

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

- 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