

# Grade 1

## Motor Skills and Movement Patterns **S1**

### Hopping, Galloping, Jogging, Running, Sliding, and Skipping

- 1 Demonstrates hopping, galloping, jogging, running, and sliding using a mature pattern. **S1.G1.1**
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### Jogging for Distance

- 2 This skill becomes a developmentally appropriate practice beginning in 2nd grade. **S1.G1.2**
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### Jumping and Landing

- 3a Demonstrates some critical elements for jumping and landing in a horizontal plane using two-foot takeoffs and landings. **S1.G1.3A**
  - 3b Demonstrates some critical elements for jumping and landing in a vertical plane. **S1.G1.3B**
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### Dance

- 4 Combines locomotor and non-locomotor skills in a teacher- designed dance. **S1.G1.4**
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### Balance

- 5 Maintains balance on different bases of support with different body shapes. **S1.G1.5**
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### Weight Transfer

- 6 Transfers weight from one body part to another in personal space in dance and gymnastics environments. **S1.G1.6**
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### Weight Transfer - Rolling

- 7 Demonstrates rolling with either a narrow or a curled body shape. **S1.G1.7**
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### Curling, Stretching, Twisting, and Bending

- 8 Demonstrates twisting, curling, bending, and stretching actions. **S1.G1.8**
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### Combinations - Balance and Weight Transfers

- 9 This skill becomes a developmentally appropriate practice beginning in 2nd grade. **S1.G1.9**

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### **Rolling a Ball**

10 Rolls a ball while demonstrating some critical elements. [S1.G1.10](#)

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### **Underhand Throw**

11 Demonstrates an underhand throw using some critical elements. [S1.G1.11](#)

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### **Overhand Throw**

12 This skill becomes a developmentally appropriate practice beginning in 2nd grade. [S1.G1.12](#)

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### **Catching**

13a Catches a soft object from a self-toss before it bounces. [S1.G1.13A](#)

13b Catches a variety of objects tossed by a skilled thrower. [S1.G1.13B](#)

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### **Dribbling with Hands**

14 Dribbles continuously in personal space using the preferred hand. [S1.G1.14](#)

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### **Dribbling with Feet**

15 Taps or dribbles a ball using the inside of the foot walking in general space. [S1.G1.15](#)

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### **Kicking**

16 Approaches a stationary ball and kicks it forward, demonstrating some of the critical elements. [S1.G1.16](#)

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### **Underhand Volley**

17 Volleys an object with an open palm, sending it upward. [S1.G1.17](#)

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### **Striking with a Short-Handled Implement**

18 Strikes a ball with a short-handled implement, sending it upward. [S1.G1.18](#)

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### **Catching with a Short-Handled Implement**

19 Catches a variety of soft objects with a short-handled implement before it bounces in a nondynamic environment. [S1.G1.19](#)

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### **Striking with a Long-Handled Implement**

20 This skill becomes a developmentally appropriate practice beginning in 2nd grade. [S1.G1.20](#)

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### **Jumping Rope**

21a Jumps forward or backward consecutively using a self-turned rope. [S1.G1.21A](#)

21b Jumps a long rope consecutively with teacher-assisted turning. [S1.G1.21B](#)

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## Concepts and Strategies S2

### Space

- 1 Moves in personal and general space in response to designated beats or rhythms. S2.G1.1
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### Pathways, Shapes, & Levels

- 2a Travels while demonstrating low, middle, and high levels. S2.G1.2A
  - 2b Travels while demonstrating a variety of relationships with objects. S2.G1.2B
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### Speed, Direction, & Force

- 3a Differentiates between fast and slow speeds. S2.G1.3A
  - 3b Differentiates between strong and light force. S2.G1.3B
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## Health-Enhancing Level of Physical Activity and Fitness S3

### Physical Activity Knowledge

- 1 Discusses the benefits of being active. S3.G1.1
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### Physical Activity Engagement

- 2 Engages actively in physical education class. S3.G1.2
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### Fitness Knowledge

- 3a Identifies the heart as a muscle that grows stronger with exercise, play, and physical activity. S3.G1.3A
  - 3b Identifies at least one location on the body to find a heartbeat using two fingers. S3.G1.3B
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### Nutrition

- 4 Identifies nutrient-dense foods. S3.G1.4
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## Responsible Personal and Social Behavior S4

### Personal Responsibility

- 1a Accepts personal responsibility by using equipment and space appropriately. S4.G1.1A
  - 1b Follows the rules and parameters of the learning environment. S4.G1.1B
  - 1c Recognizes that skills will develop with appropriate practice and use of the correct cues. S4.G1.1C
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### Corrective Feedback

- 2 Recalls and shows how verbal and visual cues improve personal performance in a variety of skills. S4.G1.2
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### Accepting Feedback

- 3 Responds appropriately to feedback from the teacher. S4.G1.3

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**Working with Others**

4 Works independently with others in a variety of class environments. S4.G1.4

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**Rules and Etiquette**

5 Exhibits the established protocols for class activities. S4.G1.5

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**Safety**

6a Properly uses equipment without reminders. S4.G1.6A

6b Follows teacher directions for safe participation without reminders. S4.G1.6B

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**Recognizes the Value of Physical Activity** S5**Health**

1 Identifies physical activity as a component of good health. S5.G1.1

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**Challenge**

2 Recognizes that challenge in physical activities can lead to success. S5.G1.2

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**Self-Expression and Enjoyment**

3a Describes positive feelings that result from participating in physical activities. S5.G1.3A

3b Discusses personal reasons for enjoying physical activity. S5.G1.3B