Georgia Physical Education

Grade 1

Adopted 2018

Motor Skills and Movement Patterns

1. **The physically educated student demonstrates competency in a variety of motor skills and movement patterns.** PE1.1
   a. Performs hops, gallops, jogs, and slides using a mature form. PE1.1.A
   b. Performs mature pattern of jumping in a horizontal and vertical plane. PE1.1.B
   c. Performs non-locomotor and locomotor combinations. PE1.1.C
   d. Performs mature form of landing in a horizontal and vertical plane. PE1.1.D
   e. Maintains balance on different bases of support while maintaining different body shapes. PE1.1.E
   f. Transfers weight from one body part to another maintaining personal space. PE1.1.F
   g. Rolls with either a narrow or curled body shape. PE1.1.G
   h. Demonstrates twisting, curling, bending, and stretching actions. PE1.1.H
   i. Demonstrates underhand throwing techniques following teacher cues. PE1.1.I
   j. Catches various sized objects. PE1.1.J
   k. Dribbles continuously in personal space using the dominant hand. PE1.1.K
   l. Dribbles a ball using the inside of the foot while walking in general space. PE1.1.L
   m. Approaches a stationary ball and kicks it forward while refining correct kicking form (keeping eye on the ball, walking up to the ball, stepping with opposite foot next to ball, contacting the ball with dominant foot, and following through). PE1.1.M
   n. Volleys an object upward with an open hand. PE1.1.N
   o. Strikes an object with a short-handled implement using a proper grip. PE1.1.O
   p. Jumps forward or backward consecutively using a self-turned rope. PE1.1.P
   q. Jumps a long rope consecutively with teacher assisted turning. PE1.1.Q

Movement Concepts and Principles

2. **The physically educated student applies the knowledge of concepts, principles, strategies, and tactics related to movement and performance.** PE1.2
   a. Responds to different beats/rhythms in personal and general space. PE1.2.A
   b. Travels demonstrating low, medium, and high levels. PE1.2.B
   c. Travels over, under, around, and through a variety of objects. PE1.2.C

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d. Differentiates between fast and slow speeds. PE1.2.D

e. Differentiates between strong and light force. PE1.2.E

Fitness

3. **The physically educated student demonstrates knowledge and skills to help achieve and maintain a health-enhancing level of physical activity and fitness.** PE1.3

   a. Discusses the benefits of exercising/playing and being active. PE1.3.A

   b. Actively engages in physical education class. PE1.3.B

   c. Identifies the heart as a muscle that grows stronger with exercise, play, and physical activity. PE1.3.C

   d. Practices the proper protocol for each Georgia Fitness Assessment component. PE1.3.D

Personal and Social Behavior, Rules, Safety, and Etiquette

4. **The physically educated student exhibits responsible personal and social behavior that respects self and others in physical activity settings.** PE1.4

   a. Accepts personal responsibility by using equipment and space appropriately. PE1.4.A

   b. Follows the rules and procedures of the learning environment. PE1.4.B

   c. Responds appropriately to feedback from the teacher. PE1.4.C

   d. Works independently with others in small and large groups. PE1.4.D

   e. Follows teacher directions for safe participation and proper use of equipment with minimal teacher reminders. PE1.4.E

5. **The physically educated student recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.** PE1.5

   a. Recognizes physical activity as a component of good health. PE1.5.A

   b. Recognizes that challenges in physical activity can lead to success. PE1.5.B

   c. Describes positive feelings that result from physical activities. PE1.5.C

   d. Identifies personal likes and dislikes regarding participation in physical activities with others. PE1.5.D

   e. Accepts and respects differences and similarities in physical abilities in self and others. PE1.5.E