

# Grade 1

**Demonstrates competency in a variety of motor skills and movement patterns.** [S1](#)

## **Locomotor**

- 1 Hopping, galloping, running, sliding, skipping, leaping: [S1.1](#)
  - 1 Hops, gallops, jogs, and slides using a mature pattern. [S1.1.1](#)
- 2 Jogging, running: [S1.2](#)

Developmentally appropriate/emerging outcomes first appear in Grade 2.
- 3 Jumping and landing, horizontal: [S1.3](#)
  - 1 Demonstrates 2 of the 5 critical elements for jumping and landing in a horizontal plane using 2-foot take-offs and landings. [S1.3.1](#)
- 4 Jumping and Landing, vertical: [S1.4](#)
  - 1 Demonstrates 2 of the 5 critical elements for jumping and landing in a vertical plane. [S1.4.1](#)
- 5 Dance: [S1.5](#)
  - 1 Combines locomotor and nonlocomotor skills in teacher-designed dance. [S1.5.1](#)
- 6 Combinations: [S1.6](#)

Developmentally appropriate/emerging outcomes first appear in Grade 3.

---

## **Nonlocomotor (stability)**

### **7 Balance: S1.7**

- 1** Maintains stillness on different bases of support with different body shapes. S1.7.1

### **8 Weight Transfer: S1.8**

- 1** Transfers weight from one body part to another in self-space in dance and gymnastics environments. S1.8.1

### **9 Weight Transfer, rolling: S1.9**

- 1** Roll with either a narrow or curled body shape. S1.9.1

### **10 Curling and Stretching; twisting and bending: S1.10**

- 1** Demonstrates twisting, curling, bending, and stretching actions. S1.10.1

### **11 Combinations: S1.11**

Developmentally appropriate/emerging outcome first appear in Grade 2.

### **12 Balance and Weight Transfers: S1.12**

Developmentally appropriate/emerging outcomes first appear in Grade 3.

---

## Manipulative

### 13 Throwing Underhand: S1.13

- 1 Throws underhand, demonstrating 2 of the 5 critical elements of a mature patterns. S1.13.1

### 14 Throwing Overhand: S1.14

Developmentally appropriate/emerging outcomes first appear in Grade 2.

### 15 Passing with Hands: S1.15

Developmentally appropriate/emerging outcomes first appear in Grade 4.

### 16 Catching: S1.16

- 1a Catches a soft object from a self-toss before it bounces. S1.16.1A
- 1b Catches various sizes of balls self-tossed or tossed by a skilled thrower. S1.16.1B

### 17 Dribbling/ball control with hands: S1.17

- 1 Dribbles continuously in self-space using the preferred hand. S1.17.1

### 18 Dribbling/ball control with feet: S1.18

- 1 Taps or dribbles a ball using the inside of the foot while walking in general space. S1.18.1

### 19 Passing and Receiving with feet: S1.19

Developmentally appropriate/emerging outcomes first appear in Grade 3.

### 20 Dribbling in Combination: S1.20

Developmentally appropriate/emerging outcomes first appear in Grade 4.

### 21 Kicking: S1.21

- 1 Approaches a stationary ball and kicks it forward, demonstrating 2 of 5 critical elements of a mature pattern. S1.21.1

### 22 Volleying Underhand: S1.22

- 1 Volleys an object with an open palm, sending it upward. S1.22.1

### 23 Volleying Overhead: S1.23

Developmentally appropriate/emerging outcomes first appear in Grade 4.

### 24 Striking, short implement: S1.24

- 1 Strikes a ball with a short-handled implement, sending it upward. S1.24.1

### 25 Striking, long implement: S1.25

Developmentally appropriate/emerging outcomes first appear in Grade 2.

### 26 In combination with locomotor: S1.26

Developmentally appropriate/emerging outcomes first appear in Grade 4.

### 27 Jumping Rope: S1.27

- 1a Jumps forward or backward consecutively using a self-turned rope. S1.27.1A

- 1b Jumps a long rope up to 5 times consecutively with teacher-assisted turning. S1.27.1B
- 

## AQUATICS

### 28 S1.28

- 1 Demonstrate selected elements of basic aquatic skills of front float, back float, and recovery with floatation support in isolated settings. S1.28.1

### 29 S1.29

- 1 Demonstrate selected elements of safe water entry and exit with floatation support in isolated settings. S1.29.1

### 30 S1.30

- 1 Demonstrate a combination of arms and legs to locomote in the water with floatation support in isolated settings. S1.30.1

### 31 S1.31

- 1 Demonstrate putting on a life jacket with teacher guidance in isolated settings. S1.31.1
- 

**Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.** S2

## Movement concepts, principles and knowledge

### 1 Space: S2.1

- 1 Moves in self-space and general space in response to designated beats/rhythms. S2.1.1

### 2 Pathways, shapes, levels: S2.2

- 1a Travels demonstrating low, middle, and high levels. S2.2.1A

- 1b Travels demonstrating a variety of relationships with objects (e.g. over, under, around, and through.) S2.2.1B

### 3 Speed, direction, force: S2.3

- 1a Differentiates between fast and slow speeds. S2.3.1A

- 1b Differentiates between strong and light force. S2.3.1B

### 4 Alignment and muscular tension: S2.4

Developmentally appropriate/emerging outcomes first appear in Grade 3.

### 5 Strategies and tactics: S2.5

Developmentally appropriate/emerging outcomes first appear in Grade 3.

---

**Demonstrates the knowledge and skills to achieve and maintain a health-enhanced level of physical activity and fitness.**

## Physical activity knowledge

### 1 S3.1

- 1 Discusses the benefits of being active and exercising and/or playing. S3.1.1

---

### Engages in physical activity

2 S3.2

- 1 Actively engages in physical education class. S3.2.1

---

### Fitness Knowledge

3 S3.3

- 1 Identifies the heart as a muscle that grows stronger with exercise, play, and physical activity. S3.3.1

4 S3.4

Developmentally appropriate/emerging outcomes first appear in Grade 3.

---

### Assessment and program planning

5 S3.5

Developmentally appropriate/emerging outcomes first appear in Grade 3.

6 Nutrition: S3.6

Differentiates between healthy and unhealthy foods.

---

### Exhibits responsible personal and social behavior that respects self and others. S4

### Personal Responsibility

1 Follows directions in group settings (e.g. safe behaviors, following rules, taking turns). S4.1

- 1 Accepts personal responsibility by using equipment and space appropriately. S4.1.1

2 S4.2

- 1 Follows the rules and parameters of the learning environment. S4.2.1

---

### Accepting Feedback

3 S4.3

- 1 Responds appropriately to general feedback from the teacher. S4.3.1

---

### Working with Others

4 S4.4

- 1 Works independently with others in a variety of class environments (e.g. small and large groups). S4.4.1

---

### Rules and Etiquette

5 S4.5

- 1 Exhibits the established protocols for class activity. S4.5.1

---

## Safety

6 S4.6

- 1 Follows teacher directions for safe participation and proper use of equipment without teacher reminders. S4.6.1
- 

**Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction. S5**

## Health

1 S5.1

- 1 Identifies physical activity as a component of good health. S5.1.1
- 

## Challenge

2 S5.2

- 1 Recognizes that challenge in physical activities can lead to success. S5.2.1
- 

## Self-Expression and Enjoyment

3 S5.3

- 1a Describes positive feelings that result from participating in physical activities. S5.3.1A
- 1b Discuss personal reasons (i.e., the “why”) for enjoying physical activities. S5.3.1B

4 Social Interaction: S5.4

Developmentally appropriate/emerging outcomes first appear in Grade 3.