Alabama Physical Education

Grade 1

Anchor Standard 1: Motor Skills and Movement Patterns: _The physically literate individual demonstrates competency in a variety of motor skills and movement patterns._ PE19.1.1

A 1.1 Locomotor Skills: _Hopping, galloping, jogging, running, sliding, skipping, jumping, leaping_ PE19.1.1.A

1 Demonstrate correct form for hopping, galloping, and sliding. PE19.1.1.1

APE ___APE accommodation suggestions:__ Sliding, galloping, jogging, and running_ - Hand over hand to assist in increasing speed and balance, fast pace walking, shorten distance, peer assistance (sliding - step together step, side to side) PE19.1.1.1.APE

B 1.2 Locomotor Skills: _Jogging, running_ PE19.1.1.B

2 _Developmentally appropriate/ emerging outcomes first appear in Grade 2._ PE19.1.1.2

APE ___APE accommodation suggestions:__ Sliding, galloping, jogging, and running_ - Hand over hand to assist in increasing speed and balance, fast pace walking, shorten distance, peer assistance (sliding - step together step, side to side) PE19.1.1.2.APE

C 1.3 Locomotor Skills: _Jumping and landing_ PE19.1.1.C

3 Perform jumping and landing actions with balance. PE19.1.1.3

APE ___APE accommodation suggestions:__ Hopping, jumping, and leaping_ - Hand over hand to assist with balance. PE19.1.1.3.APE

D 1.4 Locomotor Skills: _Dance/ Rhythmic Activities_ PE19.1.1.D

4 Combine locomotor, non-locomotor, and manipulative skills in rhythmic activities. PE19.1.1.4

APE ___APE accommodation suggestions:___ Slower music, poly spots and/or arrows on floor for direction, break the dance steps/movements down into small parts for additional review/practice, peer assistance PE19.1.1.4.APE

E 1.5 Non-locomotor Skills* (stability): _Balance_ PE19.1.1.E

5 Maintain stillness on different bases of support with different body shapes. PE19.1.1.5

APE ___APE accommodation suggestions:___ Hand over hand assistance, peer assistance, modeling, doing activities on the floor instead of on equipment PE19.1.1.5.APE

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.6 Non-locomotor Skills* (stability): _Curling and stretching; twisting and bending_ PE19.1.1.F

6 Create wide, narrow, curled, and twisted body shapes by curling and stretching. PE19.1.1.6

APE ___APE accommodation suggestions:___ Hand over hand assistance and modeling PE19.1.1.6.APE

G 1.7 Non-locomotor Skills (stability): _Weight transfer, rolling_ PE19.1.1.G

7 Transfer weight from one body part to another in self-space with both narrow and curled body shapes. PE19.1.1.7

APE ___APE accommodation suggestions:___ Rolling - hand over hand assistance; peer assistance and modeling PE19.1.1.7.APE

H 1.8 Manipulative Skills: _Underhand and overhand throw_ PE19.1.1.H

8 Throw underhand and overhand with hand/foot opposition. PE19.1.1.8

APE ___APE accommodation suggestions:___ Provide a variety of sizes, shapes, textures, and inflation levels of objects to make throwing more successful; use ball launchers PE19.1.1.8.APE

I 1.9 Manipulative Skills: _Catching_ PE19.1.1.I

9 Catch various sizes of soft objects from a self-toss before they hit the ground. PE19.1.1.9

APE ___APE accommodation suggestions:___ Decrease distance ball is tossed, rolled, or bounced; provide students the opportunity to catch an object using a bucket or basket. Good objects to use for catching: stuffed animal, beach ball, scarf, deflated ball, foam ball, fleece ball, balloon (be aware of latex allergies) PE19.1.1.9.APE

J 1.10 Manipulative Skills: _Dribbling and/or ball control with hands_ PE19.1.1.J

10 Dribble continuously in a stationary position, using the preferred hand. PE19.1.1.10

APE ___APE accommodation suggestions:___ Use large playground ball; drop and catch, alternating dribble with peer or tethered ball. PE19.1.1.10.APE

K 1.11 Manipulative Skills: _Dribbling/ ball control with feet_ PE19.1.1.K

11 Walk while tapping a ball, using alternating feet. PE19.1.1.11

APE ___APE accommodation suggestions:___ Use large playground ball; drop and catch, alternating dribble with peer or tethered ball. PE19.1.1.11.APE

L 1.12 Manipulative Skills: _Passing and receiving with feet_ PE19.1.1.L

12 Pass and trap a moving ball in a static environment, demonstrating correct form. PE19.1.1.12

APE ___APE accommodation suggestions:___ Use larger ball, larger targets PE19.1.1.12.APE

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1.13 Manipulative Skills: _Kicking, punting_ PE19.1.1.M

13 Approach a stationary ball, make contact below center line, and kick it forward. PE19.1.1.13

APE ___APE accommodation suggestions:___ Lightweight object could include larger and/or more colorful object/ball or object of contrasting colors: suspended tether ball PE19.1.1.13.APE

N 1.14 Manipulative Skills: _Volleying, overhead and underhand_ PE19.1.1.N

14 Independently volley a lightweight object upward with consecutive hits. PE19.1.1.14

APE ___APE accommodation suggestions:___ Lightweight object could include larger and/or more colorful object/ball or object of contrasting colors: suspended tether ball PE19.1.1.14.APE

O 1.15 Manipulative Skills: _Striking, short implement_ PE19.1.1.O

15 Demonstrate striking a lightweight object upward with a short-handled implement. PE19.1.1.15

APE ___APE accommodation suggestions:___ Use longer or shorter implements for student success in controlling the implement; hand over hand assistance PE19.1.1.15.APE

