

First Grade Physical Education Curriculum

MOTOR SKILLS

1.MS.1: Apply competent motor skills and movement patterns as needed to perform a variety of physical activities.

- PE.1.MS.1.1: Execute recognizable forms of all eight basic locomotor skills in different pathways, levels, or directions.
- PE.1.MS.1.2: Use recognizable forms of the five basic manipulative skills.
- PE.1.MS.1.3: Generate smooth transitions between sequential locomotor skills.
- PE.1.MS.1.4: Use non-locomotor and locomotor skills in a variety of pathways, in different directions, and at different levels in response to music.

MOVEMENT CONCEPTS

1.MC.2: Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.

- PE.1.MC.2.1: Use movement and manipulative skills involving equipment.
- PE.1.MC.2.2: Illustrate two or more of the essential elements of correct form for the five fundamental manipulative skills.
- PE.1.MC.2.3: Understand how to use teacher and peer feedback to improve basic motor performance.
- PE.1.MC.2.4: Illustrate activities that increase heart rate and make muscles strong.

HEALTH-RELATED FITNESS

1.HF.3: Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.

- PE.1.HF.3.1: Recognize two or more of the five health-related fitness assessments and the associated exercises.
- PE.1.HF.3.2: Select physical activities based on one's interests and physical development.
- PE.1.HF.3.3: Contrast moderate physical activity and vigorous physical activity.

PERSONAL/SOCIAL RESPONSIBILITY

1.PR.4: Use behavioral strategies that are responsible and enhance respect of self and others and value activity.

- PE.1.PR.4.1: Use basic strategies and concepts for working cooperatively in group settings.
- PE.1.PR.4.2: Understand how social interaction can make activities more enjoyable.
- PE.1.PR.4.3: Use safe practices when engaging in physical education activities.