

Grade 1

Adopted 2013

Demonstrate competency in motor skills and movement patterns/concepts needed to perform a variety of physical activities.

Develop fundamental locomotor-and non-locomotor skills at the basic level.

Develop manipulative skills at the introductory level.

Demonstrate understanding of movement principles, strategies, and tactics as they apply to the learning, development and performance of physical activities.

Identify body parts and movement of body parts during performance of motor skills.

Identify and apply fundamental locomotor and non-locomotor skills.

Display manipulative skills at the introductory level through a variety of activities.

Participates regularly in physical activity.

Apply activities learned during physical education in other settings.

Achieve and maintain a health-enhancing level of physical fitness.

Identify changes in the body that occur at different levels of physical activity.

Participate in basic exercises and physical activities with moderate efficiency.

Engage regularly in moderate to vigorous activity, emphasizing muscular strength, flexibility, and cardiovascular endurance.

Accomplish and retain physical fitness goals set at the introductory level.

Exhibit responsible personal and social behavior that respects self and others in physical activity settings.

Apply rules, procedures, and safety practices with little reinforcement from teacher.

Demonstrate proper courtesy, cooperation and sportsmanship with others.

Respect the physical and performance differences of others.

Value physical activity for health, enjoyment, challenge, self-

Recognize the feelings resulting from challenges, successes, and failures during physical activity.

**expression, and/or
social interaction.**

Exhibit a positive outlook while encouraging peers during physical activity.

Express a willingness to try new activities and continue to participate when not successful on the first try.