

## **Physical Education Standards First Grade**

### **Movement Concepts**

1.1 Demonstrate an awareness of personal space, general space, and boundaries while moving in different directions and at high, medium, and low levels in space.

### **Manipulative Skills**

1.11 Demonstrate the overhand movement (throw) pattern.

### **Locomotor Movement**

2.4 Distinguish between a jog and a run, a hop and a jump, and a gallop and a slide and explain the key differences and similarities in those movements.

### **Muscular Strength/ Endurance**

3.5 Travel hand-over-hand along a horizontal ladder or hang from an overhead bar.

### **Aerobic Capacity**

4.5 Explain that increasing the heart rate during physical activity strengthens the heart muscle.

### **Social Interaction**

5.3 Demonstrate the characteristics of sharing and cooperation in physical activity.