

# Grade 1

Adopted 2016

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

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- 1. Hops, gallops, jogs, and slides using a mature pattern.** S1.E1.1
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- 1. Developmentally appropriate/emerging outcomes first appearing in grade two.** S1.E2.1
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- 1. Demonstrates two of the five critical elements for jumping and landing in a horizontal plane using two-foot take-offs and landings.** S1.E3.1
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- 1. Demonstrates two of the five critical elements for jumping and landing in a vertical plane.** S1.E4.1
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- 1. Combines locomotor and non-locomotor skills in a teacher-designed dance.** S1.E5.1
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- 1. Developmentally appropriate/emerging outcomes first appear in grade three.** S1.E6.1
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- 1. Maintains stillness on different bases of support with different body shapes.** S1.E7.1
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- 1. Transfers weight from one body part to another in self-space in dance and gymnastic environments.** S1.E8.1
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- 1. Rolls with either a narrow or curled body shape.** S1.E9.1
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- 1. Demonstrates twisting, curling, bending, and stretching actions.** S1.E10.1
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- 1. Developmentally appropriate/emerging outcomes first appear in grade two.** S1.E11.1
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- 1. Developmentally appropriate/emerging outcomes first appear in grade three.** S1.E12.1
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- 1. Throws underhand and overhand demonstrating two of the five critical elements of a mature pattern (face target, arm back, opposition, release, follow through).** S1.E13.1
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- 1. Developmentally appropriate/emerging outcomes first appear in grade four.** S1.E14.1

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- 1a.** Catches a soft object from a self-toss before it bounces. [S1.E15.1A](#)
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- 1b.** Catches various sizes of balls or objects self-tossed or tossed by a skilled thrower. [S1.E15.1B](#)
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- 1.** Dribbles continuously in self-space using the preferred hand. [S1.E16.1](#)
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- 1.** Taps or dribbles a ball using the inside of the foot while walking in general space. [S1.E17.1](#)
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- 1.** Developmentally appropriate/emerging outcomes first appear in grade three. [S1.E18.1](#)
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- 1.** Developmentally appropriate/emerging outcomes first appear in grade four. [S1.E19.1](#)
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- 1.** Approaches a stationary ball and kicks it forward demonstrating two of the five critical elements of a mature pattern. [S1.E20.1](#)
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- 1.** Volleys an object with an open palm, sending it upward. [S1.E21.1](#)
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- 1.** Developmentally appropriate/emerging outcomes first appear in grade four. [S1.E22.1](#)
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- 1.** Strikes a ball with a short-handled implement sending it upwards. [S1.E23.1](#)
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- 1.** Developmentally appropriate/emerging outcomes first appear in grade two. [S1.E24.1](#)
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- 1.** Developmentally appropriate/emerging outcomes first appear in grade four. [S1.E25.1](#)
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- 1a.** Jumps forwards or backwards consecutively using a self-turned rope. [S1.E26.1A](#)
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- 1b.** Jumps a long rope up to five times consecutively with teacher-assisted turning. [S1.E26.1B](#)
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- 1c.** Turning a long rope alone and with a partner in rhythm. [S1.E26.1C](#)
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Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

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- 1.** Moves in self-space and general space in response to designated beats/rhythms. [S2.E1.1](#)
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- 1a.** Travels demonstrating low, middle, and high levels. [S2.E2.1A](#)
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- 1b.** Travels demonstrating a variety of relationships with objects (e.g., over, under, around, through). [S2.E2.1B](#)
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- 1a.** Differentiates between fast & slow speeds. [S2.E3.1A](#)
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- 1b.** Differentiates between strong and light force. [S2.E3.1B](#)
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**1. Developmentally appropriate/emerging outcomes first appear in grade three.** S2.E4.1

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**1. Developmentally appropriate/emerging outcomes first appear in grade three.** S2.E5.1

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

**1. Discusses the benefits of being active and exercising and/or playing.** S3.E1.1

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**1a. Actively engages in physical education class.** S3.E2.1A

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**1b. Engaged in MVPA 50% of class time.** S3.E2.1B

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**1. Identifies the heart as a muscle that grows stronger with exercise, play and physical activity.** S3.E3.1

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**1. Developmentally appropriate/emerging outcomes first appear in grade three.** S3.E4.1

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**1. Developmentally appropriate/emerging outcomes first appear in grade three.** S3.E5.1

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**1. Differentiates between healthy and unhealthy foods and drinks.** S3.E6.1

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

**1. Accepts personal responsibility by using equipment and space appropriately.** S4.E1.1

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**1. Follows the rules and parameters of the learning environment.** S4.E2.1

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**1. Responds appropriately to general feedback from the teacher.** S4.E3.1

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**1. Works independently with others in a variety of class environments (e.g., small and large groups).** S4.E4.1

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**1. Exhibits the established protocols for class activities.** S4.E5.1

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**1. Follows teacher directions for safe participation and proper use of equipment without teacher reminders.** S4.E6.1

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

**1. Identifies physical activity as a component of good health.** S5.E1.1

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**1. Recognizes that challenge in physical activities can lead to success.** S5.E2.1

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**1a. Describes positive feelings that result from participating in physical activities.** S5.E3.1A

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**1b. Discusses personal reasons for enjoying physical activities.** S5.E3.1B

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**1. Demonstrates socially acceptable conflict resolution skills.** S5.E4.1

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