

Grade 1

Motor Skills and Movement Patterns

1. Performs the hop, jump, gallop, jog, and slide with a mature pattern. (S1.E1.1, S1.E3.1, S1.E4.1)
2. Rolls with either a narrow or curled body shape. (S1.E9.1)
3. Catches a soft object from a self-toss before it bounces. (S1.E16.1a)
4. Dribbles continuously in self-space using the dominant hand. (S1.E17.1)
5. Taps or dribbles a ball using the inside of the foot while walking in general space. (S1.E18.1)

Concepts, Principles, Strategies, and Tactics

6. Travels demonstrating levels (low, middle, high) and a variety of relationships with objects (over, under, around, through). (S2.E2.1a, S2.E2.1b)
7. Differentiates between fast and slow speeds. (S2.E3.1a)

Fitness Knowledge and Skills

8. Locates pulse to determine heart's response to aerobic activity. (S3.E3.1)

Responsible Personal and Social Behavior

9. Demonstrates the rules for appropriate behaviors during activity. (S4.E2.1, S4.E5.1, S4.E6.1)

Values Physical Activity

10. Identifies physical activity as a component of good health. (S5.E1.1)