. Consequences for breaking the expectation (rules) the third time is
3. Sit out at the expectation review area for the rest of the class.
4. Sit at the table
5. Another warning