

First Grade Physical Education Expectations

I can...



Demonstrates Motor Skills and Movement Patterns

1. try to hop, skip, gallop, jump, run, slide, jog, and walk.
2. try to throw, catch, and dribble a ball.
3. try to show how to use a ball, hula hoop, and bean bag.

Movement Concepts

1. move without touching others or the walls.
2. tell the teacher I need sixty minutes of exercise every day to be healthy.
3. tell the teacher one way exercise helps my body.

Physical Fitness

1. play a game without stopping.
2. participate in activities that make me stronger, more flexible, and make my heart healthier.

Values and Participates in Physical Activity

1. learn and play games.
- 2a. play fair.
- 2b. play by the rules set by others.

