

Clark Pleasant Community School Corporation
Physical Education
1st Grade
Essential Learnings Scales

- 1.4.4 Participate in activities that increase cardiorespiratory endurance.
- 4-Exceeds a vigorous level of physical activity through self-motivation.
 - 3-Engages in vigorous physical activity.
 - 2-Engages in physical activity, but discontinues when activity becomes too vigorous.
 - 1-Lacks participation in health-enhancing physical activity.
 - 0-Does not participate in health-enhancing physical activity.

indicators of vigorous activity:

- red face
- heavy breathing
- dry mouth
- rapid heartbeat
- sweating

- 1.5.2 Demonstrate and apply an understanding of rules and directions for an active class.
- 4-Always demonstrates responsible personal and social behavior and encourages others
 - 3-Demonstrates responsible personal and social behavior independently.
 - 2-Demonstrates responsible personal and social behavior with class prompt.
 - 1-Demonstrates responsible personal and social behavior with individual prompt.
 - 0-Never exhibits responsible personal and social behavior.

indicators of responsible personal and social behavior:

- wears tennis shoes
- ready position
- follows rules of games/activities
- respects equipment
- respects each other
- actively participates
- follows safe procedures