First Grade Elementary Physical Education Curriculum

Standard 1: The student demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities. Topic: Motor Skills	Standard 2: The student demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to learning and the performance of physical activities. Topic: Movement Concept	Standard 3: The student participates regularly in physical activity. Topic: Participation	Standard 4: The standard achieves and maintains a health-enhancing level of physical fitness. Topic: Physical Fitness	Standard 5: The student exhibits responsible personal and social behavior that respects self and other in physical activity settings. Topic: Personal Behavior	Standard 6: The student values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction. Topic: Values Activity
• Demonstrates the ability to move using a variety of locomotor skills. • Demonstrates clear contrasts between slow and fast movements traveling in different directions (e.g. sideways, backwards) while moving in personal and general space. • Maintains momentary balance and/ or pose in a variety of positions. • Projects objects through space using various means (e.g. rolling, sliding, throwing, and kicking. • Demonstrates catching skills using a variety of self-tossed objects. • Demonstrates striking skills using a variety of objects. • Performs a simple rhythmic pattern to music.	• Identifies various body parts and major muscle groups. • Identifies locomotor skills and spatial during activities. • Identifies and applies instructional cues to enhance performance. • Identifies levels of exertion. • Demonstrates tactics and strategies during physical activity.	• Participates regularly in non-structured and structured physical activities at a moderate to vigorous level both in and out of physical education class. • Participates regularly in games and activities that use manipulatives both in and out of physical education class at a moderate to vigorous level.	• Demonstrates sufficient muscular strength to bear body weight. • Participates in a variety of games that increase breathing and heart rate. • Engages in sustained activity while participating in various activities in physical education. • Recognizes the health related physical fitness components.	• Follows instructions and class procedures while participating in physical education class. • Works in diverse group settings without interfering with others. • Uses equipment safely and appropriately. • Demonstrates cooperation and consideration of others in group activities. • Demonstrates socially acceptable conflict resolution during class activity.	• Exhibits both verbal and nonverbal indicators of enjoyment. • Demonstrates enjoyment for physical activity through behavior, actions and verbal comments. • Continues to participate when not successful on the first try. • Willingly tries new movements and skills.

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