Louisiana Physical Education

Grade 1

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Locomotor Non-locomotor Demonstrate locomotor and non-locomotor skills in a variety of ways.

1. Demonstrate gallop and hop locomotor skills 1.1-1.1
2. Perform locomotor skills while changing pathway, direction and/or speed 1.1-1.2
3. Use non-locomotor skills in closed and open environments and in response to verbal and nonverbal stimuli 1.1-1.3
4. Balance in a variety of ways using equipment and/or apparatus 1.1-1.4
5. Perform a variety of different rocking and rolling skills 1.1-1.5
6. Move to a rhythmic beat or pattern 1.1-1.6

Manipulative

1. Throw using variations in time/force 1.1-2.1
2. Catch a self-tossed object with hands or an implement. 1.1-2.2
3. Strike an object using different body parts 1.1-2.3
4. Kick a ball for force using a backswing with the kicking leg and non-kicking leg stepping next to the ball with force 1.1-2.4
5. Dribble an object with hands and feet in a closed environment through personal and general space 1.1-2.5
6. Roll a ball to a specified target 1.1-2.6

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

Movement Concepts Demonstrate knowledge of movement concepts related to body, space, effort, flow and relationships.

1. Describe movement vocabulary terms in body, space, effort, flow and relationships 2.1-1.1
2. Demonstrate an understanding of relationships in a variety of physical activities 2.1-1.2
3. Apply different degrees of force, speed and direction when directed by the teacher 2.1-1.3
4. Apply concepts of personal and general space to accomplish movement tasks 2.1-1.4

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nowledge of Skill Cues Demonstrate knowledge of critical elements of ndamental motor skills

1. Differentiate among non-locomotor and manipulative skills 2.1-2.1
2. Repeat cue words for fundamental motor skills and apply them to improve performance 2.1-2.2

The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Physical activity knowledge Evaluate level of physical activity Healthy habits in relation to physical activity Describes current level of physical activity & identifies additional physical activity opportunities

1. Identify opportunities for physical activity during the school day 3.1-1.1
2. Track the amount of physical activity within the school day 3.1-1.2
3. Differentiate between healthy and unhealthy food and beverage choices for physical activity 3.1-1.3

Cardio Muscular strength and endurance Flexibility Understand the principles, components and practices of health-related physical fitness.

1. Identify activities that align with each component of health-related fitness 3.1-2.1
2. Identify the heart as a muscle that grows stronger with exercise and physical activity 3.1-2.2
3. Identify ways to strengthen muscles 3.1-2.3
4. Identify ways to stretch muscles in the upper and lower body 3.1-2.4

The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Self-direction Safety Know and follow procedures and safe practices.

1. Respond positively to reminders of appropriate safety procedures 4.1-1.1
2. Follow directions and handle equipment safely 4.1-1.2
3. Demonstrate individual work safely around others and in a shared space 4.1-1.3
4. Explain rules related to safety and activity-specific procedures 4.1-1.4

Cooperation and Respect Responsible behavior in physical activity settings

1. Follow instructions and class procedures while participating in physical education activities 4.1-2.1
2. Describe examples of cooperation and sharing in a variety of physical activities 4.1-2.2
3. Demonstrate consideration of others with varying skill or fitness levels while participating in physical education activities 4.1-2.3

The physical literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Health reasons to be physically active Identifies health benefits as reasons to value physical activity.

1. Recognize more physical activity leads to additional health benefits 5.1-1.1

Enjoyment Identifies reasons to participate in physical activity.

1. Attempts new activities presented in class 5.1-2.1