Texas Physical Education

Grade 1

Movement patterns and movement skills--locomotor skills. The physically literate student demonstrates competency in fundamental movement patterns and developmentally appropriate locomotor skills. The student is expected to: 1.1	**a** practice proper foot patterns and maintain balance while hopping, galloping, running, sliding, and skipping; 1.1.A **b** practice correct technique while jumping in place, forward and backward, side to side, and quarter turns while maintaining balance; 1.1.B **c** demonstrate visual tracking and tracing, simple balancing, cross lateralization, and sequencing of three skills; and 1.1.C **d** spin and roll at different levels, speeds, and positions. 1.1.D
Movement patterns and movement skills--non-locomotor skills. The physically literate student demonstrates competency in fundamental movement patterns and developmentally appropriate non-locomotor skills. The student is expected to: 1.2	**a** maintain balance standing on one foot for five seconds while placing the free leg in a variety of different positions; and 1.2.A **b** demonstrate bending, stretching, twisting, curling, and swaying while maintaining balance. 1.2.B
Movement patterns and movement skills--manipulative skills. The physically literate student demonstrates competency in developmentally appropriate manipulative skills. The student is expected to: 1.3	**a** demonstrate key elements of self-tossing and throwing underhand while stepping with the opposite foot forward to a target; 1.3.A **b** demonstrate key elements of catching an accurately and softly thrown large ball and a self-tossed object; 1.3.B **c** practice dribbling continuously with one hand while stationary using preferred hand; 1.3.C **d** tap or dribble a ball using the inside of the foot while walking; 1.3.D **e** approach and kick a stationary ball; 1.3.E **f** volley a lightweight object to self and partner; 1.3.F

Skip to main content

	g strike an object using a short-handled implement, projecting the object upward; 1.3.G
	h jump consecutively with a self-turned rope; and 1.3.H
	i turn a long rope. 1.3.I
Movement patterns and movement skills--spatial and body awareness. The physically literate student demonstrates competency in spatial and body awareness, including pathways, shapes, levels, speed, direction, and force. The student is expected to: 1.4	a move in personal and general space to rhythms and beats while maintaining balance; 1.4.A
	b travel over, under, around, and through using a variety of pathways, shapes, and levels; and 1.4.B
	c differentiate between fast and slow speeds, strong and light force, and various directions. 1.4.C
Movement patterns and movement skills--rhythmic activities. The physically literate student demonstrates competency in rhythmic activities and rhythmic combinations. The student is expected to mirror and follow teacher movement and basic rhythm patterns in four counts. 1.5	5 Movement patterns and movement skills--rhythmic activities. The physically literate student demonstrates competency in rhythmic activities and rhythmic combinations. The student is expected to mirror and follow teacher movement and basic rhythm patterns in four counts. 1.5
Performance strategies--games and activities. The physically literate student demonstrates competency in performance strategies in invasion, target, net or wall, fielding, striking, and cooperative games. The student is expected to: 1.6	a apply the skills of chasing, fleeing, and dodging to avoid or catch others while maintaining appropriate space and speed during a variety of games; 1.6.A
	b identify and follow teacher instructions to improve performance for specific motor development skills; and 1.6.B
	c demonstrate safe practices by using equipment appropriately and respecting personal space with teacher guidance. 1.6.C
Pe ou	Skip to main content erformance strategies--outdoor and recreational pursuits. The physically literate student demonstrates competency in outdoor and recreational pursuits. The

recreational pursuits. The physically literate student demonstrates competency in outdoor and recreational pursuits. The student is expected to identify outdoor recreation and health and fitness activities in school and the community. 1.7	student is expected to identify outdoor recreation and health and fitness activities in school and the community. 1.7
Health, physical activity, and fitness--fitness principles. The physically literate student demonstrates and recognizes a health-enhancing, physically active lifestyle. The student is expected to: 1.8	a identify the immediate effect of physical activity on the heart and lungs; 1.8.A b explain the importance of warm-ups and cool-downs for physical activity; and 1.8.B c demonstrate exercises that promote health-related fitness. 1.8.C
Health, physical activity, and fitness--analyze data. The physically literate student demonstrates competency in the ability to analyze data used during fitness performance. The student is expected to: 1.9	a develop a health-related goal with teacher guidance; and 1.9.A b explain how to measure improvement in physical skills with or without a measuring tool. 1.9.B
Health, physical activity, and fitness--nutrition and hydration. The physically literate student recognizes the correlation between nutrition, hydration, and physical activity. The student is expected to: 1.10	a identify healthy foods that produce energy for physical activity; and 1.10.A b identify different hydration options, including water, that enhance physical activity. 1.10.B
Health, physical activity, an en	a identify proper clothing, footwear, and safety equipment for a variety of physical ctivities; and 1.11.A

Skip to main content

awareness and safety practices. The physically literate student demonstrates competency in environmental awareness and understands safety practices. The student is expected to: 1.11	b identify and describe safety precautions, including pedestrian, water, sun, and cycling safety with teacher guidance. 1.11.B
Social and emotional health--personal responsibility and self-management. The physically literate student demonstrates competency in personal responsibility. The student is expected to: 1.12	a describe how personal actions may have positive or negative consequences; 1.12.A b demonstrate respect for differences and similarities in the abilities of self and others; and 1.12.B c identify personal impulses and emotions with teacher guidance. 1.12.C
Social and emotional health--resolving conflict and social interaction. The physically literate student demonstrates competency in resolving conflict and social interaction. The student is expected to: 1.13	a demonstrate respect for and cooperation between self and others through words and actions with teacher guidance; and 1.13.A b communicate feelings and thoughts appropriately with teacher guidance. 1.13.B
Social and emotional health--perseverance. The physically literate student perseveres while addressing challenges. The student is expected to explain how, with practice, challenges in physical activities can turn into successes. 1.14	14 Social and emotional health--perseverance. The physically literate student perseveres while addressing challenges. The student is expected to explain how, with practice, challenges in physical activities can turn into successes. 1.14
Social and emotional health--accepting and pr fe	15 Social and emotional health--accepting and providing constructive feedback. The physically literate student accepts and provides constructive feedback. The student is expected to listen respectfully and respond appropriately to corrective feedback with teacher guidance. 1.15

Skip to main content

literate student accepts and provides constructive feedback. The student is expected to listen respectfully and respond appropriately to corrective feedback with teacher guidance. 1.15	
Lifetime wellness--application of lifetime wellness. The physically literate student identifies the value of lifetime wellness. The student is expected to: 1.16	**a** participate in moderate to vigorous physical activity on a regular basis; and 1.16.A **b** describe physical activity for personal enjoyment with teacher guidance. 1.16.B