



**PHYSICAL EDUCATION  
GRADE ONE**



**Physical Education, Grade 1  
36.00200**

**COURSE DESCRIPTION:** Physical Literacy in 1<sup>st</sup> Grade is based upon the development of successful movement experiences, developing the confidence and progressive skills in the following strands: Motor Skills and Movement Patterns, Concepts, Principles, and Strategies, Health-enhancing levels of physical activity and fitness, Personal Responsibility, and Value of Physical Activity.

## Course Standard 1

### S1.E1 Demonstrates competency in a variety of motor skills and movement patterns.

- S1.E1.1 Hops, gallops, jogs and slides using a mature pattern.
- S1.E3.1 Demonstrates 2 of the 5 critical elements for jumping and landing in a horizontal plane using 2-foot take-offs and landings.
- S1.E4.1 Demonstrates 1 of the 5 critical elements for jumping and landing in a vertical plane.
- S1.E5.1 Combines loco-motor and non-loco-motor skills in a teacher-designed dance.
- S1.E7.1 Maintains stillness on different bases of support with different body shapes.
- S1.E8.1 Transfers weight from one body part to another in self-space in dance and gymnastics environments.
- S1.E9.1 Rolls with either a narrow or curled body shape.
- S1.E10.1 Demonstrates twisting, curling, bending, & stretching actions.
- S1.E13.1 Throws underhand, demonstrating 2 of the 5 critical elements of a mature pattern
- S1.E16.1a Catches a soft object from a self-toss before it bounces
- S1.E16.1b Catches various sizes of balls self-tossed or tossed by a skilled thrower
- S1.E17.1 Dribbles continuously in self-space using the preferred hand
- S1.E18.1 Taps or dribbles a ball using the inside of the foot while walking in general space.
- S1.E21.1 Approaches a stationary ball and kicks it forward, demonstrating 2 of the 5 critical elements of a mature pattern.
- S1.E22.1 Volleys an object with an open palm, sending it upward.
- S1.E24.1 Strikes a ball with a short-handled implement, sending it upward
- S1.E27.1a Jumps forward or backward consecutively using a self-turned rope.
- S1.E27.1b Jumps a long rope up to 5 times consecutively with teacher-assisted turning.

## Course Standard 2

### S2.E1 Applies knowledge of concepts, principles, strategies and tactics related to movement and performance

- S2.E1.1 Moves in self-space and general space in response to designated beats/rhythms
- S2.E2.1a Travels demonstrating low, middle and high levels.
- S2.E2.1b Travels demonstrating a variety of relationships with objects (e.g., over, under around, through)
- S2.E3.1a Differentiates between fast and slow speeds
- S2.E3.1b Differentiates between strong and light force

## Course Standard 3

### S3.E1 Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

- S3.E1.1 Discusses the benefits of being active and exercising and/or playing
- S3.E2.1 Actively engages in physical education class
- S3.E3.1 Identifies the heart as a muscle that grows stronger with exercise, play and physical activity.
- S3.E6.1 Differentiates between healthy and unhealthy foods.

## Course Standard 4

### S4.E1 Exhibits responsible personal and social behavior that respects self and others

- S4.E1.1 Accepts personal responsibility by using equipment and space appropriately.
- S4.E2.1 Follows the rules & parameters of the learning environment.
- S4.E3.1 Responds appropriately to general feedback from the teacher

- S4.E4.1 Works independently with others in a variety of class environments (e.g., small and large groups)
- S4.E5.1 Exhibits the established protocols for class activities
- S4.E6.1 Follows teacher directions for safe participation and proper use of equipment without teacher reminders.

## Course Standard 5

### **S5.E1 Recognize the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction**

- S5.E1.1 Identifies physical activity as a component of good health
- S5.E2.1 Recognizes that challenge in physical activities can lead to success
- S5.E3.1a Describes positive feelings that result from participating in physical activities
- S5.E3.1b Discusses personal reasons (i.e., the “why”) for enjoying physical activities

