Tennessee Physical Education

Grade 1

Adopted 2016

Motor Skills

1. **Hop (one foot), gallop, slide, skip** MS.1
    1. Hops, gallops, and slides using a mature pattern. MS.1.1

2. **Jog, run** MS.2
    1. Travels showing differentiation between jogging and running. MS.2.1

3. **Jump & land for distance (horizontal)** MS.3
    1. Jumps and lands with two feet with proper preparation (arms back & knees bent) and lands softly with knees bent. MS.3.1

4. **Jump & land for height (vertical)** MS.4
    1. Jumps with proper preparation (arms back & knees bent) and lands softly with knees bent. MS.4.1

5. **Dance** MS.5
    1. Combines beat awareness with locomotor and nonlocomotor movements. MS.5.1

6. **Balance** MS.6
    1. Maintains stillness on various bases of support (body parts) using different body shapes. MS.6.1

7. **Weight Transfer & Rolling (OPTIONAL)** MS.7
    a. Transfers weight from hands and feet to hands only for momentary weight support. MS.7.1.A
    b. Performs a forward roll or shoulder roll in a tucked position (chin to chest). MS.7.1.B

8. **Combinations (optional)** MS.8
    1. Developmentally appropriate at grade 2 MS.8.1

9. **Underhand Throw** MS.9
    a. Throws underhand while facing target and using foot opposition. MS.9.1.A
    b. Rolls object underhand in a forward direction. MS.9.1.B

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Overhand Throw MS.10

1. Demonstrates difference between overhand and underhand arm motion (overhead release versus waist level release). MS.10.1

11. Catching MS.11

1. Catches a self-tossed object. MS.11.1

12. Passing & Receiving with implements MS.12

1. Developmentally appropriate at grade 3 MS.12.1

13. Dribbling with hands MS.13

1. Dribbles continuously in self-space using finger pads and appropriate force. MS.13.1

14. Dribbling with feet MS.14

1. Dribbles (taps) a ball with inside of feet while walking. MS.14.1

15. Kicking (force or distance) MS.15

1. Approaches stationary ball with non-kicking foot beside the ball and making contact with shoelaces. MS.15.1

16. Passing & Receiving with feet MS.16

1. Developmentally appropriate at grade 2 MS.16.1

17. Striking with hand(s) MS.17

1. Strikes an object with an open palm (forward, upward). MS.17.1

18. Striking, short implement MS.18

1. Strikes a lightweight object with a short-handled implement sending it upward. MS.18.1

19. Striking, long implement MS.19

1. Developmentally appropriate at grade 2 MS.19.1

20. Jumping Rope MS.20

a. Completes a forward OR backward jump using a self-turned rope. MS.20.1.A

b. Continuously jumps a long rope with teacher-assisted turning. MS.20.1.B

Movement Knowledge & Application (MKA)

1. Space Awareness (location) MKA.1

a. Describes general and self-space. MKA.1.1.A

b. Maintains self-space while traveling in general space. MKA.1.1.B

2. Space Awareness (pathways, levels, directions MKA.2

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a. Describes low, medium, and high levels. MKA.2.1.A

b. Demonstrates low, medium, and high levels while in self-space and general space. MKA.2.1.B

3. **Effort: speed and force** MKA.3

a. Describes different speeds and forces. MKA.3.1.A

b. Demonstrates slow and fast speeds. MKA.3.1.B

4. **Relationships (body shapes, with objects, with people)** MKA.4

a. Describes relationships with objects or people (over, around, under, through). MKA.4.1.A

b. Demonstrates a variety of relationships with objects or people (over, around, under, through). MKA.4.1.B

5. **Movement Principles (base of support, muscle tension, ready position)** MKA.5

a. Contrasts the stability of wide and narrow bases of support. MKA.5.1.A

b. Differentiates wide and narrow bases of support. MKA.5.1.B

6. **Performance Cues** MKA.6

1. Identifies performance cues of locomotor and manipulative skills. MKA.6.1

7. **Simple Strategies** MKA.7

1. Developmentally appropriate at grade 2 MKA.7.1

Fitness & Physical Activity (FPA)

1. **Health-related Fitness** FPA.1

1. Identifies the heart as a muscle that grows stronger with play and physical activity. FPA.1.1

2. **Physical Activity** FPA.2

1. Discusses the benefits of being active/playing. FPA.2.1

Personal & Social Responsibility (PSR)

1. **Personal Responsibility** PSR.1

1. Accepts personal responsibility by appropriately using equipment and space. PSR.1.1

2. **Feedback** PSR.2

1. Responds appropriately to teacher feedback. PSR.2.1

3. **Working with others** PSR.3

1. Works appropriately with others in a variety of class environments. PSR.3.1

4. **Procedures & Rules** PSR.4

1. Adheres to procedures and rules in the learning environment. PSR.4.1

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5. **Safety** PSR.5

    1. Participates safely and uses equipment properly. PSR.5.1

Values Physical Activity (VPA)

1. **Appreciation** VPA.1

    1. Describes positive feelings that result from participation in physical activity. VPA.1.1

2. **Challenge** VPA.2

    1. Exhibits a willingness to attempt new or challenging experiences. VPA.2.1