

1st Grade Physical Education Recommended Activities

Content Code	MDE Expectation	Unit of Instruction	Associated Activities & Assessments (where possible)
	MOTOR SKILLS AND MOVEMENT PATTERNS		
	Movement Concepts		
	Space Awareness <i>Students will...</i>		
M.MC.01.01	demonstrate selected elements of space awareness movement concepts for location (e.g., self-space and general space) in isolated settings.	Management	Activities: home base, squad spots Assessment:
M.MC.01.02	demonstrate selected elements of space awareness movement concepts for directions (i.e., up/down, forward/backward, right/left, and clockwise/counterclockwise) in isolated settings.	Loco-motor	Activities: games, movement concepts Assessment:
M.MC.01.03	demonstrate selected elements of space awareness movement concepts for levels (i.e., low, medium, and high) in isolated settings.	Non loco-motor	Activities: parachute cars and bridges Assessment:
M.MC.01.04	demonstrate selected elements of space awareness movement concepts for pathways (i.e., straight, curved, and zigzag) in isolated settings.	Loco-motor	Activities: parachute cars and bridges Assessment:
M.MC.01.05	demonstrate selected elements of space awareness movement concepts for extensions (i.e., large/small and far/near) in isolated settings.	Loco-motor	Activities: movement concepts, Animal movement, ABC's Assessment:
	Effort <i>Students will...</i>		
M.MC.01.06	demonstrate selected elements of effort movement concepts for time (i.e., fast/slow and sudden/sustained) in isolated settings.	Warm-ups, loco-motor	Activities: pathways, warm-ups Assessment:
M.MC.01.07	demonstrate selected elements of effort movement concepts for force (i.e., strong and light) in isolated settings.	Striking, parachute	Activities: parachute, striking balloons Assessment:
M.MC.01.08	demonstrate selected elements of effort movement concepts for flow (i.e., bound and free) in isolated settings.	Movement concepts	Activities: dance Assessment:
	Relationships <i>Students will...</i>		
M.MC.01.09	demonstrate selected elements of relationship movement concepts of body parts (i.e., round, narrow, wide, twisted, symmetrical, and nonsymmetrical) in isolated settings.	Animal movements	Activities: ABC's, animal movements Assessment: demonstrate
M.MC.01.10	demonstrate selected elements of relationship movement concepts of objects and/or people (i.e., over/under, on/off, near/far, in front/behind, along/through, meeting/parting, surrounding, around, and alongside) in isolated settings.	Movement concepts	Activities: bridge, rock , tree game Assessment
M.MC.01.11	demonstrate selected elements of relationship movement concepts with people (i.e., leading/following, mirroring/matching, unison/contrast, solo, alone in mass, partners, groups, and between groups) in isolated settings.	Movement concepts	Activities: follow leader, shadows Assessment



