
Virginia 1 Physical Education

FREE PREVIEW

Full-Year Teacher Planner, Blank Editable Planner & School-Submission Binder

This preview shows the real structure and a genuine sample of the completed planner. The full product contains 9 units, 36 weekly plans and 180 daily plans, plus blank editable versions of every form.

State	Virginia
Grade	1 (Elementary)
Subject	Physical Education
Course category	Required / State or Local
Standards family	Physical Education
Framework	Virginia Standards of Learning
Issuing agency	Virginia Department of Education
Scope	36 instructional weeks · 180 instructional days · 9 units

This is a statewide standards index, not a local course catalog. Course names, grade placement, electives, and graduation sequences vary by district.

What you get

Folder	Contents
01 START HERE	Read-me, contents, printing and digital instructions, standards verification guide, this preview
02 FILLED FULL YEAR	Completed planner in colour and ink-friendly PDF, plus editable DOCX
03 BLANK EDITABLE	Blank planner in colour, ink-friendly and fillable PDF, plus editable DOCX
04 ASSESSMENTS AND DATA	Baseline observation, quarterly rubrics, anecdotal forms, portfolio checklist
05 SCHOOL SUBMISSION	Submission covers, alignment summary, evidence checklist, observation, reflection, signature page
06 LICENSE AND CREDITS	Terms of use, credits and licences, copyright notice

The pages that follow are reproduced **exactly** as they appear in the full completed planner.

Week 9 — Throwing Underhand

Unit 3: Throwing and Catching · Month 3 · Quarter 1 · Semester 1 · Instructional Days 41–45

Essential question	How do I throw underhand accurately?
Standards	Throwing Underhand and Overhand -> 1.2 strand — text Using Equipment and Space Safely -> 1.3 strand — text
Learning target	"I can throw underhand stepping with the opposite foot."
Local dates	_____ (enter your school dates)

Measurable objectives

- Students will throw underhand with hand/foot opposition.
- Students will step with the opposite foot when throwing.

Success criteria (student-friendly)

- "I hold the ball low."
- "I step with the opposite foot."
- "I follow through to the target."

Academic vocabulary

underhand, opposition, step, follow through, target

Materials and technology

- Soft balls or beanbags
- Targets
- Cones
- Open space
- Observation sheets

Differentiation and supports

Support area	This week's plan
Special education / IEP	Reduce group size; pair visual cue cards with all verbal directions; allow gesture or picture response in place of speech; pre-teach the week's target in a 1:1 warm-up.
Section 504	Provide the child's documented accommodations throughout; permit movement breaks and alternative seating at any point in the sequence.
Multilingual learners	Introduce each vocabulary word with an object or image; accept home-language responses; send the vocabulary list home where a translation is available; pair with a peer who shares the home language.
Advanced / extension	Ask the learner to teach the skill to a peer, extend the task, or record a demonstration for the class reference wall.

Support area	This week's plan
Intervention / reteach	Reteach the target in a short small group using the same materials; split the day's check for understanding into two smaller steps.
Enrichment	Extend into an open-ended centre or project connected to the essential question.

Assessment and evidence

Observation: child throws underhand with opposition.

Family communication

Play a gentle underhand throwing game.

Day 41 — Safe Throwing Space

Week 9, Day 1 · Unit 3 · Standards: 1.2, 1.3

Focus	Safety first.
Learning target	"I can throw underhand stepping with the opposite foot."
Vocabulary in use	underhand, opposition, step
Local date	_____

Learning sequence

Warm-up: movement. Teach: throwing only on signal, one direction. Practise: routine. Apply: safe setup. Cool-down: rules agreed.

Check for understanding

Student follows the throwing safety routine.

Differentiation in the moment

If the learner...	Then...
needs more support	Model the step again with guided support, then fade to a gesture cue.
is ready for more	Invite the learner to demonstrate for a peer or add a second example.
is dysregulated	Pause instruction, move to co-regulation, and return to the target later.

Closure and reflection

Gather the group. Restate the learning target. Ask one learner to demonstrate. Name one specific thing the group did well, then preview tomorrow.

Teacher reflection (fictional example)

Fictional Example — Customize and Verify Before School Submission.

Most learners met the target. Two needed the visual cue repeated during guided practice; I will pre-teach with them tomorrow. The extension held attention longer than planned, so I shortened closure.

Day 42 — Swinging the Arm Underhand

Week 9, Day 2 · Unit 3 · Standards: 1.2, 1.3

Focus	Arm action.
Learning target	"I can throw underhand stepping with the opposite foot."
Vocabulary in use	underhand, opposition, step
Local date	_____

Learning sequence

Warm-up: arm swings. Teach: low swing and release. Practise: throwing. Apply: to a wall. Cool-down: action noted.

