

Physical Education in First Grade

Concepts and Skills Introduced in Quarter 1

- Identify the critical elements of locomotor skills.
- Identify the critical elements of locomotor skills. (All Year)
- Use skill cues for a variety of movement patterns and skills.
- Discuss the physiological signs of physical activity. (All Year)
- Identify the food groups.
- Travel using various locomotor skills while changing directions, pathways and speeds.
- Move in different directions to catch a variety of self-tossed objects. (All Year)
- Use physical-activity space safely and properly. (All Year)
- Describe ways to prevent common communicable diseases. (All Year)
- Encourage others to make positive health choices. (All Year)

Concepts and Skills Introduced Quarter 2

- Identify dominant hand/foot for use with throwing/dribbling/striking/kicking skills.
- Identify a moderate physical activity. (See each grade level standard for additional clarification.)
- Identify a vigorous physical activity. (See each grade level standard for additional clarification.)
- Strike an object upward using body parts.
- Demonstrate an overhand-throwing motion for distance using correct technique.
- List a benefit resulting from cooperation and sharing during physical activity.

Concepts and Skills Introduced Quarter 3

- Identify/Discuss/Describe/ the components of health-related physical fitness.
- Strike an object upward using body parts.
- Strike a stationary object a short distance using a modified long-handled implement so that the object travels in the intended direction.
- Dribble an object with hands or feet while demonstrating control in general space.
- Demonstrate the ability to take weight onto hands.
- Use physical-activity space safely and properly.
- Identify healthy options to health-related issues or problems.

Concepts and Skills Introduced Quarter 4

- Identify the rules for safe water activities and recognize the importance of having a lifeguard near water or in a swimming facility.
- Identify physical activity preferences
- Identify feelings resulting from participation in physical activity.
- Identify the benefits of learning new movement skills.