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	Motor Skills		
	Non Loco-motor <i>Students will...</i>		
M.MS.01.01	demonstrate selected elements of non-loco-motor skills of balancing, bending, rocking, rolling, curling, twisting, turning, pushing, pulling, swinging, swaying, jumping, and landing in isolated settings.	Yoga, gymnastics, rhythmic	Activities: Yoga, gymnastics, rhythmic activities Assessment:
	Loco-motor <i>Students will...</i>		
M.MS.01.02	demonstrate selected elements of mature form of loco-motor skills of walk, run, leap, slide, gallop, hop, and skip in isolated settings.	Loco-motor warm-ups, movement concepts	Activities: warm-ups Assessment:
	Manipulative <i>Students will...</i>		
M.MS.01.03	demonstrate selected elements of the mature form of manipulative skills of roll and underhand throw in isolated settings.	Throwing	Activities: bowling skills, target practice Assessment:
M.MS.01.04	demonstrate selected elements of the manipulative skills of two-handed catch and kick (stationary) in isolated settings.	Catching, kicking	Activities: Partner catch and throw or self, kicking drills Assessment:
	*Aquatics <i>Students will...</i>		
M.AQ.01.01	demonstrate selected elements of the basic aquatic skills of front float, back float, and recovery with flotation support in isolated settings.		Activities: Assessment:
M.AQ.01.02	demonstrate selected elements of safe water entry and exit with flotation support in isolated settings.		Activities: Assessment:
M.AQ.01.03	demonstrate a combination of arms and legs to loco-motor in the water with flotation support in isolated settings.		Activities: Assessment:
M.AQ.01.05	demonstrate putting on a life jacket with teacher guidance in isolated settings. <i>*The Michigan Department of Education acknowledges that some schools do not have the facilities or community resources to meet all of the aquatics grade level content expectations, however, all water safety grade level content expectations should be met within all physical education programs whether or not pool facilities are available.</i>		Activities: Assessment:
	Rhythmic Activities <i>Students will...</i>		
M.RA.01.01	demonstrate a movement pattern (loco-motor and axial) to even and uneven rhythms.	Dance	Activities: Stomp and clap activity Assessment:
	CONTENT KNOWLEDGE		
	Feedback <i>Students will...</i>		
K.FB.01.01	use cues from teachers to improve motor skills and movement patterns, fitness, and physical activities in isolated settings.	everyday	Activities: Assessment: teacher interactions



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	Movement Concepts		
	Space Awareness <i>Students will...</i>		
K.MC.01.01	identify all space awareness movement concepts for location (e.g., self-space and general space).	Movement concepts	Activities: home base, squad spots, Assessment:
K.MC.01.02	identify all space awareness movement concepts for directions (e.g., up/down, forward/backward, and right/left).	Movement concepts	Activities: cars and bridges, Animal movements, rock tree bridge Assessment:
K.MC.01.03	identify all space awareness movement concepts for levels (i.e., low, medium, and high).	Movement concepts	Activities: cars and bridges, Animal movements, rock tree bridge Assessment:
K.MC.01.04	identify all space awareness movement concepts for pathways (i.e., straight, curved, and zigzag).	Movement concepts	Activities: pathways Assessment:
K.MC.01.05	identify all space awareness movement concepts for extensions (i.e., large/small and far/near).	Movement concepts	Activities: Animals, ABC's Assessment:
	Effort <i>Students will...</i>		
K.MC.01.06	identify all effort movement concepts for time (i.e., fast/slow and sudden/sustained).	Warm-ups	Activities: loco-motor skills Assessment:
K.MC.01.07	identify all effort movement concepts for force (i.e., strong and light).	Parachute, striking	Activities: loco-motor skills Assessment:
K.MC.01.08	identify all effort movement concepts for flow (i.e., bound and free).	Movement concepts	Activities: Assessment:
	Relationship <i>Students will...</i>		
K.MC.01.09	identify all relationship movement concepts of body parts (i.e., round, narrow, wide, twisted, symmetrical, and nonsymmetrical).	Animal movements, ABC's	Activities: making letters, and anima movements Assessment:
K.MC.01.10	identify all relationship movement concepts of objects and/or people (e.g., over/under, on/off, front/behind, along/through, meeting/parting, surrounding, around, and alongside).	New games and movement concepts	Activities: obstacle courses, tree, rock, bridge Assessment:
K.MC.01.11	identify all relationship movement concepts with people (e.g., leading/following, mirroring/matching, unison/contrast, solo, alone in mass, and partners).	New games	Activities: shadow tag, follow the leader Assessment:
	Motor Skills		
	Non-Loco-motor <i>Students will...</i>		
K.MS.01.01	identify all the critical elements of the following non-loco-motor skills: balancing, bending, stretching, rocking, rolling, curling, twisting, turning, swinging, and landing.	Yoga, gymnastics	Activities: Yoga, gymnastics Assessment: demonstration
	Loco-motor <i>Students will...</i>		
K.MS.01.02	identify all the critical elements of the following loco-motor	Loco-motor	Activities: walk, run, leap,



