### 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.
  - o 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
  - o 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.
  - o 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.
  - o 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.