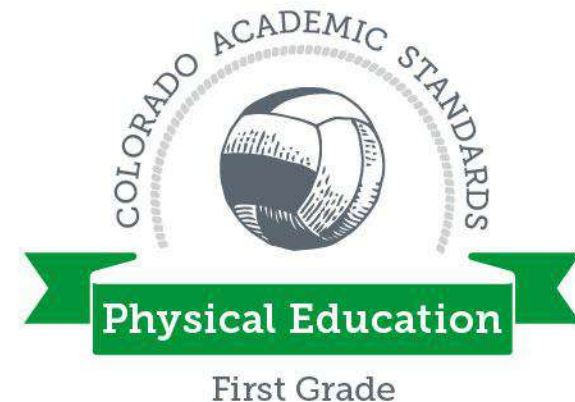


A Guide to the Colorado Academic Standards



Working Together

To support families and teachers in realizing the goals of the Colorado Academic Standards, this guide provides an overview of the learning expectations for First Grade Physical Education. This guide offers some learning experiences students may engage in during this school year, experiences that may also be supported at home.

Why Standards?

Created by Coloradans for Colorado students, the Colorado Academic Standards provide a grade-by-grade road map to help ensure students are successful in college, careers, and life. The standards aim to improve what students learn and how they learn in ten content areas – emphasizing critical-thinking, creativity, problem solving, collaboration, and communication as important life skills in the 21st century.

Physical Education for Elementary Schools (k-5)

The Physical Education standards in the elementary years focus on enhancing health-related components of fitness and skill-related components of fitness and personal activity. In each grade, the standards ask students to demonstrate various movement concepts, assess personal behaviors, connect fitness development to body systems, and utilize safety procedures during physical activities.

Where can I learn more?

- Contact your school district regarding local decisions related to standards, curriculum, resources, and instruction.
- Colorado Academic Standards Booklets: <http://www.cde.state.co.us/standardsandinstruction/GradeLevelBooks.asp>
- Phyllis Reed, Comprehensive Health at 720-498-2059, Reed_p@cde.state.co.us



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At the end of
First Grade,
students can...



Physical Education Learning Expectations for First Grade

Movement Competence and Understanding

Demonstrate basic locomotor skills (walking, running sliding) and non-locomotor skills (twisting, bending stretching, turning), and repetitive movements; handle objects with hands and feet.

Physical and Personal Wellness

Identify the body's normal reactions to moderate and vigorous physical activity.

Emotional and Social Wellness

Work independently and with others to complete work; follow the rules of an activity.

Prevention and Risk Management

Develop movement control for safe participation in games and sports.

Throughout the First Grade, you may find students...

- Performing a simple dance step within a group and keeping a specific beat.
- Using objects such as jump ropes, scarves, hoops, and balls in physical activity.
- Throwing a ball while stepping forward; tossing a ball to oneself and catching it before it bounces (using an underhand throw); kicking a stationary object (ball) using a simple kicking pattern.
- Talking about the differences between a jog and a run, a hop and a jump, and a gallop and a slide.
- Identifying activities that require endurance and activities that require strength.
- Being a useful and courteous teammate and partner during a physical activity.
- Developing rules for an activity and following the rules; demonstrating the ability to follow verbal and nonverbal instruction.
- Recognizing appropriate safety practices when participating in exercises and games.



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