



The physical education standards in the elementary years focus on enhancing movement concepts and skills, understanding basic health-related components and skill-related components of fitness and how it relates to personal fitness, demonstrating respect, and the ability to follow directions. In each grade, students demonstrate various movement concepts; assess personal behaviors; connect fitness development to body systems; demonstrate respect for self, others, and various physical activity environments; and utilize safety procedures during physical activities.

Expectations for 1st Grade Students:

- **Movement Competence and Understanding:** Demonstrate basic locomotor skills (e.g., walking, running, sliding) and non-locomotor skills (e.g., twisting, bending, stretching, turning), and rhythmic and cross-lateral movements; demonstrate fundamental manipulative skills (e.g., jumping rope, throwing, catching, kicking); establish a beginning movement vocabulary.
- **Physical and Personal Wellness:** Identify the body's normal reactions to moderate and vigorous physical activity.
- **Social and Emotional Wellness:** Work independently and with others to complete work; follow the rules of an activity.
- **Prevention and Risk Management:** Develop movement control for safe participation in games and physical activities.

Throughout 1st Grade You May Find Students:

- Performing a simple dance step in keeping with a specific tempo.
- Manipulating objects such as jump ropes, scarves, hoops, and balls.
- Throwing an object with an overhand or underhand motion while stepping forward in opposition.
- Kicking a stationary object using a simple kicking pattern.
- Distinguishing between a jog and a run, a hop and a jump, and a gallop and a slide.
- Identifying physical activities that require strong muscles.
- Inviting others to use equipment before repeating a turn.
- Developing rules for an activity with teacher assistance and participating in the activity while following the rules.
- Recognizing appropriate safety practices in general space (e.g., throwing objects when appropriate, only throwing objects when others are not in the direct line of the throw).