

Kentucky Academic Standards for Physical Education

Grade 1

Standard 1: Demonstrate competency in a variety of motor skills and movement patterns.	
Practices for Movement Competency: Physically literate individuals practice skills for achieving competency and confidence in a variety of physical activities. These performance indicators focus on identifying skills that will help students effectively engage in lifelong physical activities.	
Performance Indicators	
Locomotor	1.1.L1. Perform a variety of locomotor movements using different body parts.
Non-Locomotor	1.1.NL1. Perform a variety of non-locomotor skills, using different body parts at different levels.
Body Management	1.1.BM1. Perform a variety of balances using different body parts. 1.1.BM2. Transfer weight from one body part to another with control.
Manipulative Skills	1.1.MS1. Demonstrate manipulative skills with a variety of objects using appropriate performance cues. <i>*See Tables 1 and 2.</i>
Standard 2: Apply knowledge of concepts, principles, strategies and tactics to movement and performance.	
Application of Performance: Physically literate individuals understand the purpose of movement through performance. These performance indicators focus on quality of movement that enhances physical activity experiences critical to their development and long-term success as healthy and productive citizens.	
Performance Indicators	
Space	1.2.SP1. Recognize the difference between personal and general space.
Pathways, Shapes and Levels	1.2.PS1. Travel with objects, demonstrating a variety of pathways, levels and relationships to their environment.
Speed, Direction and Force	1.2.SD1. Differentiate between fast and slow speeds as well as light and strong force.
Strategy	1.2.ST1. Apply a variety of simple tactics to increase chances of success while exploring physical activities.
Standard 3: Demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	
Demonstrate a Health-Enhancing Level of Physical Activity: Physically literate individuals understand the benefits and implications of lifelong physical activity to improve their quality of life. Understanding one's overall physical health and fitness status provides the basis for personal responsibility. These performance indicators focus on empowering students to commit to being lifelong physically active individuals.	
Performance Indicators	

Physical Activity Knowledge	1.3.PA1. Identify reasons for participating in daily physical activity.
Physical Fitness Knowledge	1.3.PF1. Identify the recommended amount of physical activity for children. 1.3.PF2. Relate intensity to increased heart rate and muscle endurance.
Nutrition	1.3.N1. Differentiate between healthy and unhealthy foods.
Standard 4: Demonstrate responsible personal and social behavior that exhibits respect for self and others.	
Demonstrate Personal and Social Behavior: Physically literate individuals respect themselves and others in physical activity settings. These performance indicators focus on the positive development of personal, responsible and social behaviors that are demonstrated through sportsmanship, etiquette, safety, teamwork, cooperation and conflict resolution skills.	
Performance Indicators	
Social Interactions/Working with Others	1.4.SW1. Work with others independently in a variety of physical activity settings.
Rules and Etiquette	1.4.RE1. Recognize and follow the rules, protocols and etiquette in physical education.
Safety	1.4.SA1. Follow teacher directions for safe participation and proper use of equipment, independently and with others.
Standard 5: Demonstrate value of physical activity for health, enjoyment, challenge, self-expression and social interaction.	
Demonstrate Value of Physical Activity: Physically literate individuals value physical activity and its contribution to a healthy lifestyle. These performance indicators focus on an active lifestyle as a vehicle for enjoyment, advocacy, challenge and social interaction of a healthy community.	
Performance Indicators	
Health	1.5.H1. Acknowledge the health benefits of participating in physical activities.
Challenge	1.5.C1. Recognize that challenge in physical activity can lead to success.
Self-Expression and Enjoyment	1.5.SE1. Describe positive feelings that result from participating in physical activities.
Social Interaction	1.5.SI1. Recognize personal likes and dislikes regarding participation in physical activities with others.
Advocacy	1.5.A1. Explore opportunities that encourage others to be physically active.