

# Grade 1

Adopted 2016

Demonstrate competency in a variety of motor skills and movement patterns.

1. Performing most basic locomotor, nonlocomotor, and manipulative skills using mature patterns; [A.1.1](#)
2. Combining locomotor and nonlocomotor skills in a teacher-designed dance. [A.1.2](#)

Apply knowledge of concepts, principles, strategies, and tactics related to movement and performance.

1. Moving in self-space; and [B.1.1](#)
2. Differentiating between fast and slow speeds, strong and light force. [B.1.2](#)

Demonstrate the knowledge and skills to achieve and maintain a healthenhancing level of physical activity and fitness.

1. Differentiating between healthy and unhealthy foods; [C.1.1](#)
2. Discussing the benefits of being active and exercising or playing; [C.1.2](#)
3. Actively engaging in health enhancement class; [C.1.3](#)
4. Understanding that muscles grow stronger with physical activity; and [C.1.4](#)
5. Identifying warm-up and cool-down activities related to vigorous physical activity. [C.1.5](#)

Exhibit responsible personal and social behavior that respects self and others.

1. Accepting personal responsibility by using equipment and space appropriately; [D.1.1](#)
2. Following the rules or parameters of the learning environment; [D.1.2](#)
3. Responding appropriately to general feedback from a teacher; [D.1.3](#)
4. Exhibiting the established protocols for class activities; [D.1.4](#)
5. Working independently with others in a variety of class environments; [D.1.5](#)
6. Discussing ways to accept other's ideas, cultural diversity, and body types; and [D.1.6](#)
7. Following teacher directions for safe participation and proper use of equipment without teacher reminders. [D.1.7](#)

**Recognize the value of physical activity for health, enjoyment, selfexpression, and/or social interaction.**

- 1. Identifying physical activity as a component of good health; E.1.1**

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- 2. Understanding challenges in physical activities can lead to success; and E.1.2**

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- 3. Describing positive results gained from participating in physical activities with others. E.1.3**