

Grade 1

Adopted 2009

Skill Development

1. Demonstrate jumping and landing skills by using one- and two-foot takeoff methods, balancing at varying levels on multiple body parts, and forming bridges using different body parts.
2. Apply varied effort and pathways to running, jumping, and throwing.
3. Demonstrate nonlocomotor skills, including pushing and pulling.
4. Demonstrate manipulative skills by catching a bounced ball with hands, volleying a soft object, kicking a stationary object, and throwing a ball underhand with two hands.
5. Apply rhythmic movement to games, activities, and dances.
6. Perform individual and partner stunts.
7. Demonstrate manipulative and traveling skills in game situations.

Cognitive Development

8. Apply movement vocabulary to fundamental movement skills.
9. Identify cue words and terms associated with throwing, catching, running, and kicking.
10. Determine speed and type of movement based on rhythmic beat.

Social Development

11. Explain the importance of empathy for feelings, concerns, and limitations of peers.
12. Demonstrate responsibility and cooperative skills in physical activity settings by helping peers, assisting the teacher, and sharing space and equipment.

Physical Activity and Health

13. Identify exercises that improve flexibility, muscular strength and endurance, cardiorespiratory endurance, and body composition.
14. Explain differences between active and inactive lifestyles.
15. Explain effects of smoking, lack of sleep, and poor dietary habits on health and physical performance.