Check for understanding

Student performs an underhand arm swing.

Differentiation in the moment

If the learner...	Then...
needs more support	Model the step again with guided support, then fade to a gesture cue.
is ready for more	Invite the learner to demonstrate for a peer or add a second example.
is dysregulated	Pause instruction, move to co-regulation, and return to the target later.

Closure and reflection

Gather the group. Restate the learning target. Ask one learner to demonstrate. Name one specific thing the group did well, then preview tomorrow.

Teacher reflection (fictional example)

Fictional Example — Customize and Verify Before School Submission.

Most learners met the target. Two needed the visual cue repeated during guided practice; I will pre-teach with them tomorrow. The extension held attention longer than planned, so I shortened closure.

Day 43 — Stepping With the Opposite Foot

Week 9, Day 3 · Unit 3 · Standards: 1.2, 1.3

Focus	Opposition.
Learning target	"I can throw underhand stepping with the opposite foot."
Vocabulary in use	underhand, opposition, step
Local date	_____

Learning sequence

Warm-up: throwing. Teach: opposite foot forward. Practise: stepping. Apply: throwing with step. Cool-down: opposition explained.

Check for understanding

Student steps with the opposite foot when throwing.

Differentiation in the moment

If the learner...	Then...
needs more support	Model the step again with guided support, then fade to a gesture cue.
is ready for more	Invite the learner to demonstrate for a peer or add a second example.
is dysregulated	Pause instruction, move to co-regulation, and return to the target later.

Closure and reflection

Gather the group. Restate the learning target. Ask one learner to demonstrate. Name one specific thing the group did well, then preview tomorrow.

Teacher reflection (fictional example)

Fictional Example — Customize and Verify Before School Submission.

Most learners met the target. Two needed the visual cue repeated during guided practice; I will pre-teach with them tomorrow. The extension held attention longer than planned, so I shortened closure.

Day 44 — Throwing to a Target

Week 9, Day 4 · Unit 3 · Standards: 1.2, 1.3

Focus	Accuracy.
Learning target	"I can throw underhand stepping with the opposite foot."
Vocabulary in use	underhand, opposition, step
Local date	_____

Learning sequence

Warm-up: throwing. Teach: aiming and following through. Practise: targets. Apply: scoring. Cool-down: accuracy noted.

Check for understanding

Student throws underhand toward a target.

Differentiation in the moment

If the learner...	Then...
needs more support	Model the step again with guided support, then fade to a gesture cue.
is ready for more	Invite the learner to demonstrate for a peer or add a second example.
is dysregulated	Pause instruction, move to co-regulation, and return to the target later.

Closure and reflection

Gather the group. Restate the learning target. Ask one learner to demonstrate. Name one specific thing the group did well, then preview tomorrow.

Teacher reflection (fictional example)

Fictional Example — Customize and Verify Before School Submission.

Most learners met the target. Two needed the visual cue repeated during guided practice; I will pre-teach with them tomorrow. The extension held attention longer than planned, so I shortened closure.

Day 45 — Throwing Further

Week 9, Day 5 · Unit 3 · Standards: 1.2, 1.3

Focus	Distance.
Learning target	"I can throw underhand stepping with the opposite foot."
Vocabulary in use	underhand, opposition, step
Local date	_____

Learning sequence

Warm-up: throwing. Teach: bigger swing for distance. Practise: distance throws. Apply: personal best. Cool-down: form maintained.

Check for understanding

Student throws underhand for distance with correct form.

Differentiation in the moment

If the learner...	Then...
needs more support	Model the step again with guided support, then fade to a gesture cue.
is ready for more	Invite the learner to demonstrate for a peer or add a second example.
is dysregulated	Pause instruction, move to co-regulation, and return to the target later.

Closure and reflection

Gather the group. Restate the learning target. Ask one learner to demonstrate. Name one specific thing the group did well, then preview tomorrow.

Teacher reflection (fictional example)

Fictional Example — Customize and Verify Before School Submission.

Most learners met the target. Two needed the visual cue repeated during guided practice; I will pre-teach with them tomorrow. The extension held attention longer than planned, so I shortened closure.

Important before you buy

- This is a **digital download**. Nothing is shipped.
- The planner is **calendar-neutral**: Month 1–9, Week 1–36, Day 1–180, so it fits any school calendar. You add your own dates.
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This is a statewide standards index, not a local course catalog. Course names, grade placement, electives, and graduation sequences vary by district.

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