

# PARENT GUIDE FOR PHYSICAL EDUCATION CURRICULUM

## GRADE ONE

### DIOCESE OF CLEVELAND

**Below is a list of the skills your child will be taught in Grade One.**

**As parents, you are encouraged to support the work of your child's teacher in helping your child acquire each of these skills.**

<b>OH: Physical Education</b>	
<b>Demonstrates competency in a variety of motor skills and movement patterns.</b>	
	A. Demonstrate locomotor and non-locomotor skills in a variety of ways.
	1. Demonstrate gallop and hop locomotor skills using critical elements.
	2. Perform locomotor skills (e.g., walk, run, gallop, slide, hop) while changing pathway, direction and/or speed.
	3. Use non-locomotor skills in exploratory and controlled settings and in response to verbal and non-verbal (e.g., mirroring or matching a partner) stimuli.
	4. Balance in a variety of ways using equipment (e.g., balance ball or board) and/or apparatus (e.g., beam or box).
	5. Perform a variety of different rocking (e.g., forward/backward, side/side) and rolling skills (e.g., log, egg, parachute, circle, shoulder).
	6. Move to a rhythmic beat or pattern.
	B. Demonstrate developing control of fundamental manipulative skills.
	1. Throw using variations in time/force.
	2. Catch a self-tossed object with hands or an implement.
	3. Strike an object (e.g., ball, balloon) using different body parts.
	4. Kick a ball for force using a backswing with the kicking leg and stepping next to the ball without hesitating or stopping prior to kick.
	5. Dribble an object with hands and feet in a stable environment through self and general space.
	6. Roll a ball to a specified target.
<b>Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.</b>	
	A. Demonstrate knowledge of movement concepts related to body, space, effort and relationships.
	1. Describe movement vocabulary terms in body, space, effort and relationships.
	2. Demonstrate an understanding of relationships (e.g., lead, follow, over, under) in a variety of physical activities.
	3. Apply different degrees of force, speed and direction when directed by the teacher.
	4. Apply concepts of self and general space to accomplish movement tasks.
	B. Demonstrate knowledge of critical elements of fundamental motor skills.
	1. Differentiate among non-locomotor and manipulative skills.
<b>Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.</b>	
	A. Describes current level of physical activity and identifies additional physical activity opportunities.
	1. Identify opportunities for physical activity during the school day.
	2. Track the amount of physical activity within the school day.
	3. Differentiate between healthy and unhealthy food and beverage choices for physical activity.

