Nebraska Physical Education

Grade 1

Adopted 2016

Physical Activity Skills and Movement Patterns PE.1.1

1. **Performs locomotor skills in a variety of environments.** PE.1.1.1
   a. Hops, gallops, side slides, and walks in a mature pattern. PE.1.1.1.A
   b. Exhibits 2 of 5 critical elements for jumping horizontally using two-foot take-off and landing. PE.1.1.1.B
   c. Exhibits 2 of 5 critical elements for jumping vertically using two-foot take-off and landing. PE.1.1.1.C
   d. Demonstrates a variety of locomotor and non-locomotor skills in teacher-designed rhythmic activities. PE.1.1.1.D

2. **Performs non-locomotor skills in a variety of environments.** PE.1.1.2
   a. Maintains stillness on different bases of support with different body shapes. PE.1.1.2.A
   b. Transfers weight from one body part to another in self-space. PE.1.1.2.B
   c. Rolls with either a narrow or curled body shape. PE.1.1.2.C
   d. Curls, stretches, twists, and bends the body and/or parts of the body. PE.1.1.2.D

3. **Performs manipulative skills in a variety of environments.** PE.1.1.3
   a. Throws underhand, demonstrating 2 of 5 critical elements. PE.1.1.3.A
   b. Throws overhand with opposite foot forward. PE.1.1.3.B
   c. Catches various sizes of objects self-tossed or tossed by an accurate thrower. PE.1.1.3.C
   d. Dribbles continuously in self-space using the preferred hand. PE.1.1.3.D
   e. Pushes or dribbles a ball using the inside of the foot while walking in general space. PE.1.1.3.E
   f. Approaches a stationary ball and kicks it forward, demonstrating 2 of 5 critical elements. PE.1.1.3.F
   g. Volleys an object underhand with an open palm, sending it upward. PE.1.1.3.G
   h. Volleys a lightweight object overhead sending it upward over the head. PE.1.1.3.H
   i. Strikes an object with a short-handled implement, sending it upward. PE.1.1.3.I
   j. Strikes a ball with a bat off a tee or cone. PE.1.1.3.J

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k. Jumps consecutively forward and backward using a self-turned rope with a mature pattern. PE.1.1.3.K

l. Jumps a long rope 3 times consecutively with teacher-assisted turning. PE.1.1.3.L

Movement Concepts, Strategies, and Tactics PE.1.2

1. **Demonstrates knowledge of movement concepts in a variety of environments.** PE.1.2.1
   a. Moves in self-space and general space in response to a designated rhythm. PE.1.2.1.A
   b. Travels at low, middle, and high levels. PE.1.2.1.B
   c. Travels over, under, around, and through a variety of objects. PE.1.2.1.C
   d. Differentiates between fast and slow speeds. PE.1.2.1.D
   e. Differentiates between strong and light forces. PE.1.2.1.E
   f. Moves in various directions (forward, backward, sideways) while traveling in general space. PE.1.2.1.F

Health-Related Physical Activity and Fitness PE.1.3

1. **Demonstrates the knowledge to achieve and maintain a health-enhancing level of physical activity.** PE.1.3.1
   a. Discusses the benefits of being physically active in structured (e.g., physical education class) or unstructured (e.g., recess) situations. PE.1.3.1.A
2. **Engages in physical activity.** PE.1.3.2
   a. Engages in physical activity in physical education class. PE.1.3.2.A
3. **Exhibits the knowledge to achieve and maintain a health-enhancing level of physical fitness.** PE.1.3.3
   a. Identifies the heart as a muscle that grows stronger with exercise, active play, and physical activity. PE.1.3.3.A
4. **Communicates the importance of health-related fitness components and nutrition for physical activity.** PE.1.3.4
   a. Differentiates between healthy and unhealthy foods. PE.1.3.4.A

Responsible Behavior PE.1.4

1. **Exhibits personal responsibility in physical activity settings.** PE.1.4.1
   a. Uses equipment and space appropriately. PE.1.4.1.A
   b. Follows the rules and procedures of the learning environment. PE.1.4.1.B
2. **Accepts and responds to specific corrective feedback from teacher and peers.** PE.1.4.2
   a. Responds appropriately to positive feedback from the teacher. PE.1.4.2.A

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3. **Exhibits responsible social behavior when working with others.** PE.1.4.3

a. Works with others in a variety of class environments (e.g., small and large groups). PE.1.4.3.A

4. **Follows rules and demonstrates proper etiquette.** PE.1.4.4

   a. Displays the established protocol for class activities. PE.1.4.4.A

5. **Participates safely in physical activities.** PE.1.4.5

   a. Follows teacher directions for safe participation and proper use of equipment without reminders. PE.1.4.5.A

Physical Activity Benefits PE.1.5

1. **Recognizes the benefits of physical activity for health.** PE.1.5.1

   a. Identifies physical activity as a component of good health. PE.1.5.1.A

2. **Recognizes the benefits of physical activity for challenge.** PE.1.5.2

   a. Accepts that challenge in physical activities can lead to success. PE.1.5.2.A

3. **Recognizes the benefits of physical activity for self-expression and enjoyment.** PE.1.5.3

   a. Describes positive feelings that result from participating in physical activities. PE.1.5.3.A

   b. Discusses personal reasons for enjoying physical activities. PE.1.5.3.B