



First Grade Essential Skills for Physical Education (PE)

September:

- I can use equipment safely and responsibly.
- I can demonstrate catching and tossing a variety of objects with partner.

October:

- I can do an obstacle course on playground equipment by going up, down, around, under, and through equipment.
- I can participate in moderate to vigorous physical activity for short periods of time (ex. ¼ mile).

November:

- I can play tag safely by changing directions, stopping and starting when appropriately.
- I can follow exercise leaders by following their directions and movements.

December:

- I can tell you that my muscles move by bones.
- I can participate in physical activity showing positive social interactions.

January:

- I can participate in continuously moving games (ex. tag) and activities (ex. jump rope).
- I can understand curved, straighten, zigzag pathways and low, medium, and high levels.

February:

- I can participate in various activities using various pieces of equipment (ex. balls, scoops, and scooters).
- I can participate positively in physical activity without giving up on first attempt.

March:

- I can play safely and fairly during simple games (ex. tag, red rover).
- I can follow simple directions (ex. stop during activities and put equipment away when asked).

April:

- I can share equipment with other students during activities.
- I can explain why breathing faster will provide more oxygen during exercise.

May:

- I can play with different partners during activities (ex. 3 legged race).
- I can improve my strength and performance by practicing (ex. long jump, softball throw).