Connecticut Physical Education

# Grade 1

**Students will demonstrate competency in a variety of motor skills and movement patterns.** 1

**Locomotor**

S1.E1 Jumping, hopping, galloping, running, sliding, skipping, and leaping S1.E1

E1.1.1 Demonstrates hopping, galloping, running, and sliding using a mature pattern. E1.1.1

**Nonlocomotor**

Balance

E1.3.1 Demonstrates a variety of nonlocomotor skills (curling, stretching, twisting, and bending) while maintaining balance. E1.3.1

Weight transfer

E1.4.1 Demonstrates weight transfer from one body part to another in personal space. E1.4.1

**Manipulatives**

Throwing

E1.5.1a Underhand throw: Demonstrates underhand throw using two of the five critical elements of a mature pattern. E1.5.1A

E1.5.Kb Overhand throw: Demonstrates overhand movement (throw) with opposite foot forward. E1.5.KB

Catching

E1.6.1 Demonstrates catching an object from a skilled thrower at various levels. E1.6.1

Dribbling

E1.7.1a1 Dribbling with hands: Demonstrates dribbling continuously in self space using the dominate hand. E1.7.1A1

E1.7.1a2 Demonstrates dribbling continuously in general space using the dominate hand. E1.7.1A2

E1.7.1b Dribbling with feet: Demonstrates dribbling the ball with the inside of the foot while moving in general space. E1.7.1B

Kicking

E1.8.1 Demonstrates approaching a moving ball and kicking it forward using two of the five critical elements of a mature pattern. E1.8.1

Skip to main content

Volleying

E1.9.1 Demonstrates underhand volleying in self space and general space using dominant and nondominant hands sending it upward. E1.9.1

Striking

E1.10.1 Demonstrates striking using a short-handled implement sending it upward with control in self space. E1.10.1

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**Students will apply knowledge of concepts, principles, strategies, and tactics related to movement and performance.** 2

**Movement Concepts**

S2.E1 Space S2.E1

S2.E1.1 Demonstrates the ability to move in self-space and general space in response to designated beats or rhythms. S2.E1.1

Pathways, Shapes, Levels

S2.E2.Kb Demonstrates moving at low, middle, and high levels while traveling. S2.E2.KB

S2.E2.1b Demonstrates a variety of relationships with objects (e.g., over, under, around, through) while traveling. S2.E2.1B

Speed, Direction, Force

S2.E3.1a Demonstrates differences between fast and slow speeds. S2.E3.1A

S2.E3.1b Differentiates between strong and light force. S2.E3.1B

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**Students will demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.** 3

**Physical Activity Knowledge**

S3.E1 Physical activity knowledge S3.E1

S3.E1.1 Demonstrates the ability to discuss the benefits of being active and exercising and/or playing. S3.E1.1

**Engages in Physical Activity**

S3.E2 Engages in physical activity S3.E2

S3.E2.1 Demonstrates active engagement in physical education class. S3.E2.1

**Fitness Knowledge**

S3.E3 Fitness knowledge S3.E3

S3.E3.1 Demonstrates the ability to identify the heart as a muscle that grows stronger with exercise, play and physical activity. S3.E3.1

**Nutrition**

S3.E6 Nutrition S3.E6

S3.E6.1 Demonstrates the ability to differentiate between healthy and unhealthy foods. S3.E6.1

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Skip to main content

**Students will exhibit responsible personal and social behavior that respects self and others.** 4

**Personal Responsibility**

S4.E1 Personal responsibility S4.E1

S4.E1.1 Demonstrates the ability to accept personal responsibility by using equipment and space appropriately. S4.E1.1

S4.E2 Personal responsibility S4.E2

S4.E2.1 Demonstrates the ability to follow the rules and parameters of the learning environment. S4.E2.1

**Accepting Feedback**

S4.E3 Accepting feedback S4.E3

S4.E3.1 Demonstrates the ability to respond appropriately to general feedback from the teacher. S4.E3.1

**Working with Others**

S4.E4 Working with others S4.E4

S4.E4.1 Demonstrates the ability to work independently with others in a variety of class environments (e.g., small and large groups). S4.E4.1

**Rules and Etiquette**

S4.E5 Rules and etiquette S4.E5

S4.E5.1 Demonstrates the ability to exhibit the established protocols for class activities. S4.E5.1

**Safety**

S4.E6 Safety S4.E6

S4.E6.1 Demonstrates the ability to follow teacher directions for safe participation and proper use of equipment without teacher reminders. S4.E6.1

**Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.** 5

**Health**

S5.E1 Health S5.E1

S5.E1.1 Demonstrates the ability to identify physical activity as a component of good health. S5.E1.1

**Challenge**

S5.E2 Challenge S5.E2

S5.E2.1 Demonstrates the ability to recognize that challenge in physical activities can lead to success. S5.E2.1

**Self-Expression and Enjoyment**

Skip to main content

S5.E3 Self-expression and Enjoyment S5.E3

S5.E3.1a Demonstrates the ability to describe positive feelings that result from participating in physical activities. S5.E3.1A

S5.E3.1b Demonstrates the ability to discuss personal reasons for physical activities (the “why”). S5.E3.1B