

Physical Education: Grade 1

To a greater extent than in the core academic subjects, Physical Education teachers must infuse personal and social skill development in helping students meet and exceed the content standards. Consequently, the presentation of the Physical Education Standards is preceded by a list of complementary Personal and Social Development Skills (PESK). Including the PESK components in teaching the Physical Education standards is critical in promoting lifelong, healthy physical activity and in realizing the wide range of benefits associated with participation in dance, sports, games, and other physical activities.

Strand:

PESK Personal and Social Development Skills The student applies responsible personal and social development skills in a physical activity setting. In Grade 1 all students will:

Standards:

- PESK1:** participate fully and communicate cooperatively with others;
- PESK2:** perform activities safely and follow rules of etiquette and ethical behavior;
- PESK3:** display age appropriate self-control and discipline;
- PESK4:** display a willingness to receive and use feedback to improve performance;
- PESK5:** accept the decisions of and respond positively to teachers/officials in charge of games/activities;
- PESL6:** choose healthful physical activities to experience fun, challenge, self-expression and/or social interaction;
- PESK7:** display an interest in and assist and encourage others' efforts;
- PESK8:** display behaviors that are supportive and inclusive;
- PESK9:** self-initiate behaviors that contribute to personal and partner/group effort;
- PESK10:** adjust behavior to prevent/reconcile conflicts.

Strand:

PE1 Motor Skills and Movement Patterns Competency in motor skills and movement patterns is needed to perform a variety of physical activities. In Grade 1 all students will:

Standards:

- PE1a:** demonstrate controlled locomotor skills of walking, running, jumping, and sliding in different directions;
- PE1b:** demonstrate basic nonlocomotor skills (e.g., turning, twisting, balancing, rolling, transferring weight, jumping and landing, stretching, curling) and perform nonlocomotor sequences alone, with a partner, or with a group of people;
- PE1c:** adapt kicking, striking, and throwing patterns to simple, changing environments (e.g., kicking, moving ball, throwing a friendly toss);
- PE1d:** demonstrate moving to a rhythmic beat by keeping time using movement skills;
- PE1e:** explore simple tumbling sequences that include balancing, rolling, transferring weight, and flight;
- PE1f:** respond to movement terminology (e.g., spin, turn, roll, skip, gallop, jog, run, throw, toss);
- PE1g:** use feedback to improve performance;

- PE1h:** follow simple rules and safety procedures consistently;
- PE1i:** use equipment and space safely and properly for movement; and
- PE1j:** describe the importance of protective equipment in preventing injury (e.g., helmets, elbow/kneepads, wrist guards, proper shoes, clothing).

Strand:

PE2 Physical Activity and Fitness

A physically active lifestyle is essential to maintain a health-enhancing level of physical fitness. In Grade 1 all students will:

Standards:

- PE2a:** participate regularly in moderate-to-vigorous physical activities during physical education class and recess;
- PE2b:** engage for short periods of time in sustained, moderate-to-vigorous physical activities that develop aerobic capacity;
- PE2c:** demonstrate how to warm up before and cool down after physical activity;
- PE2d:** engage in appropriate physical activities that develop muscular strength and endurance of arms, shoulders, abdomen, and legs (e.g., climbing, hanging, taking weight on hands);
- PE2e:** demonstrate moving each major joint through its full range of motion;
- PE2f:** demonstrate breathing slowly and deeply to relax;
- PE2g:** describe physical activities that provide opportunities for enjoyment;
- PE2h:** identify how regular physical activity strengthens the heart, lungs, and muscular system;
- PE2i:** identify heart rate, breathing, body temperature, feelings of fatigue, and the importance of drinking water during moderate-to-vigorous physical activity.