GEORGIA CLASSROOM

Getting Ready for 1st Grade

Want to practice school skills?

Below are suggestions of skills families might explore together outside of school.

Physical Health and Wellness

With parent/caregiver support...

- Develops skills to move through space with confidence; works on throwing, catching, dribbling with hands and feet, volleying, striking, jumping rope
- Plays cooperatively with others (taking turns, following rules)
- Demonstrates respect, kindness, and fairness during group games
- Understands why rest and sleep are important for health.
- Understands that physical activity is good for health, fun, challenge, self-expression, and/or social interaction; uses goal-setting skills to improve physical activity and health
- Participates in safe and vigorous physical activity daily and understands that moving quickly increases heart rate and breathing
- Begins to understand consequences of choices (too much screen time vs. active play)
- Demonstrates healthy and safe practices at home, school, and play (hand-washing, seatbelts, helmets, stranger safety)
- Identifies trusted adults to go to for help
- Recognizes and manages feelings (positive self-talk, calm-down strategies, asking for help)
- Sticks with a task even if it is hard or takes a long time

English Language Arts

With parent/caregiver support...

- Reads common words (the, of, to) by sight and understands easy texts
- Practices phonics (letter sounds, letter blends like st, parts of words, words)
- Describes how pictures and text work together in books
- Uses different resources (books, magazines, the Internet) to get information and write about a topic
- Talks about new words and meanings; plays with words – words that mean the same thing; words that mean the opposite
- Uses words and phrases learned through conversations and books (read alone and read-to); responds to texts (read alone and read-to)
- Asks and answers questions about details within texts (books, magazines, online)
- Speaks clearly; talks about thoughts and feelings
- Understands how print works; knows upper and lower case letters; makes words; makes sentences; follows words left-to-right/page-by-page

For activity ideas to practice these skills, go to gpb.org/learn.

Social Studies

With parent/caregiver support...

- Explains why rules are important and why rules should be followed
- Names address including city, state, and country
- Describes the passing of time with words like now/long ago, before/after, today/tomorrow/yesterday and past/present/future
- Explains and talks about national holidays; respects that people celebrate holidays differently; explains symbols that are important to our country's history
- Explains why people must make choices because they cannot have everything they want

Nutrition

With parent/caregiver support...

- Makes a habit of washing hands before mealtime
- Practices manners while sitting at a table for meals
- Makes a healthy plate by trying all food groups at meals: fruits, vegetables, grains, proteins, and dairy
- Makes a goal to have half of meals on plate to be fruits and vegetables

Fine Arts

With parent/caregiver support...

- Identifies musical opposites (high/low, fast/slow, loud/quiet, long/short, same/different) while listening to various types of music
- Finds the steady beat while listening to various types of music and singing familiar songs
- Improvises simple rhythms using body percussion (e.g., clap, stomp, pat, snap)
- Listens to various types of music together and responds to the music with body movement
- Creates works of art focusing on one or more elements of art (e.g., line, shape, form, space, color, value, texture)
- Identifies the primary colors and experiments by mixing to create new colors
- Develops fine motor skills by practicing holding various art supplies such as scissors, crayons, paintbrushes, and other activities like coloring inside the lines
- Creates a sketch before starting an artwork
- Develops an understanding of taking artistic care in craftsmanship by paying attention to detail, using time wisely, and seeing work through to completion

For activity ideas to practice these skills, go to gpb.org/learn.

Mathematics

With parent/caregiver support...

- Counts in correct order saying number names
- Explains the last number counted represents the total quantity in a set
- Compares two numbers to tell which is greater than, less than, or if the amounts are the same as
- Explores addition as putting numbers together; explores subtraction as taking numbers apart of taking one quantity from another
- Works with 11-19 objects to create groups of ten with some more ones (Example: 12 has 1 ten and 2 more ones.)
- Finds 2- and 3-dimensional shapes in the world (circle, square, triangle, rectangle, hexagon, cube, cone, cylinder, and sphere)
- Compare common objects using measurable attributes (length, height, width, or weight)
- Sorts objects and counts the number of objects in sorted groups
- Identifies and describes shapes (circle, square, triangle, rectangle, hexagon, cube, cone, cylinder, and sphere)
- Interprets data to answer relevant statistical investigative questions

Science

With parent/caregiver support...

- Notices and describes changes in the sky (day, night)
- Explores and sorts materials that make up the Earth (water, air, rocks, soil); explains reasons for sorting (texture, color, size, etc.)
- Explores and sorts common objects (clay, cloth, plastic, wood, paper, metal, buttons) by color, size, weight, shape, texture
- Makes predictions about whether objects will sink or float; tests predictions
- Investigates how an object's physical characteristics will affect its motion when a force (a toss, drop, push or pull) is applied; describes how an object will move based on its physical characteristics
- Explains the difference between living and non-living things; sorts and describes sorting of living vs nonliving things
- Describes animals and plants; groups animals and plants based on physical characteristics; asks questions about how groups are the same and different

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These skills were identified by the Georgia Department of Education's Division of Curriculum and Instruction based on current Georgia standards. We invite you to use this resource to help support your student's learning at home.