

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
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2. Jog, run MS.2

1. Travels showing differentiation between jogging and running. MS.2.1
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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
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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
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5. Dance MS.5

1. Combines beat awareness with locomotor and nonlocomotor movements. MS.5.1
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6. Balance MS.6

1. Maintains stillness on various bases of support (body parts) using different body shapes. MS.6.1
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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
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8. Combinations (optional) MS.8

1. Developmentally appropriate at grade 2 MS.8.1
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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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10. Overhand Throw MS.10

1. Demonstrates difference between overhand and underhand arm motion (overhead release versus waist level release). [MS.10.1](#)
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11. Catching [MS.11](#)

1. Catches a self-tossed object. [MS.11.1](#)
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12. Passing & Receiving with implements [MS.12](#)

1. Developmentally appropriate at grade 3 [MS.12.1](#)
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13. Dribbling with hands [MS.13](#)

1. Dribbles continuously in self-space using finger pads and appropriate force. [MS.13.1](#)
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14. Dribbling with feet [MS.14](#)

1. Dribbles (taps) a ball with inside of feet while walking. [MS.14.1](#)
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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](#)
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16. Passing & Receiving with feet [MS.16](#)

1. Developmentally appropriate at grade 2 [MS.16.1](#)
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17. Striking with hand(s) [MS.17](#)

1. Strikes an object with an open palm (forward, upward). [MS.17.1](#)
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18. Striking, short implement [MS.18](#)

1. Strikes a lightweight object with a short-handled implement sending it upward. [MS.18.1](#)
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19. Striking, long implement [MS.19](#)

1. Developmentally appropriate at grade 2 [MS.19.1](#)
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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](#)
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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](#)
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2. Space Awareness (pathways, levels, directions) [MKA.2](#)

- 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

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