

# Grade 1

Adopted 2014

The physically literate individual demonstrates proficiency in a variety of motor skills and movement patterns.

1. Hops, gallops, runs and slides using a mature pattern. [S1.E1.1](#)

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1. Demonstrates two of the five critical elements for jumping and landing in a horizontal plane using two-foot take-offs and landings. [S1.E3.1](#)

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1. Demonstrates two of the five critical elements for jumping and landing in a vertical plane. [S1.E4.1](#)

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1. Combines locomotor and non-locomotor skills in a teacher-designed rhythmic activity/dance. [S1.E5.1](#)

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1. Maintains stillness on different bases of support with different body shapes. [S1.E7.1](#)

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1. Transfers weight from one body part to another in self-space in dance and gymnastics environments. [S1.E8.1](#)

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1. Rolls with either a narrow or curled body shape. [S1.E9.1](#)

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1. Demonstrates twisting, curling, bending and stretching actions. [S1.E10.1](#)

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1. Throws underhand, demonstrating two of the five critical elements of a mature pattern. [S1.E13.1](#)

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- 1a. Catches a soft object from a self-toss before it bounces. [S1.E16.1A](#)

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- 1b. Catches various sizes of balls self-tossed/tossed by a skilled thrower. [S1.E16.1B](#)

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1. Dribbles continuously in self-space using the dominant hand. [S1.E17.1](#)

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1. Taps/dribbles a ball using the inside of the foot while walking in general space. [S1.E18.1](#)

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1. Approaches a stationary ball and kicks it forward, demonstrating two of the five critical elements of a mature pattern. [S1.E21.1](#)

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1. Volleys an object with an open palm, sending it upward. [S1.E22.1](#)

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1. Strikes a ball with a short-handled implement, sending it in a variety of directions. [S1.E24.1](#)

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**1a. Jumps forward or backward consecutively using a self-turned rope.** S1.E27.1A

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**1b. Jumps a long rope up to five times consecutively with teacher-assisted turning.** S1.E27.1B

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

**1. Moves in self-space and general space in response to designated rhythms/beats.** S2.E1.1

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**1a. Travels in different levels or pathways.** S2.E2.1A

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**1b. Travels demonstrating a variety of relationships with objects (e.g., over, under, around, through).** S2.E2.1B

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**1a. Differentiates between fast and slow speeds.** S2.E3.1A

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**1b. Differentiates between strong and light force.** S2.E3.1B

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**1. Demonstrates relationship concepts in movement patterns.** S2.E4.1

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**1. Identifies technology or other resource components that increase or decrease fitness.** S2.E6.1

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

**1. Discusses the benefits of being active and exercising and/or playing.** S3.E1.1

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**1. Actively participates in physical education class in response to instruction and practice.** S3.E2.1

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**1. Identifies the heart as a muscle that grows stronger with exercise/play and physical activity.** S3.E3.1

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**1. Differentiates between healthy and unhealthy foods.** S3.E6.1

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The physically literate individual exhibits responsible personal and social behavior that respects self, others and environment.

**1. Accepts personal responsibility by using equipment and space appropriately.** S4.E1.1

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**1a. Accepts responsibility for class protocols with behavior and performance actions.** S4.E2.1A

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**1b. Exhibits respect for self with developmentally appropriate behavior while engaging in physical activity.** S4.E2.1B

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**1. Responds appropriately to general feedback from the teacher.** S4.E3.1

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**1a. Works independently with others in partner environments.** S4.E4.1A

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**1b. Recognizes and understands individual uniqueness and diversity.** S4.E4.1B

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**1a. Exhibits the established protocols for class activities.** S4.E5.1A

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**1b. Exhibits the fundamentals of good sportsmanship.** S4.E5.1B

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**1. Follows teacher directions for safe participation and proper use of equipment with teacher reminders.** S4.E6.1

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The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, employment opportunities and social interaction.

**1. Identifies physical activity as a component of a healthy lifestyle and for brain health.** S5.E1.1

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**1. Recognizes that challenges and/or difficulties in physical activities can lead to success.** S5.E2.1

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**1a. Describes positive feelings that result from participating in physical activities.** S5.E3.1A

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**1b. Discusses personal reasons for enjoying physical activities.** S5.E3.1B

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**1. Recognizes the positive social interactions that come when engaged with others in physical activity.** S5.E4.1