

Grade 1

Demonstrates competency in a variety of motor skills and movement patterns. 1

1 Sports Skills and Games 1.1

- 1 Demonstrates, in isolation, emerging forms of locomotor, non-locomotor, and manipulative skills. 1.1.1

2 Dance, Movement, and Rhythmic Activities 1.2

- 1 Demonstrates, in isolation, emerging forms of locomotor, non-locomotor, and manipulative skills in dance, movement, and rhythmic activities. 1.2.1

3 Fitness Activities 1.3

- 1 Demonstrates, in isolation, emerging forms of locomotor, non-locomotor, and manipulative skills. 1.3.1

4 Lifetime Activities 1.4

- 1 Demonstrates, in isolation, emerging forms of locomotor, non-locomotor, and manipulative skills. 1.4.1

Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance. 2

1 Movement Concepts 2.1

- 1 Identifies more complex movement concepts. 2.1.1

2 Strategies and Tactics 2.2

The outcomes for 2.2. begin in grade 3.

Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. 3

1 Fitness Planning 3.1

- 1 Explains the effects of physical activity on the heart and lungs. 3.1.1

2 Additional Health-Enhancing Behaviors 3.2

- 1 Explains health-enhancing behaviors. 3.2.1

Exhibits responsible personal and social behavior that respects self and others. 4

1 Self-awareness and management 4.1

- 1 Identifies responsible personal behavior and responds appropriately to feedback in physical activity settings. 4.1.1

2 Social awareness and relationship skills 4.2

- 1 Follows directions in physical activity settings (e.g., taking turns, sharing). 4.2.1

3 Responsible decision making 4.3

- 1 Follows directions in physical activity settings (e.g., safe behaviors, following rules). 4.3.1
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Recognizes the value of physical activity for overall wellness, enjoyment, challenge, and/or self-expression. 5

1 Overall Wellness 5.1

The outcomes for 5.1. begin in grade 3.

2 Challenge 5.2

- 1 Attempts challenging skills in physical activities. 5.2.1
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3 Self-Expression/Enjoyment 5.3

- 1 Describes positive feelings and personal reasons for enjoying and participating in physical activities. 5.3.1
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Recognizes career opportunities and manages personal and community resources related to physical activity and fitness to achieve and maintain overall wellness. 6

1 Personal and Community Resources 6.1

- 1 Identifies personal resources that support participation in physical activity. 6.1.1
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2 Careers 6.2

The outcomes for 6.2. begin in grade 6.