

PHYSICAL EDUCATION OUTCOMES

FIRST GRADE

Abilities outcome (should be achieved throughout year).

1. Apply physical education to life.

- A. Demonstrate basic physical fitness (coordination and attitude).
- B. Demonstrate sportsmanship in sports and recreational activities (value of winning and losing, ground rules for team play, basic social and cooperative skills).

Content Outcomes.

2. Demonstrate locomotor and non-locomotor skills upon verbal command.

- A. Basic motor skills: walk, leap, gallop, run, hop, skip, and jump.
- B. Non-locomotor skills: balance, flexibility, bending, agility, twisting, stretching, turning, swaying.

3. Develop perceptual motor proficiency.

- A. Know individual body parts and move them on command.
- B. Integrate movement of different body parts on command, unilateral and cross lateral.
- C. Move laterally, change directions, and moving in space.

4. Develop eye-hand and eye-foot coordination.

- A. Catch with various types of balls.
- B. Throw with various types of balls.
- C. Roll ball at target.
- D. Bouncing a ball with both hands.
- E. Bat volleyball with fist and hand.
- F. Kick a stationary ball.

5. Increase muscular strength, endurance, flexibility, body awareness, and agility through fitness and recreational activities.

- A. Demonstrate two-foot jump with short rope, forward with double rebound.
- B. Participate in warm-up exercises, recreational running, and low-organizational games.
- C. Demonstrate cooperative parachute manipulation skills.
- D. Demonstrate jumping jacks.
- E. Achieve age-appropriate norms on a standardized fitness test.

- 6. Explore movement through rhythm and dance.**
- A. Participate in creative dance using body, time, space, and force.
 - B. Demonstrate basic steps: stamp, do-si-do, step hop, elbow swing, and bow.
 - C. Demonstrate rhythm with a variety of manipulatives.
 - D. Demonstrate basic formations: single circle, double circle, and partner.