

1st Grade PE Power Standards

1. I can hop, gallop and slide maturely.
2. I can dribble continuously in self-space, using the preferred hand.
3. I can demonstrate throwing underhand and overhand.
4. I can demonstrate catching a self-toss and from a partner.
5. I can tap or dribble a ball using the inside of the foot while walking in general space.
6. I can demonstrate kicking a stationary ball and gently rolled ball.
7. I can demonstrate dribbling skills with foot and hand.
8. I can consecutively jump forward or backward using a self-turned rope.
9. I can consecutively jump a long rope with teacher-assisted turning.
10. I can understand left and right, up and down, as applied in moving with and without equipment.
11. I can sustain continuous movement for increasing periods of time, while participating in moderate to vigorous physical activity.
12. I can explain the importance of drinking water during and after physical activity.
13. I can identify the heart as a muscle that grows stronger with exercise, play and physical activity.
14. I can engage in physical activities appropriately.
15. I can participate in physical activity showing positive social interactions.