

I can practice  
proper foot  
patterns and  
maintain balance  
while hopping,  
galloping,  
running, sliding,  
and skipping.

I can practice  
correct technique  
while jumping in  
place, forward  
and backward,  
side to side, and  
quarter turns  
while maintaining  
balance.

I can  
demonstrate  
visual tracking  
and tracing,  
simple balancing,  
cross  
lateralization,  
and sequencing of  
three skills.

I can spin  
and roll at  
different  
levels,  
speeds, and  
positions.

I can maintain  
balance standing  
on one foot for  
five seconds  
while placing the  
free leg in a  
variety of  
different  
positions.

I can  
demonstrate  
bending,  
stretching,  
twisting, curling,  
and swaying  
while maintaining  
balance.

I can demonstrate  
key elements of  
self-tossing and  
throwing  
underhand while  
stepping with the  
opposite foot  
forward to a  
target.

I can  
demonstrate key  
elements of  
catching an  
accurately and  
softly thrown  
large ball and a  
self-tossed  
object.



I can practice  
dribbling  
continuously  
with one hand  
while  
stationary  
using preferred  
hand.

I can tap or  
dribble a ball  
using the  
inside of the  
foot while  
walking.

I can  
approach  
and kick a  
stationary  
ball.

I can volley  
a  
lightweight  
object to  
myself and  
a partner.

I can strike an  
object using a  
short-handled  
implement,  
projecting the  
object  
upward.

I can jump  
consecutively  
with a self-  
turned rope.

First Grade b.3.H

I can  
turn a  
long  
rope.

First Grade

I can move in  
personal and  
general space  
to rhythms  
and beats  
while  
maintaining  
balance.

First



I can travel  
over, under,  
around, and  
through using  
a variety of  
pathways,  
shapes, and  
levels.

I can  
differentiate  
between fast  
and slow  
speeds, strong  
and light force,  
and various  
directions.

I can  
demonstrate  
competency in  
rhythmic  
activities and  
rhythmic  
combinations.

I can apply the skills of chasing, fleeing, and dodging to avoid or catch others while maintaining appropriate space and speed during a variety of games.

I can identify  
and follow  
teacher  
instructions to  
improve  
performance for  
specific motor  
development  
skills.

I can  
demonstrate safe  
practices by  
using equipment  
appropriately and  
respecting  
personal space  
with teacher  
guidance.

I can  
demonstrate  
competency  
in outdoor  
and  
recreational  
pursuits.

I can identify  
the immediate  
effect of  
physical  
activity on  
the heart and  
lungs.



I can explain  
the  
importance of  
warm-ups and  
cool-downs  
for physical  
activity.

I can  
demonstrate  
exercises that  
promote  
health-related  
fitness.

I can develop  
a health-  
related goal  
with teacher  
guidance.

First Grade b.9.A

I can explain  
how to  
measure  
improvement in  
physical skills  
with or without  
a measuring  
tool.

I can identify  
healthy foods  
that produce  
energy for  
physical  
activity.

I can identify  
different  
hydration  
options,  
including water,  
that enhance  
physical  
activity.

I can identify  
proper clothing,  
footwear, and  
safety  
equipment for a  
variety of  
physical  
activities.

I can identify and describe safety precautions, including pedestrian, water, sun, and cycling safety with teacher guidance.



I can  
describe how  
personal  
actions may  
have positive  
or negative  
consequences.

I can  
demonstrate  
respect for  
differences  
and similarities  
in the abilities  
of myself and  
others.

I can  
identify  
personal  
impulses and  
emotions  
with teacher  
guidance.

I can  
demonstrate  
respect for and  
cooperation  
between self and  
others through  
words and actions  
with teacher  
guidance.

I can  
communicate  
feelings and  
thoughts  
appropriately  
with teacher  
guidance.

I can  
persevere  
while  
addressing  
challenges.

I can accept  
and provide  
constructive  
feedback.

I can  
participate in  
moderate to  
vigorous  
physical  
activity on a  
regular basis.



I can describe  
physical  
activity for  
personal  
enjoyment  
with teacher  
guidance.