

PHYSICAL EDUCATION LEARNING EXPECTATIONS
GRADES ONE AND TWO

I. SKILL ACQUISITION AND DEVELOPMENT

A. During the first and second grade, students will demonstrate competency in many movement forms and proficiency in a few movement forms.

They will be able to:

- Demonstrate skills in chasing, fleeing and dodging to avoid others
- Combine locomotor patterns in time to music
- Demonstrate balance in momentary stillness and in symmetrical and non-symmetrical shapes involving a variety of body parts
- Receive and send an object in continuous motion
- Demonstrate control in traveling activities, weight bearing/balance activities on a variety of body parts
- Demonstrate competency in low organizational activity
- Demonstrate appropriate form in skipping, hopping, galloping, and sliding in combination with music
- Demonstrate motor patterns in dribbling skills while walking and running
- Demonstrate smooth transitions with logically sequential motor skills (i.e. traditional dance, running to a jump, and standing to a forward roll)
- Exhibit the ability to select and adapt the correct skills to accomplish the tasks presented

B. During first and second grade, students will apply movement concepts and principles to the learning and development of motor skills.

They will be able to:

- Identify four characteristics of a mature throw
- Use concepts of space awareness, movement control and safety to run, hop, and skip in different ways in a large group without bumping into others or falling
- Identify and demonstrate the major characteristics of locomotor and non-locomotor movement patterns
- Apply movement concepts to a variety of skills
- Perform movements using firmness and fine touch, and suddenness and

sustainment

II. FITNESS

A. During first and second grade, students will develop the ability to achieve and maintain a health-enhancing level of physical fitness.

They will be able to:

- Participate in motor activity of a moderate to vigorous nature in and out of class
- Participate in a variety of activities that involve locomotion, non-locomotion, gesturing, and the manipulation of objects outside of physical education class
- Sustain activity for increasing periods of time
- Support body weight for climbing, hanging, and momentarily taking weight on hands
- Develop greater self-confidence and more positive self-esteem through physical activity

B. During first and second grade, students will develop an awareness of participation in physical activity as a personal choice for health-related benefits.

They will be able to:

- Select and participate regularly in physical activities for the purpose of improving skill and health
- Identify the benefits derived from regular physical activity
- Identify the components of health-related physical fitness and identify the correspondingly suitable activities
- Analyze and categorize activities and exercises according to potential fitness benefits

III. SOCIAL AND PERSONAL DEVELOPMENT

A. During first and second grade, students will learn to promote inclusion and an appreciation of the abilities, differences and cultural diversity of people.

They will be able to:

- Identify the benefits that accompany cooperation and sharing

- Display consideration and respect for others in physical activity settings
- Demonstrate the elements of socially acceptable conflict resolution
- Interact, cooperate, and learn from others regardless of personal differences

B. During first and second grade students will be provided opportunities for enjoyment, challenge, self-expression' reflection and social interaction.

They will be able to:

- Accept the feelings resulting from challenges, successes and failures
- Willingly try new activities
- Demonstrate increased competence and enjoy movement and new activities
- Express feelings with respect during physical activity
- Interact with friends through physical activity
- Show increased self-confidence and self-esteem

C. During the first and second grade, students will develop and achieve personal living skills and acquire values that demonstrate responsible personal and social behavior.

They will be able to:

- Follow activity-specific rules, procedures, and etiquette
- Respond positively to a reminder about a rule infraction
 - Utilize safety principles in activity settings
- Stop activity immediately when signaled to do so
- Give an honest report about the result of individual work
- Work cooperatively and productively with a partner
- Invite a peer to take a turn at a piece of apparatus before repeating a turn
- Assist partner by sharing observations about skill performance
- Work effectively within a small group

OUTCOME STANDARDS

Work Effectively Both Independently & with Others
Apply Problem Solving Skills
Demonstrate Knowledge & Skills for Healthy, Productive Lives
Demonstrate Skills Essential for Succeeding in Academic and Applied Situations

A Physically Literate Person

has learned skills necessary to perform a variety of physical activities.

does participate regularly in physical activity

is physically fit

knows the implications of and the benefits from involvement in physical activities

values physical activity and its contributions to a healthful lifestyle

References

National Association of Sport and Physical Education, **Moving into the Future: National Standards for Physical Education**, 2nd Edition (2004).

SHAPE AMERICA- Society of Health and Physical Educators, **National Standards and Grade-Level Outcomes for K-12 Physical Education**, 2014.