

Helena Public Schools
Grade 1
Physical Education Specialist
Health and Wellness

Health Maintenance & Enhancement

- Identify healthy activities
- Recognize and participate in physical activity that increases the heart rate
- Identifies cardio-respiratory endurance, muscular endurance, muscle strength, flexibility
- Participates in class activities
- Locomotor walk, skip, run, gallop, hop, jump, jog, slide sideways, leap
- Throwing overhand, underhand
- Catching one hand, two hands
- Dribbling with hands
- Dribbling with feet
- Kick stationary objects using an approach
- Volley an object using hands & using a paddle
- Follow a combination of rhythmic movements led by teacher
- Perform balances on equipment, perform forward & backward rolls, transfer weight from feet to other body parts while traveling
- Jump for height, jump for distance, jump rhythmically, fall with control
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- Jump rope
- Uses appropriate feedback to improve individual performance
- Develop a basic movement vocabulary (e.g. spatial awareness, effort, relationships, locomotor skills, non-manipulative, manipulative)
- Awareness of rules used in games & activities
- Identify safety rules & procedures and demonstrate self control

Functions & Interrelationships of Systems

Support the following competencies:

- Identify a muscle in each region of the body (e.g., arms, torso, legs)
- Identify a bone in each region of the body (e.g., head, arms, torso, & legs)
- Predict what happens to your heart rate and respiratory cycle during physical activity

Risk Assessment & Reduction

- Identify bus, biking & walking safety expectations
- Match safety equipment to the activity or sport
- Demonstrate specific safe practices & procedures in & around water (e.g., life jackets, buddy system, inclement weather)