

# Grade 1

Adopted 2016

## Physical Activity Skills and Movement Patterns PE.1.1

- 1. Performs locomotor skills in a variety of environments.** PE.1.1.1
  - a. Hops, gallops, side slides, and walks in a mature pattern. PE.1.1.1.A
  - b. Exhibits 2 of 5 critical elements for jumping horizontally using two-foot take-off and landing. PE.1.1.1.B
  - c. Exhibits 2 of 5 critical elements for jumping vertically using two-foot take-off and landing. PE.1.1.1.C
  - d. Demonstrates a variety of locomotor and non-locomotor skills in teacher-designed rhythmic activities. PE.1.1.1.D

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- 2. Performs non-locomotor skills in a variety of environments.** PE.1.1.2
  - a. Maintains stillness on different bases of support with different body shapes. PE.1.1.2.A
  - b. Transfers weight from one body part to another in self-space. PE.1.1.2.B
  - c. Rolls with either a narrow or curled body shape. PE.1.1.2.C
  - d. Curls, stretches, twists, and bends the body and/or parts of the body. PE.1.1.2.D

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**3. Performs manipulative skills in a variety of environments.** PE.1.1.3

- a. Throws underhand, demonstrating 2 of 5 critical elements. PE.1.1.3.A
  - b. Throws overhand with opposite foot forward. PE.1.1.3.B
  - c. Catches various sizes of objects self-tossed or tossed by an accurate thrower. PE.1.1.3.C
  - d. Dribbles continuously in self-space using the preferred hand. PE.1.1.3.D
  - e. Pushes or dribbles a ball using the inside of the foot while walking in general space. PE.1.1.3.E
  - f. Approaches a stationary ball and kicks it forward, demonstrating 2 of 5 critical elements. PE.1.1.3.F
  - g. Volleys an object underhand with an open palm, sending it upward. PE.1.1.3.G
  - h. Volleys a lightweight object overhead sending it upward over the head. PE.1.1.3.H
  - i. Strikes an object with a short-handled implement, sending it upward. PE.1.1.3.I
  - j. Strikes a ball with a bat off a tee or cone. PE.1.1.3.J
  - k. Jumps consecutively forward and backward using a self-turned rope with a mature pattern. PE.1.1.3.K
  - l. Jumps a long rope 3 times consecutively with teacher-assisted turning. PE.1.1.3.L
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**Movement Concepts,  
Strategies, and  
Tactics** PE.1.2

**1. Demonstrates knowledge of movement concepts in a variety of environments.** PE.1.2.1

- a. Moves in self-space and general space in response to a designated rhythm. PE.1.2.1.A
  - b. Travels at low, middle, and high levels. PE.1.2.1.B
  - c. Travels over, under, around, and through a variety of objects. PE.1.2.1.C
  - d. Differentiates between fast and slow speeds. PE.1.2.1.D
  - e. Differentiates between strong and light forces. PE.1.2.1.E
  - f. Moves in various directions (forward, backward, sideways) while traveling in general space. PE.1.2.1.F
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**Health-Related Physical  
Activity and  
Fitness** PE.1.3

**1. Demonstrates the knowledge to achieve and maintain a health-enhancing level of physical activity.** PE.1.3.1

- a. Discusses the benefits of being physically active in structured (e.g., physical education class) or unstructured (e.g., recess) situations. PE.1.3.1.A
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**2. Engages in physical activity.** PE.1.3.2

- a. Engages in physical activity in physical education class. PE.1.3.2.A

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**3. Exhibits the knowledge to achieve and maintain a health-enhancing level of physical fitness.** PE.1.3.3

- a. Identifies the heart as a muscle that grows stronger with exercise, active play, and physical activity. PE.1.3.3.A
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**4. Communicates the importance of health-related fitness components and nutrition for physical activity.** PE.1.3.4

- a. Differentiates between healthy and unhealthy foods. PE.1.3.4.A
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**Responsible Behavior** PE.1.4

**1. Exhibits personal responsibility in physical activity settings.** PE.1.4.1

- a. Uses equipment and space appropriately. PE.1.4.1.A
- b. Follows the rules and procedures of the learning environment. PE.1.4.1.B
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**2. Accepts and responds to specific corrective feedback from teacher and peers.** PE.1.4.2

- a. Responds appropriately to positive feedback from the teacher. PE.1.4.2.A
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**3. Exhibits responsible social behavior when working with others.** PE.1.4.3

- a. Works with others in a variety of class environments (e.g., small and large groups). PE.1.4.3.A
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**4. Follows rules and demonstrates proper etiquette.** PE.1.4.4

- a. Displays the established protocol for class activities. PE.1.4.4.A
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**5. Participates safely in physical activities.** PE.1.4.5

- a. Follows teacher directions for safe participation and proper use of equipment without reminders. PE.1.4.5.A
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**Physical Activity Benefits** PE.1.5

**1. Recognizes the benefits of physical activity for health.** PE.1.5.1

- a. Identifies physical activity as a component of good health. PE.1.5.1.A
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**2. Recognizes the benefits of physical activity for challenge.** PE.1.5.2

- a. Accepts that challenge in physical activities can lead to success. PE.1.5.2.A
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**3. Recognizes the benefits of physical activity for self-expression and enjoyment.** PE.1.5.3

- a. Describes positive feelings that result from participating in physical activities. PE.1.5.3.A
- b. Discusses personal reasons for enjoying physical activities. PE.1.5.3.B