P 1.16 Manipulative Skills: _Striking, long implement (hockey stick, putter, noodle, bat, badminton racquet, pillow polo stick, etc.)_ PE19.1.1.P

16 Strike a stationary object with a long-handled implement using correct hand placement. PE19.1.1.16

APE ___APE accommodation suggestions:___ Place rope on ground, step over self-turned rope, provide verbal prompting. PE19.1.1.16.APE

Q 1.17 Manipulative Skills: _Jumping rope_ PE19.1.1.Q

17 Demonstrate rope skills by: - Jumping self-turned rope - Attempting to turn a long rope multiple times consecutively with a partner. PE19.1.1.17

APE ___APE accommodation suggestions:___ Place rope on ground, step over self-turned rope, provide verbal prompting. PE19.1.1.17.APE

Anchor Standard 2: Movement and performance: _The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance._ PE19.1.2

A 2.1 Movement Concepts: _Space_ PE19.1.2.A

1 Demonstrate moving in personal and general space while maintaining self-control, in response to designated class expectations. PE19.1.2.1

APE ___APE accommodation suggestions:___ Verbal prompting, redirection and/or modeling; use directional poly spots. PE19.1.2.1.APE

B 2.2 Movement Concepts: _Pathways, shapes, levels_ PE19.1.2.B

2 Understand and employ a variety of relationships with objects. PE19.1.2.2

APE ___APE accommodation suggestions:___ Verbal prompting; use directional poly spots. PE19.1.2.2.APE

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C **2.3 Movement Concepts: _Speed, direction, force_** PE19.1.2.C

3 Demonstrate the difference between strong and light force. PE19.1.2.3

APE ___APE accommodation suggestions:___ Verbal prompting; use directional poly spots. PE19.1.2.3.APE

D **2.4 Movement Concepts: _Strategies & tactics_** PE19.1.2.D

4 _Developmentally appropriate/ emerging outcomes first appear in Grade 3._ PE19.1.2.4

Anchor Standard 3: Physical Activity and Fitness: _The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness._ PE19.1.3

A **3.1 Physical activity knowledge** PE19.1.3.A

1 Identify the benefits of participating in physical activity for at least 60 minutes a day. PE19.1.3.1

APE ___APE accommodation suggestions:___ Verbal prompting and peer assistance to model correct physical education participation. PE19.1.3.1.APE

B **3.2 Engagement in physical activity** PE19.1.3.B

2 Actively engage in physical education class. PE19.1.3.2

C **3.3 Fitness knowledge** PE19.1.3.C

3 Verbalize how active play and physical activity strengthen the heart muscle. PE19.1.3.3

Anchor Standard 4: Personal and Social Behavior: _The physically literate individual exhibits responsible personal and social behavior that respects self and others._ PE19.1.4

A **4.1 Personal responsibility** PE19.1.4.A

1 Acknowledge personal responsibility by using equipment and space safely and appropriately while following the rules and boundaries of the learning environment. PE19.1.4.1

APE ___APE accommodation suggestions:___ Verbal prompting and redirecting, peer assistance to model proper personal and social behaviors PE19.1.4.1.APE

B **4.2 Accepting and giving feedback** PE19.1.4.B

2 Appropriately respond to specific feedback from the teacher. PE19.1.4.2

APE ___APE accommodation suggestions:___ Verbal prompting and redirecting, peer assistance to model proper personal and social behaviors PE19.1.4.2.APE

C **4.3 Working with others** PE19.1.4.C

3 Work in a variety of class environments with moderate supervision. PE19.1.4.3

APE ___APE accommodation suggestions:___ Verbal prompting and redirecting, peer assistance to model proper personal and social behaviors PE19.1.4.3.APE

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D **4.4 Conflict Resolution** PE19.1.4.D

4 Identify alternative solutions to a given problem. PE19.1.4.4

APE ___APE accommodation suggestions:___ Verbal prompting and redirecting, peer assistance to model proper personal and social behaviors PE19.1.4.4.APE

Anchor Standard 5: Values Physical Activity: _The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction._ PE19.1.5

A 5.1 Health PE19.1.5.A

1 Identify physical activity as a component of good health. PE19.1.5.1

APE ___APE accommodation suggestions:___ Information in alternate formats (words or pictures); allow extra time to communicate and process information; provide short, precise and clear instructions; and use peer assistance and modeling. PE19.1.5.1.APE

B 5.2 Challenge PE19.1.5.B

2 Explain that continued practice in physical activities can lead to success. PE19.1.5.2

APE ___APE accommodation suggestions:___ Information in alternate formats (words or pictures); allow extra time to communicate and process information; provide short, precise and clear instructions; and use peer assistance and modeling. PE19.1.5.2.APE

C 5.3 Self-expression and enjoyment PE19.1.5.C

3 Recall positive feelings that result from participating in physical activities. PE19.1.5.3

APE ___APE accommodation suggestions:___ Information in alternate formats (words or pictures); allow extra time to communicate and process information; provide short, precise and clear instructions; and use peer assistance and modeling. PE19.1.5.3.APE

D 5.4 Social interaction PE19.1.5.D

4 Share personal reasons for enjoying physical activities that involve peers. PE19.1.5.4

APE ___APE accommodation suggestions:___ Information in alternate formats (words or pictures); allow extra time to communicate and process information; provide short, precise and clear instructions; and use peer assistance and modeling. PE19.1.5.4.APE