

**Instructional Objectives**  
**1<sup>st</sup> grade**

**MOVEMENT CONCEPTS**

K: Student will demonstrate comprehension of spatial concepts (general/self) by answering correct concept in response to movement challenges presented by the instructor during class activities 2/3 trials

K: Student will demonstrate comprehension of locomotive concepts (back, front, beside, top, bottom, over, under, round and through) by answering correct concept in response to movement challenges presented by instructor during class activities 2/3 trials.

K: Student will demonstrate comprehension of levels (high, medium, low) by answering correct concept in response to movement challenges presented by the instructor during class activities 2/3 trials.

K: Student will demonstrate comprehension of shape concepts (wide/narrow, bend/straight, twist, small, tall/short, and big) by answering correct movement concept in response to movement challenges presented by the instructor during class activities 2/3 trials.

K: Student will demonstrate comprehension of speed concepts (fast, slow, medium) by answering correct in response to movement challenges presented by the instructor during class activities 2/3 trials.

K: Student will demonstrate comprehension of direction concepts (forward/backward, sideward, and up/down) by answering correct concept in response to movement challenges presented by instructor during class activities 2/3 trials.

K: Students will demonstrate knowledge of the location of selected body parts (shin, chin, thigh, shoulders, palms, heels, soles, neck and heart) by identifying and moving body in response to movement challenges presented by instructor during class activities 2/3 trials.

K: Student will demonstrate comprehension of pathway concepts (straight, curved, and zig zag) by answering correctly in response to movement challenges presented by the instructor during class activities 2/3 trials.

K: Student will demonstrate comprehension of force concepts (hard/soft/medium) by answering correctly in response to movement challenges presented by instructor during class activities 2/3 trials.

K: Students will demonstrate capacity to incorporate selected space, locomotor, level, shape, speed, direction, and pathway concepts in response to movement challenges presented by the instructor during class activities 2/3 trials.

## **LOCOMOTOR SKILLS**

M: Student will execute a walk demonstrating the four most critical points listed in the task analysis for 15 seconds without collision to other students or objects in response to the movement challenges presented by the instructor during activities on 2/3 trials.

M: Student will execute a run demonstrating the four most critical points listed in the task analysis for 15 seconds without collision to other students or objects in response to the movement challenges presented by the instructor during activities on 2/3 trials.

M: Student will execute a slide demonstrating the four most critical points listed in the task analysis for 15 seconds without collision to other students or objects in response to the movement challenges presented by the instructor during activities on 2/3 trials.

M: Student will execute a gallop demonstrating the four most critical points listed in the task analysis for 15 seconds without collision to other students or objects in response to the movement challenges presented by the instructor during activities on 2/3 trials.

M: Student will execute a jump demonstrating the four most critical points listed in the task analysis for 15 seconds without collision to other students or objects in response to the movement challenges presented by the instructor during activities on 2/3 trials.

M: Student will execute single jump rope demonstrating the four most critical points listed in the task analysis on two of three trials.

M: Student will execute a long rope turn demonstrating the four most critical points listed in the task analysis while working with a partner on two of the three trials.

## **Physical Fitness**

M: Students will demonstrate the capacity to move continuously to the Pacer for 4 minutes during class activities on two of three trials.

M: Students will demonstrate the capacity to execute 10 curl-ups during class activities on two of three trials

M: Students will demonstrate the capacity to execute a bent arm push-up for 5 seconds on two of three trials.

K: Students will demonstrate comprehension of the relationship between physical activity and heart rate by responding to random questions posed by the instructor on two of three trials.

K: Students will demonstrate knowledge of the location and structure (muscle) of the heart by responding to random questions posed by the instructor on two of three trials.

## **PERSONAL SOCIAL SKILLS**

B: Student will demonstrate respect for others by responding to teacher instructions within 5 seconds, raising a hand to signal a request to speak during class discussions, and maintaining personal space while participating in Physical Education class.

B: Student will demonstrate responsibility by being appropriately dressed (activity clothes, tennis shoes) for Physical Education class 4/5 scheduled days.

B: Student will demonstrate cooperation through sharing of equipment and space with classmates during class activities on 4/5 trials.

B: Students will demonstrate pride in accomplishment by attempting all class activities presented in Physical Education on 4/5 trials.