Missouri Physical Education

Grade 1

Adopted 2007

Efficiency of Human Movement and Performance

1. **Personal Fitness and Healthy Active Living**
   - A. Health-Related and Skill-Related Fitness
     - a. Name three ways to stay fit.
   - B. Wellness
     - a. Identify a variety of physical activities that promote wellness (e.g., walking, jogging).
   - C. Fitness Principles
     - a. Recognize signs associated with physical activity (e.g., fast heart rate, heavy breathing, perspiration).
   - D. Body Systems
     - a. Tell why muscles and bones are important to movement.

3. **Injury Prevention, Treatment and Rehabilitation**
   - A. Prevention
     - a. Tell the difference between general space awareness and personal space awareness.

Physical Activity and Lifetime Wellness

1. **Fundamental Movement Skills and Games**
   - A. Locomotor
     - a. Demonstrate all locomotor skills (walk, run, leap, jump, hop, slide, gallop, skip).
   - B. Non-Locomotor
     - a. Demonstrate non-locomotor skills in a variety of activities.
   - C. Manipulative Skills
     - a. Demonstrate a variety of manipulative skills while stationary and moving.
     - b. Demonstrate fine motor skills while manipulating small objects (e.g., juggling scarves, small bean bags).
   - D. Body Management
     - a. Demonstrate static and dynamic balance activities (e.g., stork stand, lame dog).
     - b. Demonstrate introductory stunts and tumbling skills (e.g., log, forward, egg rolls).

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E. Movement Concepts

a. Demonstrate a variety of pathways, speeds, directions and levels using locomotor movements.

b. Identify and demonstrate a variety of relationships (over, under, through) with objects (e.g., wands, hula hoops).

F. Developmental Games

a. Demonstrate motor skills while participating in low organized games.

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3. Rhythms and Dance

A. Essential Elements of Rhythm

a. Demonstrate basic cues to music (e.g., hokey pokey).

b. Demonstrate a simple dance step in keeping with a dance tempo.

B. Creative/Interpretive

a. Create/interpret movements to a variety of music (e.g., locomotor/nonlocomotor skills to beat/rhythm pattern).

C. Rhythmic Activities

a. Demonstrate rhythmic activities (e.g., lummi sticks, jump rope, parachute).

D. Forms of Dance

a. Demonstrate a simple dance.

E. Social/Cultural Aspects of Dance

a. Demonstrate appropriate social skills (e.g., responding to a partner in a positive manner).