

Elementary Physical Education Learner Outcomes Grade One

The student should be able to:

Perform a variety of locomotor movements at different levels, pathways, directions and speeds.

- skills of hopping, skipping, galloping, running, jumping and sliding.
- to control the body while moving and stopping.
- an awareness of hands, arms, legs, feet and head.
- to perform running, skipping, sliding, jumping, hopping, turning, balancing on right and left feet, and knees, clapping hands, tapping lummi sticks, bouncing balls, to music with simple rhythm and movement patterns.
- to control a ball with the hands, by bouncing, throwing, catching and rolling.
- to perform bouncing, throwing, catching, rolling, and kicking a ball in a game.
- the ability to control a ball with the feet by kicking and trapping.
- to apply running, skipping, sliding, jumping, hopping, and galloping in a game situation.
- to walk forward, walk backward, slide right, slide left, hop on right foot, hop on left foot, squat turns, tip toe turns and dismount jumps off a balance beam.
- to jump on, jump over, and straddle over a vaulting box.
- to perform forward and backward rolls, cartwheels log rolls and tripods on a tumbling mat.
- to improve arm and leg strength by moving on a scooter.
- the ability to hit a target while throwing a ball.
- the ability to perform basic jump rope patterns.
- to perform simple balance skills.
- to improve strength and rhythm through parachute activities.
- to increase coordination through rhythmical lummi stick activities.
- to balance on right and left foot, on hands, and feet, knees and bottom.
- to improve arm and shoulder strength and rhythm through parachute activities.

Foster team cooperation and socialization skills:

- express themselves in a group;
- an awareness of personal space and common space by showing the ability to travel freely without touching anyone,
- sportsmanship,
- work with a partner,
- parachute activities,
- through lummi stick activities,
- through dancing.

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Understand safety procedures and regulations of various activities:

- manipulate simple equipment: lummi sticks, olymgets, parachute, scooters, balls, jump ropes, bean bags, batons and Frisbees according to teachers instructions,
- participate in games with simple rules and boundaries,
- have the ability to apply kicking, tripping, running, skipping, sliding, jumping, hopping, and galloping in a game situations according to teachers instructions,
- to perform skills listed on 1, J-1 according to teachers instructions.
- climbing ropes according to teachers instructions.
- climbing cargo net to teacher's instructions.
- manipulate vaulting box, balance beam, rope according to teacher's instructions.
- to learn fire safety techniques.

Have a basic understanding of their body and how it works:

- skills of hopping, skipping, galloping, running, jumping and sliding.
- to control the body while moving and stopping.
- an awareness of hands, arms, legs, feet and head
- to perform running, skipping, sliding, jumping, hopping, turning, balancing on right and left feet, and knees, clapping hands, tapping lummi sticks, bouncing balls, to music with simple rhythm and movement patterns.
- to control a ball with the hands, by bouncing, throwing, catching and rolling.
- to perform bouncing, throwing, catching, rolling, and kicking a ball in a game.
- the ability to control a ball with the feet by kicking and trapping.
- to apply running, skipping, sliding, jumping, hopping, and galloping in a game situation.
- to walk forward, walk backward, slide right, slide left, hop on right foot, hop on left foot, squat turns, tip toe turns and dismount jumps off a balance beam.
- to jump on, jump over, and straddle over a vaulting box.
- to perform forward and backward rolls, cartwheels log rolls and tripods on a tumbling mat.
- to improve arm and leg strength by moving on a scooter.
- the ability to hit a target while throwing a ball the ability to perform basic jump rope patterns.
- to perform simple balance skills.
- to improve strength and rhythm through parachute activities.
- to increase coordination through rhythmical lummi stick activities.
- to balance on right and left foot, on hands, and feet, knees and bottom.
- to improve arm and shoulder strength and rhythm through parachute activities
- to demonstrate fitness through simple forms of exercise such as: jumping jacks, mountain climbers, sit ups, push ups, running in place.