

Curriculum

Content Area:	PHYSICAL EDUCATION	Grade Level:	1
MLR Content Standard:	A. Physical Fitness - Students will acquire the knowledge needed to be physically fit and take part in healthful physical activity on a regular basis.		
	Student will be able to	Instruction Level*	Common Assessment
<i>Instruction Levels: I = Introduced; R = Reinforced; E = Evaluated through a Documented Classroom Activity; D = District Common Assessment</i>			
A 1	Identify the physical changes of the body	I	
A 2	Engage in moderate to vigorous physical activity	I	
A 3	Identify activities associated with each component of health-related fitness: cardiovascular endurance, muscular endurance, muscular strength, flexibility, body composition	I	
A 4	Move with an awareness of others	I	
A 5	State reasons for safe and controlled movements	I	

*Codes indicate the highest instructional level of that grade level and may include an earlier level of instruction.

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MLR Content Standard:	B. Motor Skills - Students will develop motor skills and apply these skills to enhance their movement and physical performance.		
	Student will be able to	Instruction Level*	Common Assessment
<i>Instruction Levels: I = Introduced; R = Reinforced; E = Evaluated through a Documented Classroom Activity; D = District Common Assessment</i>			
B 1	Demonstrate progress in mastering locomotor and non-locomotor skills	R	
B 2	Demonstrate improving form when using various sports accessories	R	
B 3	Demonstrate simple combinations of motor patterns	R	
B 4	Make smooth transitions between sequential motor skills	I	
B 5	Adapt and adjust movement skills while reacting to environmental changes	I	
B 6	Identify and adjust movement skill while reacting to environmental changes	I	
B 7	Apply movement concepts, like direction & speed, to a variety of fundamental skills	I	

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MLR Content Standard:	C. Personal and Social Interactions - Students will demonstrate responsible personal and social behaviors in physical activity settings.		
	Student will be able to	Instruction Level*	Common Assessment
<i>Instruction Levels: I = Introduced; R = Reinforced; E = Evaluated through a Documented Classroom Activity; D = District Common Assessment</i>			
C 1	Identify the rules of a given activity	R	
C 2	Demonstrate cooperative skills while participating in physical activities	R	
C 3	Use equipment appropriately and responsibly	R	
C 4	Describe rules and behaviors that contribute to productive participation in physical activity	I	

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