Oklahoma Physical Education

Grade 1

Adopted 2016

Demonstrates competency in a variety of motor skills and movement patterns.

1. **Hops, gallops, jogs, and slides using a mature pattern.** S1.E1.1
1. **Developmentally appropriate/emerging outcomes first appearing in grade two.** S1.E2.1
1. **Demonstrates two of the five critical elements for jumping and landing in a horizontal plane using two-foot take-offs and landings.** S1.E3.1
1. **Demonstrates two of the five critical elements for jumping and landing in a vertical plane.** S1.E4.1
1. **Combines locomotor and non-locomotor skills in a teacher-designed dance.** S1.E5.1
1. **Developmentally appropriate/emerging outcomes first appear in grade three.** S1.E6.1
1. **Maintains stillness on different bases of support with different body shapes.** S1.E7.1
1. **Transfers weight from one body part to another in self-space in dance and gymnastic environments.** S1.E8.1
1. **Rolls with either a narrow or curled body shape.** S1.E9.1
1. **Demonstrates twisting, curling, bending, and stretching actions.** S1.E10.1
1. **Developmentally appropriate/emerging outcomes first appear in grade two.** S1.E11.1
1. **Developmentally appropriate/emerging outcomes first appear in grade three.** S1.E12.1
1. **Throws underhand and overhand demonstrating two of the five critical elements of a mature pattern (face target, arm back, opposition, release, follow through).** S1.E13.1
1. **Developmentally appropriate/emerging outcomes first appear in grade four.** S1.E14.1

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	1a. Catches a soft object from a self-toss before it bounces. S1.E15.1A
	1b. Catches various sizes of balls or objects self-tossed or tossed by a skilled thrower. S1.E15.1B
	1. Dribbles continuously in self-space using the preferred hand. S1.E16.1
	1. Taps or dribbles a ball using the inside of the foot while walking in general space. S1.E17.1
	1. Developmentally appropriate/emerging outcomes first appear in grade three. S1.E18.1
	1. Developmentally appropriate/emerging outcomes first appear in grade four. S1.E19.1
	1. Approaches a stationary ball and kicks it forward demonstrating two of the five critical elements of a mature pattern. S1.E20.1
	1. Volleys an object with an open palm, sending it upward. S1.E21.1
	1. Developmentally appropriate/emerging outcomes first appear in grade four. S1.E22.1
	1. Strikes a ball with a short-handled implement sending it upwards. S1.E23.1
	1. Developmentally appropriate/emerging outcomes first appear in grade two. S1.E24.1
	1. Developmentally appropriate/emerging outcomes first appear in grade four. S1.E25.1
	1a. Jumps forwards or backwards consecutively using a self-turned rope. S1.E26.1A
	1b. Jumps a long rope up to five times consecutively with teacher-assisted turning. S1.E26.1B
	1c. Turning a long rope alone and with a partner in rhythm. S1.E26.1C
Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.	**1.** Moves in self-space and general space in response to designated beats/rhythms. S2.E1.1
	1a. Travels demonstrating low, middle, and high levels. S2.E2.1A
	1b. Travels demonstrating a variety of relationships with objects (e.g., over, under, around, through). S2.E2.1B
	Differentiates between fast & slow speeds. S2.E3.1A
	Differentiates between strong and light force. S2.E3.1B

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	1. Developmentally appropriate/emerging outcomes first appear in grade three. S2.E4.1
	1. Developmentally appropriate/emerging outcomes first appear in grade three. S2.E5.1
Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	**1.** Discusses the benefits of being active and exercising and/or playing. S3.E1.1
	1a. Actively engages in physical education class. S3.E2.1A
	1b. Engaged in MVPA 50% of class time. S3.E2.1B
	1. Identifies the heart as a muscle that grows stronger with exercise, play and physical activity. S3.E3.1
	1. Developmentally appropriate/emerging outcomes first appear in grade three. S3.E4.1
	1. Developmentally appropriate/emerging outcomes first appear in grade three. S3.E5.1
	1. Differentiates between healthy and unhealthy foods and drinks. S3.E6.1
Exhibits responsible personal and social behavior that respects self and others.	**1.** Accepts personal responsibility by using equipment and space appropriately. S4.E1.1
	1. Follows the rules and parameters of the learning environment. S4.E2.1
	1. Responds appropriately to general feedback from the teacher. S4.E3.1
	1. Works independently with others in a variety of class environments (e.g., small and large groups). S4.E4.1
	1. Exhibits the established protocols for class activities. S4.E5.1
	1. Follows teacher directions for safe participation and proper use of equipment without teacher reminders. S4.E6.1
Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	**1.** Identifies physical activity as a component of good health. S5.E1.1
	1. Recognizes that challenge in physical activities can lead to success. S5.E2.1
	1a. Describes positive feelings that result from participating in physical activities. S5.E3.1A
	1b. Discusses personal reasons for enjoying physical activities. S5.E3.1B
	1. Demonstrates socially acceptable conflict resolution skills. S5.E4.1