South Dakota Physical Education

Grade 1

Adopted 2014

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

1. **Hops, gallops, runs and slides using a mature pattern.** S1.E1.1

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 rhythmic activity/dance.** S1.E5.1

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 gymnastics 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. **Throws underhand, demonstrating two of the five critical elements of a mature pattern.** S1.E13.1

1a. **Catches a soft object from a self-toss before it bounces.** S1.E16.1A

1b. **Catches various sizes of balls self-tossed/tossed by a skilled thrower.** S1.E16.1B

1. **Dribbles continuously in self-space using the dominant hand.** S1.E17.1

1. **Taps/dribbles a ball using the inside of the foot while walking in general space.** S1.E18.1

1. **Approaches a stationary ball and kicks it forward, demonstrating two of the five critical elements of a mature pattern.** S1.E21.1

1. **Volleys an object with an open palm, sending it upward.** S1.E22.1

Strikes a ball with a short-handled implement, sending it in a variety of directions. S1.E24.1

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	1a. Jumps forward or backward consecutively using a self-turned rope. S1.E27.1A
	1b. Jumps a long rope up to five times consecutively with teacher-assisted turning. S1.E27.1B
The physically literate individual applies knowledge of concepts, principles, strategies and tactics to enhance movement and performance.	**1.** Moves in self-space and general space in response to designated rhythms/beats. S2.E1.1
	1a. Travels in different levels or pathways. S2.E2.1A
	1b. Travels demonstrating a variety of relationships with objects (e.g., over, under, around, through). S2.E2.1B
	1a. Differentiates between fast and slow speeds. S2.E3.1A
	1b. Differentiates between strong and light force. S2.E3.1B
	1. Demonstrates relationship concepts in movement patterns. S2.E4.1
	1. Identifies technology or other resource components that increase or decrease fitness. S2.E6.1
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. S3.E1.1
	1. Actively participates in physical education class in response to instruction and practice. S3.E2.1
	1. Identifies the heart as a muscle that grows stronger with exercise/play and physical activity. S3.E3.1
	1. Differentiates between healthy and unhealthy foods. S3.E6.1
The physically literate individual exhibits responsible personal and social behavior that respects self, others and environment.	**1.** Accepts personal responsibility by using equipment and space appropriately. S4.E1.1
	1a. Accepts responsibility for class protocols with behavior and performance actions. S4.E2.1A
	1b. Exhibits respect for self with developmentally appropriate behavior while engaging in physical activity. S4.E2.1B
	1. Responds appropriately to general feedback from the teacher. S4.E3.1
	1a. Works independently with others in partner environments. S4.E4.1A
	1b. Recognizes and understands individual uniqueness and diversity. S4.E4.1B
	Exhibits the established protocols for class activities. S4.E5.1A

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	1b. Exhibits the fundamentals of good sportsmanship. S4.E5.1B
	1. Follows teacher directions for safe participation and proper use of equipment with teacher reminders. S4.E6.1
The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, employment opportunities and social interaction.	**1.** Identifies physical activity as a component of a healthy lifestyle and for brain health. S5.E1.1
	1. Recognizes that challenges and/or difficulties 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. Recognizes the positive social interactions that come when engaged with others in physical activity. S5.E4.1