

**FIRST GRADE
Physical Education
PRIORITY STANDARDS**

Standard 1. The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

PE.1.1.1 Hops and gallops using a mature pattern.

PE.1.1.5 Maintains stillness on different bases of support with different body shapes.

PE.1.1.9 Throws underhand, demonstrating 2 of the 5 critical elements of a mature pattern.

PE.1.1.10 Catches a soft object from a self-toss before it bounces.

PE.1.1.16 Strikes a ball with a short-handled implement, sending it upward.

PE.1.1.18 Jumps a long rope up to 5 times consecutively with teacher-assisted turning.

Standard 2. The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

PE.2.1.2 Travels demonstrating low, middle and high levels.

PE.2.1.5 Differentiates between strong and light force.

Standard 3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

PE.3.1.1 Discusses the benefits of being active and exercising and/ or playing.

PE.3.1.2 Actively engages in physical education class.

Standard 4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.

PE.4.1.1 Follows the rules & parameters of the learning environment.

Standard 5. The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

PE.5.1.1 Identifies physical activity as a component of good health.