

First Grade

Demonstrate competency in a variety of motor skills and movement patterns.

Locomotor

- 1 Perform a variety of locomotor movements using different body parts. [1.1.L1](#)
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Non-Locomotor

- 1 Perform a variety of non-locomotor skills, using different body parts at different levels. [1.1NL1](#)
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Body Management

- 1 Perform a variety of balances using different body parts. [1.1.BM1](#)
 - 2 Transfer weight from one body part to another with control. [1.1.BM2](#)
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Manipulative Skills

- 1 Demonstrate manipulative skills with a variety of objects using appropriate performance cues [1.1.MS1](#)
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Apply knowledge of concepts, principles, strategies and tactics to movement and performance.

Space

- 1 Recognize the difference between personal and general space [1.2.SP1](#)
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Pathways, Shapes and Levels

- 1 Travel with objects, demonstrating a variety of pathways, levels and relationships to their environment. [1.2.PS1](#)
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Speed, Direction and Force

- 1 Differentiate between fast and slow speeds as well as light and strong force. [1.2.SD1](#)
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Strategy

- 1 Apply a variety of simple tactics to increase chances of success while exploring physical activities. [1.2.ST1](#)
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Demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Physical Activity Knowledge

- 1 Identify reasons for participating in daily physical activity. [1.3.PA1](#)
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Physical Fitness Knowledge

- 1 Identify the recommended amount of physical activity for children. [1.3.PF1](#)
- 2 Relate intensity to increased heart rate and muscle endurance. [1.3.PF2](#)

Demonstrate responsible personal and social behavior that exhibits respect for self and others.

Nutrition

- 1 Differentiate between healthy and unhealthy foods **1.3.N1**
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Social Interactions/Working with Others

- 1 Work with others independently in a variety of physical activity settings **1.4.SW1**
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Rules and Etiquette

- 1 Recognize and follow the rules, protocols and etiquette in physical education. **1.4.RE1**
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Safety

- 1 Follow teacher directions for safe participation and proper use of equipment, independently and with others **1.4.SA1**
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Demonstrate value of physical activity for health, enjoyment, challenge, self-expression and social interaction.

Health

- 1 Acknowledge the health benefits of participating in physical activities **1.5.H1**
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Challenge

- 1 Recognize that challenge in physical activity can lead to success **1.5.C1**
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Self-Expression and Enjoyment

- 1 Describe positive feelings that result from participating in physical activities. **1.5.SE1**
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Social Interaction

- 1 Recognize personal likes and dislikes regarding participation in physical activities with others. **1.5.SI1**
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Advocacy

- 1 Explore opportunities that encourage others to be physically active. **1.5.A1**