Students in grade one continue to develop understanding of key concepts and principles and to link these concepts and principles to their movement. Students will relate participation in vigorous physical activity to changes in the body, to enjoyment, and to improving their health and well-being. They will further their understanding of the importance of physical activity in their lives. As students increase their understanding of movement, they gain a deeper understanding of how and why the body moves. Students continue to develop socially as they work safely alone and in a group. The natural enjoyment of physical activity should be reinforced and complemented by a variety of educational game, dance, and gymnastic activities in which students learn and are successful.

**WEB LINKS:**
- [www.teachnet.com](http://www.teachnet.com)

**SKILLED MOVEMENT**
- Demonstrate the correct critical elements (isolated, small parts of the whole skill or movement) of locomotor, non-manipulative, and manipulative skills.
- Demonstrate critical elements used in all of the locomotor skills.
- Demonstrate critical elements used in manipulative skills performed alone (e.g., toss and catch, dribble with hand in general space, dribble with foot, kick and strike with hand or equipment, throw underhand and overhand, volley).
- Demonstrate critical elements for manipulative skills while moving.
- Demonstrate simple educational gymnastic sequences that contain a variety of balance, roll, transfer of weight, and flight.
- Demonstrate moving to a rhythm by keeping time to a simple beat, using a variety of locomotor and non-locomotor skills.

**MOVEMENT PRINCIPLES AND CONCEPTS**
- Demonstrate improvement in locomotor, non-manipulative, and manipulative skills while applying the movement concepts.

**PERSONAL FITNESS**
- Participate frequently and for short periods of time in sustained, moderate-to-vigorous physical activities that cause increased heart and respiration rates.
- Identify changes in the body that occur during moderate-to-vigorous physical activity.

**RESPONSIBLE BEHAVIORS**
- Apply, with little or no reinforcement, safe and cooperative behaviors in physical activity settings.
- Work independently for short periods of time.
- Try new activities and skills.

**PHYSICALLY ACTIVE LIFESTYLE**
- Participate regularly in physical activities that require physical exertion and skill.
GRADE ONE

INSTRUCTIONAL FOCUS
Fitness Activities
Locomotor/Non-Locomotor
Skill Development
Motor Learning Concepts
Rhythrical Activities
Dance
Creative dramatics
Manipulative routines
Gymnastics
Manipulative Activities
Ropes
Bean Bags
Hoops
Parachute
Shuffleboard
Juggling
Low Organized Activities
Soccer
Basketball
Volleyball
Bowling
Track and Field
Softball/T-Ball
Integrated Content Activities/
Cross Curriculum
Multicultural Activities
Cooperative Activities
Seasonal/Thematic Activities
Adaptive Physical Education

FAMILY FITNESS AND FUN
“PRAISE AND PLAY EVERY DAY”
Enjoy activity time together.
Practice P. E. skills together.
Walk/Exercise together.
Eat healthy to be healthy.
Turn chores into family fun activities:
Utilize community resources
School tracks/playgrounds
Local parks
Youth sports programs
Attend sporting events together:
Local middle/high school
College/Professional

BENEFITS OF PHYSICAL ACTIVITY
Regular physical activity in childhood and adolescence
• Improves strength and endurance
• Helps build healthy bones, muscles, and joints
• Helps control weight, build lean muscle, and reduce fat
• Reduces anxiety and stress, increases self-esteem and overall energy level
• May improve blood pressure and cholesterol levels
• Prevents disease and promotes health
www.cdc.gov/kidsmedia/background.htm

ENRICHMENT PROGRAMS
Fitness Education
“Star Track”
ACES (All Children Exercising Simultaneously) World-wide
Early Morning Workout
Fitness Fridays
Jogging Programs:
Read and Run
All Star (Walking with the Principal)
Jingle Bell Run
Heart Power (AHA)
O.K. Kids Program
Safety Awareness
Playground Safety
Annual Programs
Success Week
Family Fun/Fitness Night
Five A Day
County Events
Field Day
Tournaments (in school)
Community/Business Partnerships
Activity Clubs
Fitness
Dance
Sports

Physical Activity Brochure for Parents

The goals of KidsWalk-to-School are to
• Encourage children to walk and bicycle to and from school.
• Increase awareness of the importance of regular physical activity for children, improved pedestrian safety, and healthy and walkable community environments.
• Mobilize communities to work together to create safe routes to school.

Anticipated benefits of the KidsWalk-to-School program include
• Increased levels of daily physical activity for children.
• Increased likelihood that children and adults will choose to walk and bike for other short distance trips.
• Improved neighborhood safety.
• Fewer cars traveling through the neighborhood.
• Fewer cars congesting the pick-up and drop-off points at the school.
• Friendlier neighborhoods as people get out and about interacting with one another.

http://www.cdc.gov/nccdphp/dnpa/kidswalk/index.htm