

K- 3 Physical Education

Grade 1 Physical Education

Grade 1 physical education will build upon the basic knowledge and skills taught in kindergarten. Students will be asked to perform harder skills within different activities and games. Activities will still be in relation to sports and recreational activities.

By the end of 1st grade, students will be able to:

Space Awareness and Body Control:

- Follow directions doing a range of activities while working within groups
- Perform balancing skills using different techniques
- Continue to improve on moving in general space and personal space, understanding safety concerns

Locomotor Skills:

- Perform a variety of locomotor skills
- Transition between different locomotor skills

Manipulative Skills:

- Perform the basic skill of throwing and catching
- Perform hand-eye/foot-eye skills in different activities
- Perform basic striking skills in different activities

Relationship between Physical Activity and Their Body:

- Discuss the use of different body parts during activities
- Actively engage in physical fitness activities
- Understand the importance of being healthy and fit

