

1st Grade PE Standards

S1.E1.1- Locomotor: Hopping, galloping, jogging, sliding, skipping, leaping
Hops, gallops, jogs, and slides using a mature form

Checklist

Hops - Moving continuously on the same foot (single foot)

Gallops - Step together, step hop (continuously)

Jogs - Running at a slow pace

Slides - Step together step in a sideways motion (feet do not cross over)

1-Novice: Student can perform 2 or less out of the 4 skills in a mature form.

2-Partially Proficient: Student can perform 3 out of the 4 skills in a mature form.

3-Proficient: Student can hop, gallop, jog and slide step in a mature form.

S1.E7.1- Nonlocomotor: Balance

Maintains stillness on bases of support with different body shapes

1 point (One foot)

2 point (one foot, one hand)

3 point (one foot, two hands) (Bear with only 1 foot down)

4 point (two hands, two feet) (Crab)

- All while maintaining stillness for 5 seconds

1-Novice: Student performs 2 or less out of the 4 stances while maintaining stillness for 5 seconds.

2-Partially proficient: Student performs 3 out of the 4 stances while maintaining stillness for 5 seconds.

3-Proficient: Student performs all 4 stances while maintaining stillness for 5 seconds.

S1.E22.1- Manipulative: Volley Underhand

Volley an object with an open palm sending it upward

1. One hand, open palm facing upwards
2. Striking the object up into the air
3. Maintain eye contact with the object
4. Volleying the object sequentially

1-Novice: Student does not volley the balloon using mature form or in a sequential manner.

2-Partially Proficient: Student can strike the balloon using all 4 cues while sequentially volleying the balloon 1-2 times. (The student may volley more than 2 times, but may also lack consistent form)

3-Proficient: Student can strike the balloon using all 4 cues while sequentially volleying the balloon 3-4 times while maintaining mature form.

4-Advanced: Student can strike the balloon using all 4 cues while sequentially volleying the balloon 5 or more times while maintaining mature form.

S2.E2.1b - Pathways, shapes, levels

Demonstrating a variety of relationships with objects (over, under, around, through)

1-Novice: Student can travel demonstrating a variety of relationships with objects(over, under, around and through) rarely.

2-Partially Proficient: Student can travel demonstrating a variety of relationships with objects (over, under, around, through) some of the time.

3-Proficient: Student can travel demonstrating a variety of relationships with objects (over, under, around, through) all of the time.

4-Advanced: Student can travel demonstrating a variety of relationships with objects (over, under, around, through) all of the time with ease/fluidity .

Obstacle course demonstrating those four skills.

S3.E2.1- Engages in physical activity

Actively engages in P.E.

1-Novice: Student rarely begins an activity once it starts, participates independently throughout the activity, gives best effort, and easily adapts to new tasks and challenges

2-Partially Proficient: Student sometimes begins an activity once it starts, participates independently throughout the activity, gives best effort, and easily adapts to new tasks and challenges

3-Proficient: Almost always begins an activity once it starts, participates independently throughout the activity, gives best effort and adapts to new tasks and challenges

4-Advanced: Always begins an activity once it starts, participates independently throughout the activity, gives best effort, and easily adapts to new tasks and challenges

S3.E6.1- Nutrition

Differentiates between healthy and unhealthy foods

4 different foods (ex: Soda, French Fries, Apple, Broccoli)

*Plickers

1-Novice: Student answers two or less questions correct.

2-Partially Proficient: Student answers three questions correct

3-Proficient: Student answers all four questions correct.

S4.E4.1 Working With Others

ASSESSMENT

- 1-Novice: Student rarely shares equipment and space with others
- 2-Partially Proficient: Student sometimes shares equipment and space with others
 - 3-Proficient: Student almost always shares equipment and space with others
- 4-Advanced: Student always shares equipment and space with others

S4.E5.1 Rules & Etiquette

ASSESSMENT

- 1-Novice: Rarely exhibits classroom procedures and adherence to rules in a variety of physical activities.
- 2- Partially Proficient: Sometimes exhibits classroom procedures and adherence to rules in a variety of physical activities.
- 3-Proficient: Almost always exhibits classroom procedures and adherence to rules in a variety of physical activities.
- 4-Advanced: Always exhibits classroom procedures and adherence to rules in a variety of physical activities.

S4.E6.1 Safety

ASSESSMENT

- 1-Novice: Rarely follows teacher's directions for safe participation and proper use of equipment even with minimal reminders.
- 2-Partially Proficient: Sometimes follows teacher's directions for safe participation and proper use of equipment even with minimal reminders.
- 3-Proficient: Almost always follows teacher's directions for safe participation and proper use of equipment even with minimal reminders.
- 4-Advanced: Always follows teacher's directions for safe participation and proper use of equipment even with minimal reminders.