

**Port Angeles School District Grade Level Expectations: Grade 1**

1.1.1 Demonstrates mature form in locomotor patterns and selected manipulative and non-locomotor skills.

Demonstrates mature pattern: (skip, slide, leap, and jog)	Yes	No
Demonstrates mature form: (levels, direction, squat, swing, and sway)	Yes	No
Moves to simple rhythm patterns: (dance, jump rope)	Yes	No
Demonstrates critical elements in a variety of manipulative skills with a partner: (throwing, catching, kicking, rolling, and bouncing)	Yes	No
Demonstrates spatial awareness: (personal space, general space)	Yes	No

1.2.1 Understands and applies safety rules and procedures in a variety of physical activities.

Identifies and demonstrates rules and safety procedures in grade appropriate activities.	Yes	No
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1.3.1 Understands the basic vocabulary and concepts of physical fitness.

Identifies or describes the basic concepts of physical fitness: (stretching, strength, heart rate)	Yes	No
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1.4.1 Understands the connection between nutrition and physical well-being.

Lists or describes the 6 groups on the Food Guide Pyramid providing examples and how they support good health.	Yes	No
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2.1.1 Understands the basic structure and function of the human body systems.

Recognizes that heart rate is affected by different kinds of exercise.	Yes	No
Recognizes that breathing is affected by different kinds of exercise.	Yes	No
Describes the basic pathway food takes through the body.	Yes	No

3.2.1 Understands health enhancing behaviors and risk reduction.

Demonstrates different ways that you can be safer in your daily life (looking both ways to cross a street, etc.).	Yes	No
Lists the different healthy behaviors that you do each day: (brushing teeth, getting enough sleep)	Yes	No

4.1.1 Understands the relationship between home activities and health and fitness.

Identifies and records home health and fitness activities.	Yes	No
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4.2.1 Understands the relationship between fitness testing and goal setting.

Participates in fitness testing and receives results evaluating performance.	Yes	No
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