Grades 1–2 — shared cluster indicators

Motor Development and Coordination	**Children develop strength, coordination, and control of their large or gross muscles.** 1 Solve simple movement challenges with a partner and movement challenges involving one or more movement concepts alone or with a partner. 2 Select a developmentally appropriate level of challenge, and perform successfully. 3 Demonstrate body movement and shapes 4 Demonstrate competency in the mature form of selected locomotors and manipulative skills, and the ability to stop with control at a boundary 5 Demonstrate the ability to change direction, quickly and safely, without falling. 6 Identify the locomotors movement. 7 Apply space concepts in simple games and other activities 8 Demonstrate and understand balancing skills alone or with equipment 9 Demonstrate an understanding of the variations in force 10 Demonstrate contrast between fast and slow movement, a simple rhythmic movement, and following a simple rhythmic movements led by the teacher 11 Combine two fundamental skills and demonstrate smooth transitions between movements
Health and Safety Practices	**Children develop personal health and self-care habits, and become increasingly independent.** 1 Define in own words the four health-related fitness components and begin to identify some physiological signs of exercise. 2 Identify an activity and a benefit associated with each of the four health-related fitness components. 3 Describe their range of feelings resulting from participating in physical activity, attempt new activities, and continue to participate when initially unsuccessful. 4 Understand how to reduce their health risks through the practice of healthy behaviors with assistance Demonstrate the ability to make decisions that lead to better health with reminders

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hildren develop the ability to identify unsafe situations, and use safe practices.

1. Apply established class rules, procedures, and safe practices with limited teacher guidance
2. Demonstrate responsibility for making and applying rules regarding class procedures and safety
3. Follow simple game rules safely, with good sports like behavior (with and without direct teacher supervision)