

## First Grade Standards and Bench Marks

Standard 1: Students demonstrate skills and apply concepts to perform a variety of physical activities.

### Locomotion/Rhythm:

- 1. Travels using basic locomotor movements walk, run, jump, skip, slide, gallop, hop using proper technique.**
2. Maintains a steady beat from a nonlocomotor position swing, sway, and patting of thighs while seated.
3. Jumps and leaps a slowly stick or rope.

### Body Management:

4. **Rocks, rolls and weight transfers from one body part to other body parts.**

### Manipulatives:

5. Kicks a stationary ball using smooth running steps.
- 6. Throws underhand demonstrating opposition and follow-through.**
7. Strikes a balloon in the air repeatedly with the hands.
8. Dribbles a ball with one hand, maintaining control, in self-space.

### Movement Concepts:

9. Identifies concepts related to space, time, force, and body.
- 10. Applies concepts of space and movement control to travel in different directions without falling or bumping.**

Standard 2: Students demonstrate the components of health-related physical fitness.

- 1. Participates in moderate to vigorous physical activity, warm-ups, games and dances, for short periods of time.**

Standard 3: Students demonstrate knowledge of physical fitness concepts and the benefits of an active healthy lifestyle.

- 1. Identifies and demonstrates two or more changes in the body such as breathing harder, sweating lightly, heart rate increases.**

Standard 4: Students demonstrate safe, responsible behavior in physical education settings.

- 1. Exhibits consideration for and cooperation with classmates and teachers.**
- 2. Works safely and productively during activity time.**

