Wisconsin Physical Education

1st Grade

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

Locomotor: Walk, Run, Hop, Leap, Slide, Gallop, Skip

1 Hop, gallop, jog, and slide using a mature pattern. PE.S1.E1.1

Locomotor: Jumping and Landing (horizontal and vertical planes)

2 Demonstrate two of the five critical elements in both jumping for distance and for height using twofoot takeoffs and landings. PE.S1.E2.1

Locomotor: Dance/ Rhythmic Activities

3 locomotor and non-locomotor skills in a teacherdesigned dance. PE.S1.E3.1

Locomotor: Combinations

Nonlocomotor (stability): Weight Transfer and Rolling Actions

5 Roll with either a narrow or curled body shape. PE.S1.E5.1

Nonlocomotor (stability): Balance

6 Maintain stillness on different bases of support with different body shapes. PE.S1.E6.1

Nonlocomotor (stability): Curling and Stretching; Twisting and Bending

7 Demonstrate twisting, curling, bending, and stretching actions. PE.S1.E7.1

Nonlocomotor (stability): Combinations

Nonlocomotor (stability): Balance and Weight Transfer

Manipulative: Underhand Throw; Underhand Roll

10 Roll or throw underhand, demonstrating three of the five critical elements of a mature pattern. PE.S1.E10.1

Manipulative: Overhand Throw; Backhand Throw (disc)

Manipulative: Passing (with hands)

Manipulative: Catching

13A Catch a soft object from a self-toss before it bounces, demonstrating two of the five critical elements. PE.S1.E13A.1

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13B Catch various sizes of objects self-tossed or tossed by a skilled thrower, demonstrating two of the five critical elements. PE.S1.E13B.1

Manipulative: Dribbling (with hands)

14 Dribble in selfspace using the preferred hand, demonstrating two of the five critical elements of a mature pattern. PE.S1.E14.1

Manipulative: Kicking

15 Approach a stationary object and kick it forward, demonstrating two of the five critical elements of a mature pattern. PE.S1.E15.1

Manipulative: Dribbling (with feet)

16 Tap or dribble an object, demonstrating two of the five critical elements of a mature pattern while walking in general space. PE.S1.E16.1

Manipulative: Passing and Receiving (with feet)

Manipulative: Volley Underhand

18A Volley an object upward with consecutive hits. PE.S1.E18A.1

18B Volley an object forward, demonstrating two of the five critical elements of a mature pattern. PE.S1.E18B.1

Manipulative: Volley Overhead

Manipulative Striking with Shorthandled Implement

20 Strike an object with a shorthandled implement, sending it upward. PE.S1.E20.1

Manipulative Striking with Long-handled Implement

Jumping Rope

22A Jump forward or backward consecutively using a selfturned rope. PE.S1.E22A.1

22B Jump a long rope up to five times consecutively with teacherassisted turning. PE.S1.E22B.1

Outdoor Pursuits/ Adventure Activities

23 Identify at least two basic skills needed to perform teacher-directed activity. PE.S1.E23.1

Aquatics: Swim Skills

24 Demonstrate swim skills as described by the American Red Cross “Learn to Swim and Achieve” or any other nationally recognized swim program. Students may exhibit skills in any of the skill levels. PE.S1.E24.1

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principles, strategies

and tactics related to movement and performance.

1 Move in self-space and general space in response to designated beats or rhythms. PE.S2.E1.1

Movement Concepts: Pathways, Shapes, and Levels

2A Travel demonstrating low, middle and high levels. PE.S2.E2A.1

2B Travel demonstrating a variety of relationships with objects (e.g., over, under, around, through). PE.S2.E2B.1

Movement Concepts: Speed, Direction, and Force

3A Differentiate between fast and slow speeds. PE.S2.E3A.1

3B Differentiate between strong and light force. PE.S2.E3B.1

Movement Concepts: Strategy and Tactics

Aquatics: Safety

5 Understand and follow safety concepts as described by the American Red Cross for levels three and four. PE.S2.E5.1

The student will demonstrate the knowledge and skills to achieve a health-enhancing level of physical activity and fitness.

Physical Activity Knowledge

1 Explain the importance of daily physical activity. PE.S3.E1.1

Fitness Knowledge: Cardiorespiratory Endurance

2A Identify the heart as a muscle that grows stronger with exercise, play and physical activity. PE.S3.E2A.1

2B Identify activities that build muscle and increase heart rate and lung capacity. PE.S3.E2B.1

Fitness Knowledge: Muscular Strength and Endurance

3 Describe the connection between muscles and one's ability to move. PE.S3.E3.1

Fitness Knowledge: Flexibility

4A Identify ways to stretch muscles in the upper and lower body. PE.S3.E4A.1

4B Explain why it is safer to stretch a warm muscle rather than a cold muscle. PE.S3.E4B.1

Fitness Knowledge: Body Composition

Fitness Knowledge: Skill-related Fitness

Knowledge Application

7 Apply knowledge of physical activity and fitness as listed above to increase cardiorespiratory fitness, flexibility muscular strength and endurance. PE.S3.E7.1

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ssessment and Program Planning

Nutrition

9 Differentiate between healthy and unhealthy food. PE.S3.E9.1

The student will exhibit responsible personal and social behavior that respects self and others.

Safety

1 Safely participate with peers and equipment in a variety of physical activity settings with teacher reminders. PE.S4.E1.1

Social Awareness: Procedures and Protocols

2 Exhibit the established protocols for the learning environment. PE.S4.E2.1

Social Awareness

3 Identify similarities and differences between peers with minimal or no teacher guidance. PE.S4.E3.1

Self-management: Goal Setting

4 Identify and apply steps and strategies to complete a simple goal with teacher guidance. PE.S4.E4.1

Relationship Skills: Feedback

5 Understand how feedback can improve performance. PE.S4.E5.1

Relationship Skills: Conflict Resolution

6 Identify and communicate needs in conflict situations with minimal teacher guidance. PE.S4.E6.1

Decision-making

7 Recognize that they have choices in how to respond to situations with minimal teacher guidance. PE.S4.E7.1

The student will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.

Health and Well-being

1 Identify physical activity as a component of overall health and well-being. PE.S5.E1.1

Self-awareness and Self-management: Challenge and Growth Mindset

2 Recognize that attempting and repeating activities can lead to success. PE.S5.E2.1

Self-expression, Social Interaction, and Enjoyment

3A Describe positive feelings that result from participating in physical activities with self or with friends. PE.S5.E3A.1

3B Discuss personal reasons (i.e., the “why”) for enjoying physical activities. PE.S5.E3B.1