

# Grade 1

Adopted 2015

**Demonstrates competency in a variety of motor skills and movement patterns.**

- 1. Hops, gallops, jogs 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-led rhythmic pattern.** 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 rhythmic movement 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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- a. Catches a soft object from a self-toss before it bounces.** S1.E16.1.A

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- b. Catches various sizes of balls self-tossed or tossed by a skilled thrower.** S1.E16.1.B

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- 1. Dribbles continuously in self-space using the dominant hand.** S1.E17.1

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- 1. Taps or 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 upward** S1.E24.1

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

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

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

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

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**a. Travels demonstrating low, middle and high levels. S2.E2.1.A**

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

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

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

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**1. Identify basic body planes (e.g., front, back side). S2.E4.1**

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**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 engages in physical education class. 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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**Exhibits responsible personal and social behavior that respects self and others.**

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

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**1. Follows the rules and parameters of the learning environment. S4.E2.1**

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

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**1. Works independently with others in a variety of class environments (e.g., small and large groups). S4.E4.1**

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

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

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**Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.**

**1. Identifies physical activity as a component of good health. S5.E1.1**

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**1. Recognizes that challenge in physical activities can lead to improvement. S5.E2.1**

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

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**b. Discusses personal reasons for enjoying physical activities (the "why").** S5.E3.1.B