

First Grade

Movement Skills and Movement Knowledge

Develop an awareness of the concepts of space, time and effort through movement and acquire a knowledge of the body's basic needs.

Quality Indicators:

- Learn direction in movement.
- Begin to manipulate objects with purposeful movement.
- Increase heart rate.
- Feel the joy that results from having the ability and freedom of exploration, discovery, and expression through movement.
- Learn to move at varying speeds.
- Learn basic eye-hand, eye-foot manipulative skills, e.g., toss underhand, bounce with two hands, retrieve, stationary kick and strike objects that are safe, with the hand.
- Learn to recognize how long it takes to move from one place to another and how long it takes an object to travel from one place to another, e.g., locomotor activities include hopping and galloping on the non-preferred foot, marching, sliding, and performing other patterns according to specific rhythms.
- Learn non-locomotor activities including symmetrical and asymmetrical balances, lifting and carrying, starting and stopping, swinging, swaying, curling and stationary dodging.
- Learn the biomechanical principle of dynamic stability, that is, that balance is inherent in all movement and that it can be increased through static stability by widening their base of support and lowering their center of gravity.
- Learn simple dances in columns and circles with partners.
- Learn about the body's need for oxygen and food as fuel to supply the body with energy.
- Learn about the relationship of nutrition and exercise.



Social Development

Demonstrate responsible social behavior and experience multicultural activities.

Quality Indicators:

- Participate in parallel movement activities with other children.
- Learn in groups while participating as individuals.
- Participate individually in parallel play while learning in a group.
- Multicultural experiences to include games, sports and play.
- Dance should be introduced.
- Learn to appreciate and enjoy multicultural experiences.
- Develop responsibility for expected behaviors on the playground and in the classroom.
- Work in a group without disturbing others.
- Learn to take turns.
- Learn to interact with others positively.
- Identify variations in games and activities played in classmates homes and neighborhood.

Self Image

Exhibit a physically active lifestyle and recognize a personal body image.

Quality Indicators:

- Understand that a physically active lifestyle provides opportunities for enjoyment.
- Learn about the body's need for food and oxygen.
- Begin to form a personal body image.
- Learn that changes in the body (height and weight) influence the movement and coordination of the body.
- Learn to try new movement activities and skills.
- Participate in a variety of activities outside of school, such as soccer, or T-ball.

