



Shakopee Area Catholic School
Physical Education Standards and Benchmarks
Grade Level: 1

Students will demonstrate basic locomotion skills.

- Students will perform traveling skills like walking, running, galloping, hopping, skipping.

Students will perform basic rhythmic skills.

- Students will demonstrate basic line and circle formations.
- Students will move to a variety of musical rhythmns.
- Students will perform basic dances like La Raspa, Danish Dance of Greeting, Children's Polka, etc.

Students will exhibit appropriate social behavior.

- Students will practice cooperative behavior.
- Students will demonstrate safety.
- Students will follow the rules.

Students will demonstrate spatial awareness.

- Students will show how to move about the gym without running into walls or other people.
- Students will show how to give others space when exercising.
- Students will apply concept of left/right in movement.

Students will perform with manipulative equipment.

- Students will practice throwing technique with different sizes and shapes of balls.
- Students will demonstrate striking skills with balloons and volleyball trainers. Students will hit balls off of tees with bats.
- Students will show kicking skills with a moving ball.
- Students will demonstrate selection of proper sized jump rope and basic forward/backward bounce. Students will also perform skiers and sideswings.
- Students will perform basic parachute skills.

Students will demonstrate basic fitness activities.

- Students will perform jumping jacks, skiers, bells.
- Students will show basic stretches.
- Students will demonstrate short distance jogging.
- Students will perform fitness challenge.