Colorado Physical Education

Grade 1

Movement Competence and Understanding 1.1

1 Demonstrate basic locomotor and non-locomotor skills and rhythmic and cross-lateral movements. 1.1.1

- a Move in different directions and at high, medium, and low levels in space. 1.1.1.A
- b Demonstrate locomotor movements in a variety of pathways and levels. 1.1.1.B
- c Travel in forward and sideways directions using a variety of locomotor and non-locomotor patterns, and change direction quickly in response to a signal. 1.1.1.C
- d Perform a simple dance step in keeping with a specific tempo. 1.1.1.D
- e Travel to a variety of rhythms changing time, force, and flow. 1.1.1.E
- f Manipulate objects such as jump ropes, scarves, hoops, and balls. 1.1.1.F
- g Balance at different levels on different body parts. 1.1.1.G
- h Demonstrate both static and dynamic balances. 1.1.1.H
- i Perform rhythmical movements using small musical aids. 1.1.1.I

2 Demonstrate fundamental manipulative skills. 1.1.2

- a Standing in place, dribble a ball continuously with one's dominant hand. 1.1.2.A
- b Throw an object with an overhand or underhand motion while stepping forward in opposition. 1.1.2.B
- c Toss a ball to oneself using the underhand throw pattern, and catch it before it bounces 1.1.2.C
- d Catch a thrown large object with both hands. 1.1.2.D
- e Kick a stationary object using a simple kicking pattern. 1.1.2.E
- f Use body parts and light implements to strike stationary and moving objects. 1.1.2.F

3 Establish a beginning movement vocabulary. 1.1.3

- a Distinguish between a jog and a run, a hop and a jump, and a gallop and a slide. 1.1.3.A
- b Respond appropriately to a variety of cues. 1.1.3.B
- c Recognize personal space, high and low levels, fast and slow speeds, straight, curved, and zigzag pathways, balance, and twist. 1.1.3.C
- Distinguish between personal space, general space, and boundaries. 1.1.3.D

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Physical and Personal Wellness 1.2

1 **Identify the body's normal reactions to moderate and vigorous physical activity.** 1.2.1

- a Identify basic exercises that help to strengthen various muscles of the body, such as push-ups, curl-ups, squats, planks, mountain climbers. 1.2.1.A
- b Identify physical activities that require strong muscles. 1.2.1.B
- c Identify heart beating faster, harder breathing, and sweating as reactions to exercise. 1.2.1.C

Social Emotional Wellness 1.3

1 **Work independently and with others to complete work.** 1.3.1

- a Identify and demonstrate acceptable responses to challenges, successes, and failures. 1.3.1.A
- b Invite others to use equipment before repeating a turn. 1.3.1.B
- c Identify and demonstrate the attributes of being an effective partner or group member in physical activity. 1.3.1.C
- d Help another student share space effectively. 1.3.1.D

2 **Follow the rules of an activity.** 1.3.2

- a Perform movements within given parameters and guidelines. 1.3.2.A
- b Develop rules for an activity with teacher assistance, and participate in the activity while following the rules. 1.3.2.B
- c Follow the rules for simple games and activities. 1.3.2.C
- d Accept responsibility for one's behavior in a game situation. 1.3.2.D

Prevention and Risk Management 1.4

1 **Develop movement control for safe participation in games and physical activities.** 1.4.1

- a Recognize appropriate safety practices in general space (e.g., throwing objects when appropriate, only throwing objects when others are not in the direct line of the throw). 1.4.1.A
- b Demonstrate the ability to follow verbal and nonverbal instruction. 1.4.1.B