

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.

First Grade b.2.A

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.

First Grade b.3.A

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

First Grade b.3.B

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

First Grade b.3.C

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

First Grade b.3.D

I can approach
and kick a
stationary ball.

First Grade b.3.E

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.

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

First Grade b.4.A

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.

First Grade b.4.C

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.

First Grade b.6.B

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.

First Grade b.7

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

First Grade b.8.A

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.

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.

First Grade b.10.A

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.

First Grade b.12.C

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.