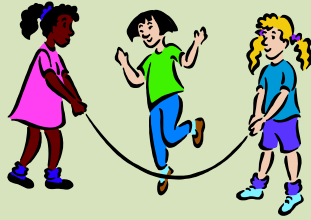


## Grade 1 Physical Education



- Demonstrates efficiency and good body control when performing locomotor and non-locomotor skills and movement sequences
- Demonstrates developmentally appropriate manipulative skills (i.e. throwing, catching, kicking) using a variety of implements and different body parts
- Applies movement concepts (i.e. space, force) to movements
- Performs simple rhythmic patterns involving creative or cultural dance movement
- Participates in a variety of moderate to vigorous physical activities that promote fitness
- Performs movement tasks (both on the floor and on the apparatus) that require creative or critical thinking
- Demonstrates the physical, cognitive, and affective skills to participate in cooperative adventure activities.