North Carolina Physical Education

First Grade

Motor Skills

1 Demonstrate motor skills and movement patterns needed to perform a variety of physical activities. 1.MS.1

1. Demonstrate emerging forms of all eight basic locomotor skills (walk, run, jump, hop, skip, gallop, leap, slide) in different pathways, levels, or directions. PE.1.MS.1.1
2. Demonstrate emerging forms of manipulative skills (throwing, catching, dribbling, passing, volleying, striking, and kicking). PE.1.MS.1.2
3. Demonstrate transitions between sequential locomotor skills. PE.1.MS.1.3
4. Demonstrate a combination of rhythmic locomotor and non-locomotor movements to a beat. PE.1.MS.1.4

Movement Concepts

2 Demonstrate understanding of concepts that apply to the learning and performance of movement. 1.MC.2

1. Demonstrate understanding of the movement concepts of space, pathways, and speed through movement. PE.1.MC.2.1
2. Identify two or more of the critical elements for fundamental manipulative skills (throwing, catching, dribbling, passing, volleying, striking, and kicking). PE.1.MC.2.2
3. Use teacher and/or peer feedback to improve basic motor performance. PE.1.MC.2.3

Health-Related Fitness

3 Demonstrate the knowledge and skills needed to achieve a health-enhancing level of physical activity and fitness. 1.HF.3

1. Identify two or more of the five health-related fitness components (cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, or body composition) and their associated exercises. PE.1.HF.3.1
2. Identify benefits of being physically active. PE.1.HF.3.2
3. Actively engage in physical education class. PE.1.HF.3.3

Personal/Social Responsibility

4 Demonstrate responsible personal and social behavior that respects self and others. 1.PR.4

1. Demonstrate cooperation by following directions and accepting responsibility in group settings. PE.1.PR.4.1

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2 Identify positive feelings that result from participation in physical activity. PE.1.PR.4.2

3 Demonstrate safe practices when engaging in physical activities with minimal teacher reminders. PE.1.PR.4.3