**USD 312 CURRICULAR STANDARDS FOR PHYSICAL EDUCATION**

***CHECKLIST*:** ***First and Second Grade***

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| **Benchmark 1: The student will demonstrate initial skills of locomotion and balance.** | | | | | |
| **MS-1-1a:** Demonstrates initial form in galloping, skipping, hopping, and sliding. |  |  |  |  |  |
| **MS-1-1b:** Demonstrates control in traveling, weight bearing, weight shifting, and balancing activities. |  |  |  |  |  |
| **MS-1-2a:** Combines locomotor patterns in time to music. |  |  |  |  |  |
| **MS-1-2b:** Demonstrates the manipulative skills of throwing, catching and dribbling with hand and foot, kicking, and striking. |  |  |  |  |  |
| **MS-1-2c:** Demonstrates motor patterns in simple combinations. |  |  |  |  |  |
| **Learning Concepts** | | | | | |
| **LC-2-1a:** Identifies various body parts and levels in performing physical activities. |  |  |  |  |  |
| **LC-2-2a:** Applies movement concepts to a variety of basic skills. |  |  |  |  |  |
| **LC-2-2b:** Recognizes appropriate safety practices in general space. |  |  |  |  |  |
| **LC-2-3a:** Corrects movement errors in response to corrective feedback. |  |  |  |  |  |
| **LC-2-3b:** Explains that appropriate practice improves performance. |  |  |  |  |  |
| **Active Participation** | | | | | |
| **AP-3-1a:** Engages in moderate to vigorous physical activity on an intermittent basis. |  |  |  |  |  |
| **AP3-1b:** Engages in a wide variety of physical activity outside of physical education. |  |  |  |  |  |
| **AP3-1c** Participates in a variety of activities that involve manipulation of objects in and outside of physical education class. |  |  |  |  |  |

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| **Physical Fitness** | | | | | |
| **PF-4-1a:** Demonstrates a sufficient muscular strength to bear body weight for climbing, hanging, and momentary body support of the hands. |  |  |  |  |  |
| **PF-4-1b:** Participates in a variety of games that increase breathing and heart rate. |  |  |  |  |  |
| **PF-4-1c:** Sustains activity for increasingly longer periods of time while participating in various activities in physical education. |  |  |  |  |  |
| **PF-4-1d:** Recognizes the health related physical fitness components. |  |  |  |  |  |
| **Personal and Social Behavior** | | | | | |
| **PSB-5-1a:** Follows instructions and class procedures while participating in physical education. |  |  |  |  |  |
| **PSB-5-1b:** Works in diverse group settings without interfering with others. |  |  |  |  |  |
| **PSB-5-1c:** Uses equipment safely and appropriately. |  |  |  |  |  |
| **PSB-5-1d:** Demonstrates cooperation and consideration of others in group activities. |  |  |  |  |  |
| **PSB-5-1e:** Demonstrates socially acceptable conflict resolution during class activity. |  |  |  |  |  |
| **Activity Appreciation** | | | | | |
| **AA-6-1a:** Exhibits both verbal and nonverbal indicators of enjoyment. |  |  |  |  |  |
| **AA-6-1b:** Willingly tries new movements and skills. |  |  |  |  |  |
| **AA-6-1c:** Continues to participate when not successful on the first try. |  |  |  |  |  |