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	skills: walk, run, leap, jump, skip, hop, gallop, slide, and chase.	skills	jump, skip, hop, gallop, slide, and chase. Assessment: Demonstration
	Manipulative Students will...		
K.MS.01.03	identify selected elements of the following manipulative skills: roll and overhand throw.	Throwing	Activities: roll and overhand throw. Assessment: Demonstration
	Outdoor Pursuits Students will...		
K.OP.01.01	identify selected elements of the seven principles of Leave No Trace (PEAK version) in isolated settings.		Activities: Assessment:
K.OP.01.03	identify selected aspects of types of equipment associated with outdoor pursuits.		Activities: Assessment:
	Rhythmic Activities Students will...		
K.RA.01.01	distinguish between basic rhythmic patterns (e.g., even and uneven).	Dance	Activities: Basic dance/rhythmic patterns Assessment: Demonstration
	Participation Inside/Outside of Physical Education Students will...		
K.PA.01.01	identify safety rules and procedures for selected physical activities.	management	Activities: Assessment: Q&A
	Health-Related Fitness Students will...		
K.HR.01.01	identify three of the five components of health-related fitness.	fitness	Activities: Assessment: Q&A
	Physical Activity and Nutrition Students will...		
K.AN.01.01	identify that moderate levels of physical activity increase heart rate, breathing rate, perspiration, etc. (e.g., running, galloping, and hopping).	fitness	Activities: Assessment: Q&A
K.AN.01.02	understand that supporting body weight in selected activities develops muscular strength and endurance (e.g., climbing, hanging, hopping, jumping, animal walks, and stunts).	fitness	Activities: Assessment: Q&A
K.AN.01.03	recognize flexibility through a full range of motion of major joints.	fitness	Activities: Assessment: Q&A
	FITNESS AND PHYSICAL ACTIVITY		
	Participation During Physical Education Students will...		
A.PE.01.01	participate, at a moderate intensity level, in physical activities that focus on skill building rather than on formal game structure, including a variety of loco-motor and developmentally appropriate manipulative skills.	Floor hockey(pillow polo), foam paddles	Activities: stick handling, paddles and balloons Assessment:
	Participation Outside of Physical Education Students will...		
A.PA.01.01	participate, at a moderate intensity level, in physical activities that focus on skill building rather than on formal game	Foam paddles, floor hockey	Activities: stick handling, paddles and balloons



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	structure, including a variety of loco-motor activities and developmentally appropriate manipulative skills on a daily basis.		Assessment:
	Health-Related Fitness <i>Students will...</i>		
A.HR.01.01	recognize three of the five components of health-related fitness.	Fitness, warm-ups	Activities: warm up activities Assessment:
	Physical Activity and Nutrition <i>Students will...</i>		
A.AN.01.01	achieve moderate levels of physical activity that cause increased heart rate, breathing rate, perspiration, etc. (e.g., running, galloping, and hopping).	Fitness, warm-ups	Activities: exercise lines Assessment:
A.AN.01.02	support body weight, briefly, in selected activities (e.g., climbing, hanging, hopping, jumping, animal walks, and stunts) to develop muscular strength and endurance.	Yoga, Fitness, stunts	Activities: yoga, animal walks Assessment:
A.AN.01.03	demonstrate flexibility through a full range of motion of major joints.	Warm-ups daily stretches	Activities: daily stretches Assessment:
	PERSONAL/SOCIAL BEHAVIORS AND VALUES		
	Feedback <i>Students will...</i>		
B.FB.01.01	use cues from teachers to improve motor skills and movement patterns, fitness, and physical activities in isolated settings.	Warm-ups and loco-motor skills	Activities: using feedback Assessment:
	Personal/Social Behaviors <i>Students will...</i>		
B.PS.01.01	exhibit selected behaviors which exemplify some of the personal/social character traits of responsibility, best effort, and cooperation in isolated settings.	everyday	Activities: Raise high standards of cooperation, sharing, generosity and compassion by modeling Assessment: demonstration



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