

### 1st Grade PE Essential Learning: Year at a Glance 20-21

STANDARD	DESCRIPTION	Q1	Q2	Q3	Q4
PE.1.C.2.1:	Identify the critical elements of locomotor skills.	X			
PE.1.C.2.2:	Identify safety rules and procedures for teacher-selected physical activities.	X			
PE.1.C.2.4:	Identify the rules for safe water activities and recognize the importance of having a lifeguard near water or in a swimming facility.				X
PE.1.C.2.5:	Recognize the importance of practicing to improve performance.	X	X	X	X
PE.1.C.2.6:	Use skill cues for a variety of movement patterns and skills.	X			
PE.1.C.2.7:	Identify dominant hand/foot for use with throwing/dribbling/striking/kicking skills.		X	X	
PE.1.L.3.1:	Identify a moderate physical activity. (See each grade level standard for additional clarification.)		X		
PE.1.L.3.2:	Identify a vigorous physical activity. (See each grade level standard for additional clarification.)		X		
PE.1.L.4.2:	Identify/Discuss/Describe/ the components of health-related physical fitness.			X	X
PE.1.L.4.5:	Discuss the physiological signs of physical activity.	X	X	X	X
PE.1.L.4.7:	Identify the food groups.	X			
PE.1.M.1.1:	Travel using various locomotor skills while changing directions, pathways and speeds.	X			
PE.1.M.1.2:	Strike an object upward using body parts.		X	X	
PE.1.M.1.3:	It should read: Strike a stationary object a short distance using a modified long-handled implement so that the object travels in the intended direction.			X	

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STANDARD	DESCRIPTION	Q1	Q2	Q3	Q4
PE.1.M.1.4:	Strike a stationary object a short distance using a modified long-handled implement so that the object				
PE.1.M.1.5:	Dribble an object with hands or feet while demonstrating control in general space.			X	X
PE.1.M.1.7:	Move in different directions to catch a variety of self-tossed objects.	X	X		
PE.1.M.1.8:	Demonstrate an underhand-throwing motion for accuracy using correct technique.		X	X	