Maryland Physical Education

Grade 1

Motor Skills and Movement Patterns S1

Hopping, Galloping, Jogging, Running, Sliding, and Skipping

1 Demonstrates hopping, galloping, jogging, running, and sliding using a mature pattern. S1.G1.1

Jogging for Distance

2 This skill becomes a developmentally appropriate practice beginning in 2nd grade. S1.G1.2

Jumping and Landing

3a Demonstrates some critical elements for jumping and landing in a horizontal plane using two-foot takeoffs and landings. S1.G1.3A

3b Demonstrates some critical elements for jumping and landing in a vertical plane. S1.G1.3B

Dance

4 Combines locomotor and non-locomotor skills in a teacher- designed dance. S1.G1.4

Balance

5 Maintains balance on different bases of support with different body shapes. S1.G1.5

Weight Transfer

6 Transfers weight from one body part to another in personal space in dance and gymnastics environments. S1.G1.6

Weight Transfer - Rolling

7 Demonstrates rolling with either a narrow or a curled body shape. S1.G1.7

Curling, Stretching, Twisting, and Bending

8 Demonstrates twisting, curling, bending, and stretching actions. S1.G1.8

Combinations - Balance and Weight Transfers

9 This skill becomes a developmentally appropriate practice beginning in 2nd grade. S1.G1.9

Skip to main content

Rolling a Ball

10 Rolls a ball while demonstrating some critical elements. S1.G1.10

Underhand Throw

11 Demonstrates an underhand throw using some critical elements. S1.G1.11

Overhand Throw

12 This skill becomes a developmentally appropriate practice beginning in 2nd grade. S1.G1.12

Catching

13a Catches a soft object from a self-toss before it bounces. S1.G1.13A

13b Catches a variety of objects tossed by a skilled thrower. S1.G1.13B

Dribbling with Hands

14 Dribbles continuously in personal space using the preferred hand. S1.G1.14

Dribbling with Feet

15 Taps or dribbles a ball using the inside of the foot walking in general space. S1.G1.15

Kicking

16 Approaches a stationary ball and kicks it forward, demonstrating some of the critical elements. S1.G1.16

Underhand Volley

17 Volleys an object with an open palm, sending it upward. S1.G1.17

Striking with a Short-Handled Implement

18 Strikes a ball with a short-handled implement, sending it upward. S1.G1.18

Catching with a Short-Handled Implement

19 Catches a variety of soft objects with a short-handled implement before it bounces in a nondynamic environment. S1.G1.19

Striking with a Long-Handled Implement

20 This skill becomes a developmentally appropriate practice beginning in 2nd grade. S1.G1.20

Jumping Rope

21a Jumps forward or backward consecutively using a self-turned rope. S1.G1.21A

21b Jumps a long rope consecutively with teacher-assisted turning. S1.G1.21B

Skip to main content

Concepts and Strategies S2

Space

1 Moves in personal and general space in response to designated beats or rhythms. S2.G1.1

Pathways, Shapes, & Levels

2a Travels while demonstrating low, middle, and high levels. S2.G1.2A

2b Travels while demonstrating a variety of relationships with objects. S2.G1.2B

Speed, Direction, & Force

3a Differentiates between fast and slow speeds. S2.G1.3A

3b Differentiates between strong and light force. S2.G1.3B

Health-Enhancing Level of Physical Activity and Fitness S3

Physical Activity Knowledge

1 Discusses the benefits of being active. S3.G1.1

Physical Activity Engagement

2 Engages actively in physical education class. S3.G1.2

Fitness Knowledge

3a Identifies the heart as a muscle that grows stronger with exercise, play, and physical activity. S3.G1.3A

3b Identifies at least one location on the body to find a heartbeat using two fingers. S3.G1.3B

Nutrition

4 Identifies nutrient-dense foods. S3.G1.4

Responsible Personal and Social Behavior S4

Personal Responsibility

1a Accepts personal responsibility by using equipment and space appropriately. S4.G1.1A

1b Follows the rules and parameters of the learning environment. S4.G1.1B

1c Recognizes that skills will develop with appropriate practice and use of the correct cues. S4.G1.1C

Corrective Feedback

2 Recalls and shows how verbal and visual cues improve personal performance in a variety of skills. S4.G1.2

Accepting Feedback

3 Responds appropriately to feedback from the teacher. S4.G1.3

Skip to main content

orking with Others

4 Works independently with others in a variety of class environments. S4.G1.4

Rules and Etiquette

5 Exhibits the established protocols for class activities. S4.G1.5

Safety

6a Properly uses equipment without reminders. S4.G1.6A

6b Follows teacher directions for safe participation without reminders. S4.G1.6B

Recognizes the Value of Physical Activity S5

Health

1 Identifies physical activity as a component of good health. S5.G1.1

Challenge

2 Recognizes that challenge in physical activities can lead to success. S5.G1.2

Self-Expression and Enjoyment

3a Describes positive feelings that result from participating in physical activities. S5.G1.3A

3b Discusses personal reasons for enjoying physical activity. S5.G1.3B