



FIRST GRADE Learning Objectives for **Physical Education**



FITNESS

The learner will

- strengthen and stretch major muscle groups (leg, arm, shoulder, abdominal muscles, upper body, mid-body, lower body, lower back).
- increase flexibility.
- increase cardiovascular endurance.

MOVEMENT

The learner will

- explore personal and general space.
- explore space awareness with equipment.
- identify boundaries.
- explore directions, pathways, patterns.
- explore levels.
- explore body shape.
- develop control over speed (agility) and direction.
- use movements in inventive and expressive way.
- explore effort awareness (time, weight, space, flow).
- increase body awareness (left/right, body parts, making shapes, transferring weight).
- explore mimetic skills, partner work, copying, mirroring and interacting.
- run.
- hop.
- jump.
- gallop.
- crawl.
- roll.
- skip.
- slide.
- leap.
- side-step.
- dodge.
- develop ability to use non-locomotor skills in physical activities.

PLAY GYMNASTICS

The learner will demonstrate competence in

- climbing.
- hanging.
- swinging.
- balancing.
- balancing while moving.
- springing and landing.
- falling and landing.

RHYTHM AND DANCE (TO MUSIC OR BEAT)

The learner will

- develop whole body movements.
- learn to isolate body parts.
- learn to travel and stop, move on spot.
- develop regular rhythm (walk, jump, hop, side-step).
- develop uneven rhythm (side-step, skip, gallop).



FIRST GRADE Learning Objectives for **Physical Education**



RHYTHM AND DANCE (TO MUSIC OR BEAT)

The learner will

- develop patterns.
- sequence movements.
- develop use of personal and general space.
- Learn to move rhythmically in different pathways, directions and levels.
- explore rhythm and body parts.
- explore rhythm and tempo and rhythm and energy.

GAME SKILLS

The learner will demonstrate competence in

- developing spatial awareness, listening skills, agility, manipulation and body awareness.
- jumping/landing.
- spinning/rolling.
- tossing and catching.
- back spinning.
- Hula hooping.
- develop visual tracking, manual dexterity, accuracy and manipulation.
- throwing.
- tossing and catching to self and to partner.
- dodging.
- underhand/overhand toss.
- tossing and catching 2 scarves.

BALL SKILLS

The learner will

- development manipulation skills, hand and foot control, visual tracking, dexterity, agility, accuracy, cooperation, alertness and timing through two-handed toss and catch with various balls, target tossing, bouncing, one-handed bouncing and racquet play.
- practice skills for playing soccer.
- control dribbling – inside and outside of foot.
- pass with follow through and accuracy.
- pass with inside of foot.
- trap with inside of foot.
- trap with sole of foot.
- use instep and toe kicks.
- use tackling technique.
- practice skills for playing baseball.
- throw and pass one-handed underhand.
- throw and pass one-handed overhand at a moving target.
- catch.
- use a mitt.
- field grounders.
- run bases.
- tee-ball bat.
- practice skills for playing basketball.
- dribble with one hand (right/left).
- bounce pass.
- perform two-handed chest passes.
- perform overhand shooting.



FIRST GRADE Learning Objectives for **Physical Education**



ROPE SKILLS

The learner will demonstrate competence in

- coordination, rhythm, timing, agility, aerobic endurance and leg strength.
- jumping and hopping over rope on floor.
- long and short rope jumping.
- starting in middle, enter and exit.

PARACHUTE

The learner will demonstrate competence in

- cooperation.
- arm and leg strength.
- safety guidelines.
- listening.
- alertness.
- rhythm.
- sequence building through inflation techniques plus movement.
- balls/bean bag bounce.
- low organized games.

HOCKEY

The learner will demonstrate competence in

- control, manipulation, alertness, accuracy, visual tracking and hand-eye coordination.
- stick handling, carrying, dribbling.
- passing, shooting, receiving.
- defense.

TEAM SPORTS

The learner will demonstrate competence in

- low organized games.
- relays.
- sportsmanship.
- teamwork.
- rules and strategies for basketball, soccer, hockey and tee-ball.