

Grade 1

Adopted 2016

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

1. Hops and gallops using a mature pattern. [PE.1.1.1](#)
2. Demonstrates critical elements for jumping & landing in a horizontal plane using 2-foot take-offs & landings. [PE.1.1.2](#)
3. Demonstrates critical elements for jumping & landing in a vertical plane using 2-foot take-offs & landings. [PE.1.1.3](#)
4. Combines locomotor and non-locomotor skills in a teacher-designed rhythmic activities. [PE.1.1.4](#)
5. Maintains stillness on different bases of support with different body shapes. [PE.1.1.5](#)
6. Transfers weight from one body part to another in self-space in rhythmic activities and gymnastics environments. [PE.1.1.6](#)
7. Rolls with either a narrow or curled body shape. [PE.1.1.7](#)
8. Demonstrates twisting, curling, bending & stretching actions. [PE.1.1.8](#)
9. Throws underhand, demonstrating 2 of the 5 critical elements of a mature pattern. [PE.1.1.9](#)
10. Catches a soft object from a self-toss before it bounces. [PE.1.1.10](#)
11. Catches various sizes of balls self-tossed or tossed by a skilled thrower. [PE.1.1.11](#)
12. Dribbles continuously in self-space using the preferred hand. [PE.1.1.12](#)
13. Taps or dribbles a ball using the inside of the foot while walking in general space. [PE.1.1.13](#)
14. Approaches a stationary ball and kicks it forward, demonstrating 2 of the 5 critical elements of a mature pattern. [PE.1.1.14](#)
15. Volleys an object with an open palm, sending it upward. [PE.1.1.15](#)
16. Strikes a ball with a short-handled implement, sending it upward. [PE.1.1.16](#)

17. Jumps forward or backward consecutively using a self-turned rope. PE.1.1.17

18. Jumps a long rope up to 5 times consecutively with teacher-assisted turning. PE.1.1.18

The physically literate individual 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.** PE.2.1.1
 - 2. Travels demonstrating low, middle and high levels.** PE.2.1.2
 - 3. Travels demonstrating a variety of relationships with objects (e.g., over, under, around, through).** PE.2.1.3
 - 4. Differentiates between fast and slow speeds.** PE.2.1.4
 - 5. Differentiates between strong and light force.** PE.2.1.5
-

The physically literate individual 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.** PE.3.1.1
 - 2. Actively engages in physical education class.** PE.3.1.2
 - 3. Identifies the heart as a muscle that grows stronger with exercise, play and physical activity.** PE.3.1.3
 - 4. Differentiates between healthy and unhealthy foods.** PE.3.1.4
-

The physically literate individual exhibits responsible personal and social behavior that respects self and others.

- 1. Follows the rules & parameters of the learning environment.** PE.4.1.1
 - 2. Accepts personal responsibility by using equipment and space appropriately.** PE.4.1.2
 - 3. Responds appropriately to general feedback from the teacher.** PE.4.1.3
 - 4. Works cooperatively with others in a variety of class environments (e.g., small and large groups).** PE.4.1.4
 - 5. Exhibits the established protocols for class activities.** PE.4.1.5
 - 6. Follows teacher directions for safe participation and proper use of equipment without teacher reminders.** PE.4.1.6
-

The physically literate individual 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.** PE.5.1.1
- 2. Recognizes that challenge in physical activities can lead to success.** PE.5.1.2
- 3. Describes positive feelings that result from participating in physical activities.** PE.5.1.3

-
- 4. Discusses personal reasons (i.e., the "why") for enjoying physical activities.** PE.5.1.4