Maine Health and Physical Education

Physical Education: Grade 1

Motor Skills and Movement Patterns: Physically literate students demonstrate competency in a variety of motor skills and movement patterns. PE.1

Locomotor Skills

1 Uses recognizable forms of basic locomotor skills in different pathways, levels or directions. 1.1

Non-locomotor Skills

1 Uses recognizable forms of non-locomotor skills to move and control the body. 1.2

Locomotor and Non-locomotor Combination Skills

1 Combines locomotor and non-locomotor skills in a teacher designed movement sequence. 1.3

Manipulative Skills

1 Uses critical elements of basic manipulative skills. 1.4

Concepts and Strategies: Physically literate students apply knowledge of concepts, principles, strategies and tactics related to movement and performance. PE.2

Movement Concepts

1 Utilizes basic motor movements in activity and game play. 2.1

Strategies and Tactics

1 Uses teacher feedback to improve basic motor performance in conjunction with manipulative skills. 2.2

Fitness Education: Physically literate students demonstrate the knowledge and skills to plan, execute, self-monitor, achieve, and maintain a health-enhancing level of physical activity and/or fitness. PE.3

Health-Related Fitness and Exercise.

1 Identifies the physiological responses of moderate to vigorous physical activity. 3.1

Skill-Related Fitness and Training

1 Demonstrates control of body, movement, and space when performing skill-related fitness components. 3.2

Training Principles for Fitness and Sport

1 Demonstrates proper technique when using one's own body as resistance. 3.3

Health-related and/or sport training and/or fitness plan

1 Participates in a teacher-directed workout that includes moderate to vigorous physical activities. 3.4

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Fitness, Sport, and Technology

1 Participates in a teacher-directed skill-related fitness, and/or dance/movement video resource at school. 3.5

Physical Activity, Community,

1 Participates with family or friends in activities that are enjoyable, challenging, fun and/or that allow for self-expression. 3.6

Responsible Personal and Social Behavior: Physically literate students exhibit responsible personal and social behavior that respects self and others. PE.4

Personal Responsibility

1 Uses basic strategies, concepts, and communication skills for working cooperatively in group settings. Accepts personal responsibility for behavior. 4.1

Working with Others

1 Demonstrates cooperative skills. Understands how social interaction can make activities more enjoyable. 4.2

Rules, Etiquette, and Safety

1 Uses safe practices when engaging in physical education activities. 4.3

Recognition of the Value of Physical Activity: Physically literate students recognize the value of physical activity for health, enjoyment, challenge, self-expression, and /or social interaction. PE.5

Health

1 Identifies that physical activity is a component of good health. 5.1

Challenge

1 Recognizes challenges when learning a new physical activity. 5.2

Self-expression and Enjoyment

1 Describes physical activities that are enjoyable. 5.3

Social Interaction

1 Identifies that physical activity promotes opportunity for social interaction 5.4