

STANDARDS FOR PHYSICAL EDUCATION: GRADE 1

CATALINA FOOTHILLS SCHOOL DISTRICT

Standard 1: Motor Skills and Movement Patterns

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

PE.1.1.1 Perform age-appropriate locomotor skills (jumping and landing, skipping, sliding) using a mature pattern.

- demonstrate two of the five critical elements for jumping and landing in a horizontal plane using two-foot take-offs and landings
- demonstrate two of the five critical elements for jumping and landing in a vertical plane

PE.1.1.2 Combine locomotor and nonlocomotor skills in response to teacher-led creative dance (required: jumping and landing, skipping, sliding). [rhythmic movement, follow a beat]

PE.1.1.3 Perform nonlocomotor (stability) skills.

- demonstrate twisting, curling, bending, and stretching actions

PE.1.1.4 Explore manipulative skills (required: throwing, dribbling, kicking, striking).

- throw underhand, demonstrating two of the five critical elements of a mature pattern
- dribble continuously (2 or more times) in self-space using the dominant hand
- approach a stationary ball and kick it forward, demonstrating two of the five critical elements of a mature pattern
- strike a ball with a short-handled implement, sending it upward

Standard 2: Movement and Performance

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

PE.1.2.1 Move in self-space and general space in response to designated beats/rhythms (find own personal space, move without touching, move while following a beat, staying in own space, not getting in others' space).

PE.1.2.2 Travel demonstrating low, middle, and high levels.

- show a variety of relationships with objects (for example: over, under, around, through)

PE.1.2.3 Differentiate between fast and slow speeds.

PE.1.2.4 Differentiate between strong and light force.

Standard 3: Physical Activity and Fitness

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

PE.1.3.1 Actively participates in physical education class in response to instruction and practice.

- discuss the benefits of being active and exercising/playing (for example: feeling good, having energy, playing more, etc.)

PE.1.3.2 Identify the heart as a muscle that grows stronger with exercise/play and physical activity.

PE.1.3.3 Differentiate between healthy and unhealthy foods (for example: fruits, vegetables, grains versus junk food, sugars, etc.). [Connect to Health]

Standard 4: Responsible Personal and Social Behavior

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

PE.1.4.1 Follow the teacher's directions without reminders.

PE.1.4.2 Use equipment and space appropriately (follow safety rules, use equipment as intended).

PE.1.4.3 Follow the rules/parameters of the learning environment.

- work independently with others (for example: small and large groups)
- exhibit good sportsmanship

PE.1.4.4 Respond appropriately to general feedback from the teacher.

Standard 5: Value of Physical Activity

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

PE.1.5.1 Describe the positive feelings that result from participating in physical activities (for example: reasons for enjoying physical activities, pleasure from progress in learning a new skill).

PE.1.5.2 Recognize that challenges and/or difficulties in physical activities can lead to success.