

# Grade 1

Adopted 2016

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

1. Hops and gallops using a mature pattern. PE.1.1.1

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2. Demonstrates critical elements for jumping & landing in a horizontal plane using 2-foot take-offs & landings. PE.1.1.2

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3. Demonstrates critical elements for jumping & landing in a vertical plane using 2-foot take-offs & landings. PE.1.1.3

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4. Combines locomotor and non-locomotor skills in a teacher-designed rhythmic activities. PE.1.1.4

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5. Maintains stillness on different bases of support with different body shapes. PE.1.1.5

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6. Transfers weight from one body part to another in self-space in rhythmic activities and gymnastics environments. PE.1.1.6

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7. Rolls with either a narrow or curled body shape. PE.1.1.7

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8. Demonstrates twisting, curling, bending & stretching actions. PE.1.1.8

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9. Throws underhand, demonstrating 2 of the 5 critical elements of a mature pattern. PE.1.1.9

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10. Catches a soft object from a self-toss before it bounces. PE.1.1.10

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11. Catches various sizes of balls self-tossed or tossed by a skilled thrower. PE.1.1.11

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12. Dribbles continuously in self-space using the preferred hand. PE.1.1.12

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13. Taps or dribbles a ball using the inside of the foot while walking in general space. PE.1.1.13

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14. Approaches a stationary ball and kicks it forward, demonstrating 2 of the 5 critical elements of a mature pattern. PE.1.1.14

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15. Volleys an object with an open palm, sending it upward. PE.1.1.15

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16. Strikes a ball with a short-handled implement, sending it upward. PE.1.1.16

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**17. Jumps forward or backward consecutively using a self-turned rope.** PE.1.1.17

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**18. Jumps a long rope up to 5 times consecutively with teacher-assisted turning.** PE.1.1.18

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The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

- 1. Moves in self-space and general space in response to designated beats/rhythms.** PE.2.1.1
  - 2. Travels demonstrating low, middle and high levels.** PE.2.1.2
  - 3. Travels demonstrating a variety of relationships with objects (e.g., over, under, around, through).** PE.2.1.3
  - 4. Differentiates between fast and slow speeds.** PE.2.1.4
  - 5. Differentiates between strong and light force.** PE.2.1.5
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The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- 1. Discusses the benefits of being active and exercising and/or playing.** PE.3.1.1
  - 2. Actively engages in physical education class.** PE.3.1.2
  - 3. Identifies the heart as a muscle that grows stronger with exercise, play and physical activity.** PE.3.1.3
  - 4. Differentiates between healthy and unhealthy foods.** PE.3.1.4
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The physically literate individual exhibits responsible personal and social behavior that respects self and others.

- 1. Follows the rules & parameters of the learning environment.** PE.4.1.1
  - 2. Accepts personal responsibility by using equipment and space appropriately.** PE.4.1.2
  - 3. Responds appropriately to general feedback from the teacher.** PE.4.1.3
  - 4. Works cooperatively with others in a variety of class environments (e.g., small and large groups).** PE.4.1.4
  - 5. Exhibits the established protocols for class activities.** PE.4.1.5
  - 6. Follows teacher directions for safe participation and proper use of equipment without teacher reminders.** PE.4.1.6
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The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

- 1. Identifies physical activity as a component of good health.** PE.5.1.1
- 2. Recognizes that challenge in physical activities can lead to success.** PE.5.1.2
- 3. Describes positive feelings that result from participating in physical activities.** PE.5.1.3

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**4. Discusses personal reasons (i.e., the "why") for enjoying physical activities.** PE.5.1.4