



Physical Education
First Grade

1.0 The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

- 1.1 Develops simple combinations of basic movement skills.
- 1.2 Develops control in balance and activities on a variety of body parts.
- 1.3 Develops a variety of object control skills.

2.0 The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

- 2.1 Explores concepts of space and movement control with a variety of basic skills while interacting with others.

3.0 The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health- enhancing level of physical activity and fitness.

- 3.1 Engages in activities that develop muscular strength and endurance.
- 3.2 Participates in basic activities that cause cardio-respiratory exertion.

4.0 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

- 4.1 Follows rules and procedures with little reinforcement.
- 4.2 Works cooperatively with another person or small group.

5.0 The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self- expression and/or social interaction.

- 5.1 Chooses playmates without regard to personal differences.