Washington Health and Physical Education

Physical: Grade 1

Adopted 2016

Students will demonstrate competency in a variety of motor skills and movement patterns.

1. **Locomotor**
    1. Demonstrate mature pattern in locomotor skills in isolation (jog, run, gallop, slide, jump, and hop). PE1.1.1
2. **Nonlocomotor**
    1. Demonstrate mature pattern in nonlocomotor skills in isolation (rock, sway, push, pull, bend, stretch, twist, turn, and swing). PE1.2.1
3. **Balance**
    1. Demonstrate static balance on different bases of support with different body shapes. PE1.3.1
4. **Weight Transfer**
    1. Demonstrate weight transfer from one body part to another in self-space. PE1.4.1
5. **Rhythm**
    1. Demonstrate rhythmic skills combining locomotor and nonlocomotor movement. PE1.5.1
6. **Underhand Throw**
    a. Demonstrate mature pattern in an underhand throw. PE1.6.1.A
    b. Demonstrate an underhand throw using different sizes and types of objects. PE1.6.1.B
7. **Overhand Throw**
    1. Demonstrate emerging pattern in an overhand throw. PE1.7.1
8. **Catch**
    a. Demonstrate emerging pattern while catching a soft object from a self-toss before it bounces. PE1.8.1.A
    b. Demonstrate emerging pattern while catching balls of various sizes that are self-tossed or tossed by a skilled thrower. PE1.8.1.B
9. **Hand Dribble**

Skip to main content

1. Demonstrate emerging pattern while hand-dribbling continuously using preferred hand while walking in general space. PE1.9.1

10. Foot Pass/Kick

1. Demonstrate emerging pattern while passing and kicking with preferred foot when approaching a stationary ball. PE1.10.1

11. Foot Trap/Receive

1. Demonstrate emerging pattern while receiving with the preferred foot when stationary. PE1.11.1

12. Foot Dribble

1. Demonstrate emerging pattern while foot-dribbling with the preferred and non-preferred foot at a slow speed. PE1.12.1

13. Strike/Volley, Hands and Arms

1. Demonstrate emerging pattern while striking an object upward with an open palm or forearms. PE1.13.1

14. Strike, Short Implement

1. Demonstrate emerging pattern while striking a lightweight object upward continuously with a short-handled implement. PE1.14.1

15. Strike, Long Implement

a. Demonstrate emerging pattern while striking a large ball off a tee with a lightweight bat. PE1.15.1.A

b. Demonstrate emerging pattern while striking an object with a long-handled implement. PE1.15.1.B

Students will apply knowledge of concepts, principles, strategies, and tactics related to movement and performance.

1. Space

1. Demonstrate safe movement in personal and general space at a moderate to fast speed. PE2.1.1

2. Pathways, Levels, and Relationships

1. Demonstrate movement in different levels. PE2.2.1

3. Speed, Direction, and Force

1. Demonstrate movement at varying speeds, directions, and with different types of force. PE2.3.1

Students will demonstrate the kn ac he

1. Benefit of Physical Activity

1. Explain difference between physical activity and inactivity. PE3.1.1

Skip to main content

Engagement in Physical Activity

of physical activity and fitness.	1. Actively engage in physical education class. PE3.2.1 **3. Health-Related Fitness** 1. Recognize physical activity makes the body more fit. PE3.3.1 **6. Engagement in Fitness Activities** 1. Participate in developmentally appropriate activities to improve overall fitness. PE3.6.1 **7. Body Systems** 1. Recognize basic structure and function of the muscular and skeletal system (muscles move body). PE3.7.1 **8. Nutrition** a. Match foods to food groups. PE3.8.1.A b. Describe effects on body of eating healthy and unhealthy foods. PE3.8.1.B c. Understand food provides energy for body. PE3.8.1.C
Students will exhibit responsible personal and social behavior that respects self and others.	**1. Personal Responsibility** 1. Demonstrate responsible use of equipment and space. PE4.1.1 **2. Rules and Etiquette** 1. Demonstrate following rules and protocols. PE4.2.1 **3. Receiving and Providing Feedback** 1. Respond appropriately to feedback from teacher. PE4.3.1 **4. Working with Others** a. Demonstrate working independently with others in a variety of environments. PE4.4.1.A b. Recognize conflict resolution skills. PE4.4.1.B **5. Safety** 1. Demonstrate following directions for safe participation and proper use of equipment. PE4.5.1
Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction	**1. Challenge** 1. Recognize challenges when learning a new physical activity. PE5.1.1 **2. Self-Expression and Enjoyment** 1. Describe physical activities that are enjoyable. PE5.2.1

Skip to main content

Social Interaction

1. Identify that physical activity promotes opportunity for social interaction. PE5.3.1