

# Grade 1

## Development of Motor Skills/Movement Forms

- 16** Develop a beginning movement vocabulary for body and spatial awareness (e.g., general/self-space, zig-zag, curve, straight, diagonal). [WE.1.16](#)

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- 17** Distinguish and perform locomotor movements of skip and leap. [WE.1.17](#)

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- 18** Demonstrate directional movements of forward, backward, sideways, up, down, left, and right. [WE.1.18](#)

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- 19** Balance an object on various body parts (e.g., ball on hand, bean bag on foot). [WE.1.19](#)

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- 20** Bounce and catch a ball. [WE.1.20](#)

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- 21** Combine locomotor skills with pathways (e.g., straight, zigzag, and curved). [WE.1.21](#)

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- 22** Create expressive movement sequences to a variety of beats, tempos, and rhythms. [WE.1.22](#)

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- 23** Recognize basic movement concepts of personal and general space (e.g., directional movements of forward, backward, sideways, up and down). [WE.1.23](#)

## Physical Fitness

- 24** Recognize the body responses to physical activity (e.g., increased heart/breathing rate, muscle fatigue, exhaustion levels). [WE.1.24](#)

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- 25** Explain the importance of proper rest and exercise. [WE.1.25](#)

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- 26** Identify and explore large muscle groups. [WE.1.26](#)

## Responsible, Personal and Social Behaviors

- 27** Describe and participate in appropriate physical activities during recess and outside of school. [WE.1.27](#)

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- 28** Demonstrate appropriate interactions with others (e.g., partners, small groups, and large groups). [WE.1.28](#)