

PHYSICAL EDUCATION

GRADE ONE

STANDARDS

Nevada Grades K-12 Content Standards

- 1.0 Students understand and apply movement concepts and principles to the learning and development of motor skills.
- 2.0 Students demonstrate competency in many movement forms and proficiency in a few movement forms.
- 3.0 Students demonstrate an understanding of dance through skills, techniques, choreography, and as a form of communication.
- 4.0 Students achieve and maintain a health-enhancing level of individual fitness for an active lifestyle.
- 5.0 Students demonstrate personal responsibility, positive social interaction, and respect for diversity in physical activity settings.

ESSENTIAL CONCEPTS, SKILLS, AND EXPERIENCES

OBJECT MOVEMENT SKILLS

It is expected that students will:

- (1)1.1 explore the basic concepts/elements of simple object movement skills (i.e., watch the ball) [NS 1.2.2]
- (1)1.2 perform a variety of basic level manipulative skills [NS 2.2.2]
 - a. throw a ball with two hands, simultaneously, overhand and underhand
 - b. throw an object with one hand, underhand, while stepping with the opposite foot
 - c. throw an object overhand with one hand
 - d. catch an object using two hands
 - e. bounce and catch a ball
 - f. roll an object
 - g. strike an object using underhand and overhand techniques
 - i. develop foot-eye coordination by moving feet in simple patterns (e.g., pathways, around obstacles, hopscotch)
 - j. kick a moving ball; pass and trap a ball
 - k. dribble a ball with the feet
 - l. continuously jump a moving rope held by others
- (1)1.4 participate in activities from diverse cultural and ethnic origins [NS 5.2.4]
- (1)1.5 demonstrate a language vocabulary for object movement activities [NS 1.2.1]

PHYSICAL EDUCATION GRADE ONE (continued)

LOCOMOTOR AND NONLOCOMOTOR SKILLS

It is expected that students will:

- (1)2.1 explore the basic concepts/elements of simple locomotor and nonlocomotor movements [NS 1.2.2]
- (1)2.2 perform basic locomotor movements: walk, run, hop, jump, gallop, slide [NS 2.2.1]
- (1)2.3 perform basic nonlocomotor movements: bend, stretch, twist, swing
- (1)2.4 explore personal space safely in relation to changing conditions in the general space
- (1)2.5 identify and use body parts in relation to movement
- (1)2.6 demonstrate position in space/relationship qualities through movement (e.g., up/down, over/under, around) [NS 3.2.2 B]
- (1)2.7 explore static and dynamic balances
- (1)2.8 demonstrate simple transfer of weight movements [NS 2.2.3]
- (1)2.10 demonstrate a language vocabulary for locomotor and nonlocomotor movement activities [NS 1.2.1]

EXPRESSIVE MOVEMENT AND DANCE

It is expected that students will:

- (1)3.1 explore the basic concepts/elements of simple expressive movement skills [NS 1.2.2]
- (1)3.2 explore space as an element of movement: shape, size, direction, level [NS 3.2.1 AB]
- (1)3.3 explore force as an element of movement: heavy/light, strong/weak
- (1)3.4 explore time as an element of movement: fast/slow
- (1)3.5 explore expressive movement as a form of communication [NS 3.2.3]
- (1)3.6 create a movement sequence with a beginning, middle, and end [NS 3.2.2 A]
- (1)3.7 perform various movement patterns to a steady beat [NS 3.2.4]
- (1)3.8 use a prop to a steady beat in a stationary position [NS 3.2.4]
- (1)3.10 perform simple rhythmic activities and organized dances [NS 3.2.5]
- (1)3.11 develop a language vocabulary for expressive movement

PHYSICAL FITNESS

It is expected that students will:

- (1)4.1 demonstrate safety in performance of various fitness activities and exercises [NS 4.2.4]
- (1)4.2 participate in a variety of activities that develop the physical fitness components: aerobic endurance, flexibility, muscular endurance, muscular strength [NS 4.2.2]
- (1)4.4 identify physiological signs of moderate physical activity (e.g., heavy breathing) [NS 1.2.4]
- (1)4.5 explore the implications of physical fitness for health
- (1)4.7 develop a language vocabulary for physical fitness [NS 1.2.1]

PHYSICAL EDUCATION GRADE ONE (continued)

RESPONSIBILITY AND COOPERATION

It is expected that students will:

- (1)5.1 apply classroom rules, procedures, and safe practices with teacher reinforcement [NS 5.2.1]
- (1)5.2 share space and equipment with others [NS 5.2.2]
- (1)5.3 interact positively with others regardless of personal differences [NS 5.2.3]
- (1)5.4 remain on task for short periods of time
- (1)5.6 respond appropriately to movement cues [NS 1.2.3]