

# 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

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 knowledge and skills to

### 1. Benefit of Physical Activity

1. Explain difference between physical activity and inactivity. [PE3.1.1](#)

achieve and maintain a health-enhancing level of physical activity and fitness.

---

## 2. Engagement in Physical Activity

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

---

### **3. Social Interaction**

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