

Grade 1

The physically literate individual will demonstrate competency in a variety of motor skills and movement patterns. 1.1

Locomotor Skills

- 1** Locomotor (Hopping, galloping, running, sliding, skipping, leaping, walking, running) **1.1.1**
 - A** Performs mature patterns in locomotor skills (jog, run, jump, hop, gallop, and slide). **1.1.1.A**
- 2** Locomotor (Jumping and landing in a horizontal and vertical plane) **1.1.2**
 - A** Demonstrates two of the five critical elements for jumping and landing in a horizontal and vertical plane using 2-foot take-offs and landings. **1.1.2.A**
- 3** Locomotor (Dance, Rhythm, Combinations) **1.1.3**
 - A** Combines locomotor and nonlocomotor skills in a teacher designed dance. **1.1.3.A**
- 4** Non-Locomotor **1.1.4**
 - A** Performs mature pattern in nonlocomotor skills (such as bend, twist, turn, sway, stretch) in exploratory and a stable environment. **1.1.4.A**
- 5** Non-Locomotor (Balance) **1.1.5**
 - A** Maintains stillness on different bases of support with different body shapes. **1.1.5.A**
- 6** Non-Locomotor (Weight Transfer) **1.1.6**
 - A** Transfers weight from one body part to another in personal space (such as in dance and gymnastics environments). **1.1.6.A**

Manipulative Skills

7 Manipulative Skills (Throw) 1.1.7

A Throws underhand and overhand with different sizes and types of objects in a developing and emerging pattern. 1.1.7.A

8 Manipulative Skills (Pass with Hands) 1.1.8

A Developmentally appropriate/emerging outcomes first appear in grade four. 1.1.8.A

9 Manipulative Skills (Catch) 1.1.9

A Catches a soft object from a self-toss before it bounces and catches various sizes of balls by a skilled thrower. 1.1.9.A

10 Manipulative Skills (Hand Dribble) 1.1.10

A Dribbles continuously in personal space using the preferred hand. 1.1.10.A

11 Manipulative Skills (Foot Pass/Kick) 1.1.11

A Demonstrates an emerging pattern while approaching a stationary ball and passing or kicking it forward. 1.1.11.A

12 Manipulative Skills (Foot Dribble) 1.1.12

A Demonstrates emerging pattern while dribbling a ball using the inside of the foot while walking in general space. 1.1.12.A

13 Manipulative Skills (Foot Trap Receive) 1.1.13

A Performs emerging pattern while receiving with the preferred foot when stationary. 1.1.13.A

14 Manipulative Skills (Strike/Volley, Hands and Arms) 1.1.14

A Volley an object with an open palm sending it upward and also strikes a ball with a short-handed implement sending it upward. 1.1.14.A

15 Manipulative Skills (Strike with Implement) 1.1.15

A Standard was combined with 1.1.14A. 1.1.15.A

16 Manipulative Skills (Jump Rope) 1.1.16

A Jump forward or backward using a self-turned and long rope consecutively. 1.1.16.A

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance. 1.2

Movement Concepts and Strategies

- 1 Space 1.2.1
 - A Moves in personal space and general space in response to designated beats/rhythms. 1.2.1.A
 - 2 Pathways, Shapes, Levels 1.2.2
 - A Travels demonstrating low, middle, and high levels. 1.2.2.A
 - B Travels demonstrating a variety of relationships with objects (such as over, under, around, through). 1.2.2.B
 - 3 Speed, Direction, Force 1.2.3
 - A Differentiates between movements that are fast and slow speeds, and with strong and light force. 1.2.3.A
 - 4 Strategies and Tactics 1.2.4
 - A Developmentally appropriate/ emerging outcomes first appear in grade three. 1.2.4.A
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The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. 1.3

Physical Activity

- 1 Physical Activity Knowledge 1.3.1
 - A Explains the benefits of being active and exercising and/or playing. 1.3.1.A
 - 2 Engages in Physical Activity 1.3.2
 - A Identifies the heart as a muscle that grows stronger when you exercise, play, and are physically active. 1.3.2.A
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Fitness

- 3 Fitness Knowledge 1.3.3
 - A Identifies the heart as a muscle that grows stronger when you exercise, play, and are physically active. 1.3.3.A
 - 4 Fitness Assessment & Wellness Planning 1.3.4
 - A Developmentally appropriate/ emerging outcomes first appear in grade three. 1.3.4.A
 - 5 Body Systems 1.3.5
 - A Recognizes basic structure and function of the muscular and skeletal system (such as muscles move the body). 1.3.5.A
 - 6 Nutrition 1.3.6
 - A Differentiates between healthy and unhealthy foods. 1.3.6.A
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The physically literate individual exhibits responsible personal and social behavior that respects self and others. 1.4

Responsible Personal and Social Behavior

- 1 Personal Responsibility 1.4.1
 - A Accepts personal responsibility by using equipment and space appropriately. 1.4.1.A
 - B Follow the rules and protocols of the learning environment. 1.4.1.B
 - 2 Accepting Feedback 1.4.2
 - A Responds appropriately to general feedback from the teacher. 1.4.2.A
 - 3 Working with Others 1.4.3
 - A Works with others in a variety of class activities (such as small and large groups). 1.4.3.A
 - 4 Rules & Etiquette 1.4.4
 - A Works independently with others in a variety of class activities (such as small and large groups). 1.4.4.A
 - 5 Safety 1.4.5
 - A Demonstrates following rules and protocols for class activities. 1.4.5.A
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The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self expression and/or social interaction. 1.5

Valuing Health, Enjoyment, Challenge, Self Expression, and Social Interaction

- 1 Health 1.5.1
 - A Identifies physical activity as a component of good health. 1.5.1.A
- 2 Challenge 1.5.2
 - A Recognizes that challenges in physical activities can lead to success (such as learning a new game or activity). 1.5.2.A
- 3 Self-expression and Enjoyment 1.5.3
 - A Describes positive feelings that result from participating in physical activities. 1.5.3.A
- 4 Social Interaction 1.5.4
 - A Identifies that physical activity promotes opportunity for social interaction. 1.5.4.A