

# Physical Education: Grade 1

## Personal & Social Development Skills

- Participates fully and communicates cooperatively with others
- Follows rules of etiquette and ethical behavior
- Displays age-appropriate self-control and discipline
- Uses feedback to improve performance
- Accepts the decisions of those teachers or officials in charge
- Chooses healthful physical activities
- Encourages the efforts of others
- Displays supportive/inclusive behaviors
- Self-initiates contributions to personal and partner/group effort
- Adjusts behavior to prevent/reconcile conflicts

## Motor Skills & Movement Patterns

- Demonstrates controlled locomotor skills
- Demonstrates basic nonlocomotor skills
- Adapts kicking, striking, and throwing patterns to changing environments
- Demonstrates moving to a rhythmic beat by keeping time
- Explores simple tumbling sequences
- Responds to movement terminology
- Uses feedback to improve performance
- Follows simple rules and safety procedures consistently
- Uses equipment and space safely and properly
- Describes importance of protective equipment

## Physical Activity & Fitness

- Engages in sustained, moderate-to-vigorous physical activities
- Demonstrates warm-up and cool-down procedures
- Engages in activities that develop strength and endurance
- Demonstrates moving joints through their full range of motion
- Describes physical activities that provide enjoyment
- Identifies the way regular physical activity strengthens the heart, lungs, and muscles