

# Grade 1

Adopted 2007

## Efficiency of Human Movement and Performance

### 1. Personal Fitness and Healthy Active Living

#### A. Health-Related and Skill-Related Fitness

- a. Name three ways to stay fit.

#### B. Wellness

- a. Identify a variety of physical activities that promote wellness (e.g., walking, jogging).

#### C. Fitness Principles

- a. Recognize signs associated with physical activity (e.g., fast heart rate, heavy breathing, perspiration).

#### D. Body Systems

- a. Tell why muscles and bones are important to movement.

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### 3. Injury Prevention, Treatment and Rehabilitation

#### A. Prevention

- a. Tell the difference between general space awareness and personal space awareness.
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## Physical Activity and Lifetime Wellness

### 1. Fundamental Movement Skills and Games

- A. Locomotor
    - a. Demonstrate all locomotor skills (walk, run, leap, jump, hop, slide, gallop, skip).
  - B. Non-Locomotor
    - a. Demonstrate non-locomotor skills in a variety of activities.
  - C. Manipulative Skills
    - a. Demonstrate a variety of manipulative skills while stationary and moving.
    - b. Demonstrate fine motor skills while manipulating small objects (e.g., juggling scarves, small bean bags).
  - D. Body Management
    - a. Demonstrate static and dynamic balance activities (e.g., stork stand, lame dog).
    - b. Demonstrate introductory stunts and tumbling skills (e.g., log, forward, egg rolls).
  - E. Movement Concepts
    - a. Demonstrate a variety of pathways, speeds, directions and levels using locomotor movements.
    - b. Identify and demonstrate a variety of relationships (over, under, through) with objects (e.g., wands, hula hoops).
  - F. Developmental Games
    - a. Demonstrate motor skills while participating in low organized games.
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### 3. Rhythms and Dance

- A. Essential Elements of Rhythm
  - a. Demonstrate basic cues to music (e.g., hokey pokey).
  - b. Demonstrate a simple dance step in keeping with a dance tempo.
- B. Creative/Interpretive
  - a. Create/interpret movements to a variety of music (e.g., locomotor/nonlocomotor skills to beat/rhythm pattern).
- C. Rhythmic Activities
  - a. Demonstrate rhythmic activities (e.g., lummi sticks, jump rope, parachute).
- D. Forms of Dance
  - a. Demonstrate a simple dance.
- E. Social/Cultural Aspects of Dance
  - a. Demonstrate appropriate social skills (e.g., responding to a partner in a positive manner).