



Course Title: First Grade Physical Education	
Description: The goal of physical education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity.	
To pursue a lifetime of healthful physical activity, a physically literate individual: <ul style="list-style-type: none"> • Has learned the skills necessary to participate in a variety of physical activities. • Knows the implications and the benefits of involvement in various types of physical activities. • Participates regularly in physical activity. • Is physically fit. • Values physical activity and its contributions to a healthful lifestyle. 	
Reporting Topic	Grade Level Standards
<u>Motor Skills and Movement Patterns</u>	<ul style="list-style-type: none"> • Hops, gallops, jogs and slides using a mature pattern. (S1.E1.1) • Rolls with either a narrow or curled body shape. (S1.E9.1) • Throws underhand, demonstrating 2 of the 5 critical elements of a mature pattern. (S1.E13.1)
<u>Fitness Knowledge</u>	<ul style="list-style-type: none"> • Engages actively in physical education class. (S3.E2.1) • Identifies the heart as a muscle that grows stronger with exercise, play and physical activity. (S3.E3.1)
<u>Responsible Personal and Social Behavior</u>	<ul style="list-style-type: none"> • Accepts personal responsibility by using equipment and space appropriately. (S4.E1.1) • Follows the rules and parameters of the learning environment. (S4.E2.1) • Responds appropriately to general feedback from the teacher. (S4.E3.1) • Works independently with others in a variety of class environments (e.g., small and large groups). (S4.E4.1) • Exhibits the established protocols for class activities. (S4.E5.1) • Follows teacher directions for safe participation and proper use of equipment without teacher reminders. (S4.E6.1)