

Oneness-Family School - First through Third Grade - Self-Discovery Benchmarks Overview

*Self-Discovery: Creative Arts, Music, Yoga, and Physical Education*

<b>CREATIVE ARTS</b>		
<b>First Grade</b>	<b>Second Grade</b>	<b>Third Grade</b>
<p>Demonstrates art technique while expressing new ideas</p> <p>Successfully meets the challenges of more complex assignments</p> <p>Seeks to transcend in quality and craftsmanship</p> <p>Consistently cares for and uses art materials responsibly</p> <p>Demonstrates time management in the completion of assignments</p> <p>Consistently exhibits a positive attitude and participates with enthusiasm</p>	<p>Demonstrates taught art technique by controlling the media</p> <p>Solves challenges of the assignment</p> <p>Strives for quality and craftsmanship</p> <p>Cares for and uses art materials responsibly</p> <p>Completes assignments within the specified time</p> <p>Exhibits a positive attitude and participates willingly</p>	<p>Demonstrates taught art technique by controlling the media</p> <p>Solves challenges of the assignment</p> <p>Strives for quality and craftsmanship</p> <p>Cares for and uses art materials responsibly</p> <p>Completes assignments within the specified time</p> <p>Exhibits a positive attitude and participates willingly</p>

<b>YOGA</b>		
<b>First Grade</b>	<b>Second Grade</b>	<b>Third Grade</b>
<p>Demonstrates multiple types of breath: heart and belly, even breath, longer exhale, a breath of joy, alternate nostril breathing</p> <p>Moves body through sun salutations</p>	<p>Demonstrates multiple types of breath: heart and belly, even breath, longer exhale, a breath of joy, alternate nostril breathing</p> <p>Moves body through sun salutations</p>	<p>Demonstrates multiple types of breath: heart and belly, even breath, longer exhale, a breath of joy, alternate nostril breathing</p> <p>Moves body through sun salutations</p>

<p>Identifies and is able to move into basic + moderate poses: down dog, child's pose, mountain, tree pose, Warrior Poses, various balancing poses, etc.</p> <p>Creates short sequences for self-practice</p> <p>Develops age-appropriate vocabulary around self-awareness, sensory feelings, emotions</p> <p>Is able to identify energy level and what tool meets that level (movement, rest, breath, etc.)</p> <p>Demonstrates short age-appropriate meditation techniques: body scan, lovingkindness meditation</p>	<p>Identifies and is able to move into basic + moderate poses: down dog, child's pose, mountain, tree pose, Warrior Poses, various balancing poses, etc.</p> <p>Creates short sequences for self-practice</p> <p>Develops age-appropriate vocabulary around self-awareness, sensory feelings, emotions</p> <p>Is able to identify energy level and what tool meets that level (movement, rest, breath, etc.)</p> <p>Demonstrates short age-appropriate meditation techniques: body scan, lovingkindness meditation</p>	<p>Identifies and is able to move into basic + moderate poses: down dog, child's pose, mountain, tree pose, Warrior Poses, various balancing poses, etc.</p> <p>Creates short sequences for self-practice</p> <p>Develops age-appropriate vocabulary around self-awareness, sensory feelings, emotions</p> <p>Is able to identify energy level and what tool meets that level (movement, rest, breath, etc.)</p> <p>Demonstrates short age-appropriate meditation techniques: body scan, lovingkindness meditation</p>
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<h1>MUSIC</h1>		
<b>First Grade</b>	<b>Second Grade</b>	<b>Third Grade</b>
<p>Understands rhythm and pitch</p> <p>Learns notation</p> <p>Experiences composition</p> <p>Cares for and uses instruments responsibly</p> <p>Consistently exhibits a positive attitude and participates willingly</p>	<p>Understands rhythm and pitch</p> <p>Learns notation</p> <p>Experiences composition</p> <p>Cares for and uses instruments responsibly</p> <p>Exhibits a positive attitude and participates willingly</p>	<p>Understands rhythm and pitch</p> <p>Learns notation</p> <p>Experiences composition</p> <p>Cares for and uses instruments responsibly</p> <p>Exhibits a positive attitude and participates willingly</p>

# PHYSICAL EDUCATION

<b>First Grade</b>	<b>Second Grade</b>	<b>Third Grade</b>
Participates in warm-up and stretches Wears proper attire Practices basic fitness Demonstrates taught skills and applies them in games and activities Demonstrates sportsmanship Consistently exhibits a positive attitude and participates with enthusiasm	Participates in warm-up and stretches Wears proper attire Practices basic fitness Demonstrates taught skills and applies them in games and activities Demonstrates sportsmanship Exhibits a positive attitude and participates willingly	Participates in warm-up and stretches Wears proper attire Practices basic fitness Demonstrates taught skills and applies them in games and activities Demonstrates sportsmanship Exhibits a positive attitude and participates willingly