

# KASC ACADEMIC STANDARDS CHECKLIST

## PHYSICAL EDUCATION

User's Name:



Use the columns as a checkoff or a place to take notes to track any curriculum issue. For instance, you might list the unit or marking period in which a standard was mastered, the areas where teachers want additional professional development opportunities, or any issue you need to analyze as you work to enhance your students' performance. See the folder labeled Ideas for Usage for further suggestions on ways to use the checklists and cards.

### FIRST GRADE

#### 1. Demonstrate competency in a variety of motor skills and movement patterns.

1.1.L1	Perform a variety of locomotor movements using different body parts.	
1.1.NL1	Perform a variety of non-locomotor skills, using different body parts at different levels.	
1.1.BM1	Perform a variety of balances using different body parts.	
1.1.BM2	Transfer weight from one body part to another with control.	
1.1.MS1	Demonstrate manipulative skills with a variety of objects using appropriate performance cues.	

#### 2. Apply knowledge of concepts, principles, strategies and tactics to movement and performance.

1.2.SP1	Recognize the difference between personal and general space.	
1.2.PS1	Travel with objects, demonstrating a variety of pathways, levels and relationships to their environment.	
1.2.SD1	Differentiate between fast and slow speeds as well as light and strong force.	
1.2.ST1	Apply a variety of simple tactics to increase chances of success while exploring physical activities.	

#### 3. Demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

1.3.PA1	Identify reasons for participating in daily physical activity.	
1.3.PF1	Identify the recommended amount of physical activity for children.	
1.3.PF2	Relate intensity to increased heart rate and muscle endurance.	
1.3.N1	Differentiate between healthy and unhealthy foods.	

#### 4. Demonstrate responsible personal and social behavior that exhibits respect for self and others.

1.4.SW1	Work with others independently in a variety of physical activity settings.	
1.4.RE1	Recognize and follow the rules, protocols and etiquette in physical education.	
1.4.SA1	Follow teacher directions for safe participation and proper use of equipment, independently and with others.	

#### 5. Demonstrate value of physical activity for health, enjoyment, challenge, self-expression and social interaction.

1.5.H1	Acknowledge the health benefits of participating in physical activities.	
1.5.C1	Recognize that challenge in physical activity can lead to success.	
1.5.SE1	Describe positive feelings that result from participating in physical activities.	
1.5.SI1	Recognize personal likes and dislikes regarding participation in physical activities with others.	
1.5.A1	Explore opportunities that encourage others to be physically active.	