



## JC Schools 1st Grade PE Yearly Standards

Unit	Priority Standards	Supporting Standards
<b>Unit 1</b>  Movement Concepts (Personal Space, Boundaries, Levels/Pathways, Effort, Body Awareness)	<p><b>S2.E1.1</b> Moves in self-space and general space in response to designated beats/ rhythms.</p> <p><b>S2.E6.1.MO</b> Identify major body parts (e.g. head, neck, arm, shoulders, elbow, legs, knee, hip, feet, back, fingers, toes) <i>in relationship to space</i></p>	<p><b>S2.E2.1a</b> Travels demonstrating low, middle and high levels.</p> <p><b>S2.E2.1b</b> Travels demonstrating a variety of relationships with objects (e.g., over, under, around, through).</p> <p><b>S2.E3.1a</b> Differentiates between fast and slow speeds.</p> <p><b>S2.E3.1b</b> Differentiates between strong and light force.</p> <p><b>S2.E5.1.MO</b> Demonstrate skills of chasing, fleeing, and dodging to avoid or catch others</p>
<b>Unit 2</b>  Locomotor and Non-Locomotor Skills	<p><b>S1.E8.1</b> Transfers weight from one body part to another in self-space in dance and gymnastics environments.</p> <p><b>S1.E10.1</b> Demonstrates twisting, curling, bending &amp; stretching actions.</p>	<p><b>S1.E1.1</b> Hops, gallops, jogs and slides using a mature pattern.</p> <p><b>S1.E3.1</b> Demonstrates 2 of the 5 critical elements for jumping and landing in a horizontal plane using 2- foot take-offs and landings.</p> <p><b>S1.E4.1</b> Demonstrates 2 of the 5 critical elements for jumping and landing in a vertical plane.</p>

		<p><b>S1.E7.1</b> Maintains stillness on different bases of support with different body shapes.</p> <p><b>S1.E9.1</b> Rolls with either a narrow or curled body shape.</p>
<p><b>Unit 3</b></p> <p>Fitness Concepts</p>	<p><b>S3.E5.1.MO</b> Identify and Demonstrate skills necessary to improve fitness levels (e.g. FITNESSGRAM)</p>	<p><b>S3.E1.1</b> Discusses the benefits of being active and exercising and/ or playing.</p> <p><b>S3.E1.1.MO</b> Describes behaviors that are physically active and physically in-active.</p> <p><b>S3.E3.1</b> Identifies the heart as a muscle that grows stronger with exercise, play and physical activity.</p> <p><b>S3.E3.1.MO</b> Understands body temperature changes are related to heart rate changes as a result of physical activity (e.g. perspiration/ sweat).</p>
<p><b>Unit 4</b></p> <p>Manipulative Skills - <i>Ball Skills</i> (Underhand throwing, overhand throwing, and catching)</p>	<p><b>S1.E13.1.MO</b> Throw a ball demonstrating an overhand technique, side orientation to the target, and stepping in opposition.</p>	<p><b>S1.E13.1</b> Throws underhand, demonstrating 2 of the 5 critical elements of a mature pattern.</p> <p><b>S1.E16.1a</b> Catches a soft object from a self-toss before it bounces.</p> <p><b>S1.E16.1b</b> Catches various sizes of balls self-tossed or tossed by a skilled thrower.</p>
<p><b>Unit 5</b></p>	<p><b>S1.E17.1</b> Dribbles continuously in self-space using the preferred hand.</p>	<p><b>S1.E16.1a</b> Catches a soft object from a self-toss before it bounces.</p>

<p>Manipulative Skills - <i>Bounce Exploration</i></p>		<p><b>S1.E16.1b</b> Catches various sizes of balls self-tossed or tossed by a skilled thrower.</p> <p><b>S1.E17.1.MO</b> Continuously dribble a ball, using the hands or feet, without losing control.</p>
<p><b>Unit 6</b></p> <p>Manipulative Skills - <i>Foot Exploration</i></p>	<p><b>S1.E18.1</b> Taps or dribbles a ball using the inside of the foot while walking in general space.</p> <p><b>S1.E21.1</b> Approaches a stationary ball and kicks it forward, demonstrating 2 of the 5 critical elements of a mature pattern.</p>	
<p><b>Unit 7</b></p> <p>Manipulative Skills - <i>Volleying</i></p>	<p><b>S1.E22.1</b> Volleys an object with an open palm, sending it upward.</p>	
<p><b>Unit 8</b></p> <p>Manipulative Skills - <i>Striking with Implements</i></p>	<p><b>S1.E24.1</b> Strikes a ball with a short-handled implement, sending it upward.</p>	<p><b>S1.E24.1.MO</b> Strike a ball repeatedly with a paddle.</p> <p><b>S1.E25.1.MO</b> Consistently strike a ball with a bat from a tee or cone, using a correct grip and side orientation.</p>