

# HCPSS Physical Education

## Grade 1 Course Indicators/Objectives

### Standard 1: Motor Skills and Movement Patterns

- Demonstrates hopping, galloping, jogging, running, and sliding using a mature pattern. S1.G1.1
- Demonstrates some critical elements for jumping and landing in a horizontal plane using two-foot takeoffs and landings. S1.G1.3a
- Demonstrates some critical elements for jumping and landing in a vertical plane. S1.G1.3b
- Combines locomotor and nonlocomotor skills in a teacher- designed dance. S1.G1.4
- Maintains balance on different bases of support with different body shapes. S1.G1.5
- Transfers weight from one body part to another in personal space in dance and gymnastics environments. S1.G1.6
- Demonstrates rolling with either a narrow or a curled body shape. S1.G1.7
- Demonstrates twisting, curling, bending, and stretching actions. S1.G1.8
- Rolls a ball while demonstrating some critical elements. S1.G1.10
- Demonstrates an underhand throw using some critical elements. S1.G1.11
- Catches a soft object from a self-toss before it bounces. S1.G1.13a
- Catches a variety of objects tossed by a skilled thrower. S1.G1.13b
- Dribbles continuously in personal space using the preferred hand. S1.G1.14
- Taps or dribbles a ball using the inside of the foot walking in general space. S1.G1.15
- Approaches a stationary ball and kicks it forward, demonstrating some of the critical elements. S1.G1.16
- Volleys an object with an open palm, sending it upward. S1.G1.17
- Strikes a ball with a short-handled implement, sending it upward. S1.G1.18
- Catches a variety of soft objects with a short-handled implement before it bounces in a non-dynamic environment. S1.G1.19
- Jumps forward or backward consecutively using a self-turned rope. S1.G1.21a
- Jumps a long rope consecutively with teacher-assisted turning. S1.G1.21b

### Standard 2: Concepts & Strategies

- Moves in personal and general space in response to designated beats or rhythms. S2.G1.1
- Travels while demonstrating low, middle, and high levels. S2.G1.2a
- Travels while demonstrating a variety of relationships with objects. S2.G1.2b
- Differentiates between fast and slow speeds. S2.G1.3a
- Differentiates between strong and light force. S2.G1.3b

## Standard 3: Health-Enhancing Level of Physical Activity and Fitness

- Discusses the benefits of being active. S3.G1.1
- Engages actively in physical education class. S3.G1.2
- Identifies the heart as a muscle that grows stronger with exercise, play, and physical activity. S3.G1.3a
- Identifies at least one location on the body to find a heartbeat using two fingers. S3.G1.3b
- Identifies nutrient-dense foods. S3.G1.4

## Standard 4: Responsible Personal and Social Behavior

- Accepts personal responsibility by using equipment and space appropriately. S4.G1.1a
- Follows the rules and parameters of the learning environment. S4.G1.1b
- Recognizes that skills will develop with appropriate practice and use of the correct cues. S4.G1.1c
- Recalls and shows how verbal and visual cues improve personal performance in a variety of skills. S4.G1.2
- Responds appropriately to feedback from the teacher. S4.G1.3
- Works independently with others in a variety of class environments. S4.G1.4
- Exhibits the established protocols for class activities. S4.G1.5
- Properly uses equipment without reminders. S4.G1.6a
- Follows teacher directions for safe participation without reminders. S4.G1.6b

## Standard 5: Recognizes the Value of Physical Activity

- Identifies physical activity as a component of good health. S5.G1.1
- Recognizes that challenge in physical activities can lead to success. S5.G1.2
- Describes positive feelings that result from participating in physical activities. S5.G1.3a
- Discusses personal reasons for enjoying physical activity. S5.G1.3b