

Physical Education

GRADE ONE GRADE-LEVEL OUTCOMES

Note: Swimming skills and water-safety activities should be taught if facilities permit.

Standard 1. The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

- PE.1.1.1: Hops and gallops using a mature pattern.
- PE.1.1.2: Demonstrates critical elements for jumping & landing in a horizontal plane using 2-foot take-offs & landings.
- PE.1.1.3: Demonstrates critical elements for jumping & landing in a vertical plane using 2-foot take-offs & landings.
- PE.1.1.4: Combines locomotor and non-locomotor skills in a teacher- designed rhythmic activities.
- PE.1.1.5: Maintains stillness on different bases of support with different body shapes.
- PE.1.1.6: Transfers weight from one body part to another in self- space in rhythmic activities and gymnastics environments.
- PE.1.1.7: Rolls with either a narrow or curled body shape.
- PE.1.1.8: Demonstrates twisting, curling, bending & stretching actions.
- PE.1.1.9: Throws underhand, demonstrating 2 of the 5 critical elements of a mature pattern.
- PE.1.1.10: Catches a soft object from a self-toss before it bounces.
- PE.1.1.11: Catches various sizes of balls self-tossed or tossed by a skilled thrower.
- PE.1.1.12: Dribbles continuously in self-space using the preferred hand.
- PE.1.1.13: Taps or dribbles a ball using the inside of the foot while walking in general space.
- PE.1.1.14: Approaches a stationary ball and kicks it forward, demonstrating 2 of the 5 critical elements of a mature pattern.
- PE.1.1.15: Volleys an object with an open palm, sending it upward.
- PE.1.1.16: Strikes a ball with a short-handled implement, sending it upward.
- PE.1.1.17: Jumps forward or backward consecutively using a self-turned rope.
- PE.1.1.18: Jumps a long rope up to 5 times consecutively with teacher-assisted turning.

Standard 2. The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

- PE.2.1.1: Moves in self-space and general space in response to designated beats/ rhythms.
- PE.2.1.2: Travels demonstrating low, middle and high levels.
- PE.2.1.3: Travels demonstrating a variety of relationships with objects (e.g., over, under, around, through).
- PE.2.1.4: Differentiates between fast and slow speeds.
- PE.2.1.5: Differentiates between strong and light force.

Physical Education

GRADE ONE (CONTINUED)

Standard 3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

PE.3.1.1: Discusses the benefits of being active and exercising and/ or playing.

PE.3.1.2: Actively engages in physical education class.

PE.3.1.3: Identifies the heart as a muscle that grows stronger with exercise, play and physical activity.

PE.3.1.4: Differentiates between healthy and unhealthy foods.

Standard 4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.

PE.4.1.1: Follows the rules & parameters of the learning environment.

PE.4.1.2: Accepts personal responsibility by using equipment and space appropriately.

PE.4.1.3: Responds appropriately to general feedback from the teacher.

PE.4.1.4: Works cooperatively with others in a variety of class environments (e.g., small and large groups).

PE.4.1.5: Exhibits the established protocols for class activities.

PE.4.1.6: Follows teacher directions for safe participation and proper use of equipment without teacher reminders.

Standard 5. The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

PE.5.1.1: Identifies physical activity as a component of good health.

PE.5.1.2: Recognizes that challenge in physical activities can lead to success.

PE.5.1.3: Describes positive feelings that result from participating in physical activities.

PE.5.1.4: Discusses personal reasons (i.e., the “why”) for enjoying physical activities.