

Identifier	Poplar - Grade 1 - Physical Education	Introduced	Completed
1 PE 1	<b>LEARNING AND DEVELOPMENT OF MOTOR SKILLS</b>		
1 PE 1.01	Understand the vocabulary of simple movement patterns.		
1 PE 1.02	Identify the basic elements (i.e., opposition) of movement forms.		
1 PE 1.03	Identify and respond to cues that enhance skill performance (i.e., when catching, "look, reach and give").		
1 PE 1.04	Identify the physiological signs of moderate physical activity (i.e., fast heart rate and perspiring).		
1 PE 2	<b>MOVEMENT FORMS</b>		
1 PE 2.01	Demonstrate a mature form in skipping, hopping, galloping, and sliding in isolation and in combination.		
1 PE 2.02	Perform a variety of basic level manipulative skills in isolation (i.e., bouncing and catching).		
1 PE 2.03	Demonstrate a combination of 2 simple weight transfers and balance movements (i.e., one leg to another, feet to hands).		
1 PE 3	<b>MOVEMENT AS COMMUNICATION</b>		
1 PE 3.01	Create shapes at high, medium, and low levels in a movement sequence.		
1 PE 3.02	Demonstrate locomotor movements in varying directions (i.e., forward, backward, sideways) and pathways (i.e., straight, curved).		
1 PE 3.03	Demonstrate qualities of movement (i.e., heavy/light, strong/weak, tight/loose).		
1 PE 3.04	Create a movement sequence with a beginning, middle, and end with or without a prop (i.e., lummi sticks, streamers).		
1 PE 3.05	Demonstrate relationship qualities (i.e., near/far, over/under, next to).		
1 PE 3.06	Discuss and demonstrate how movement in dance is used to communicate.		
1 PE 3.07	Perform various locomotor and nonlocomotor movements to a steady beat with or without a prop (i.e., lummi sticks, jump ropes, and streamers).		
1 PE 4	<b>INDIVIDUAL FITNESS</b>		
1 PE 4.01	Identify health-related fitness components addressed in selected exercises.		
1 PE 4.02	Engage in daily moderate to vigorous structured physical activity.		
1 PE 4.03	Identify health-related fitness components (i.e., muscular strength, muscular endurance, flexibility, cardiorespiratory, and body composition).		
1 PE 4.04	Perform various structured exercises in a safe manner.		
1 PE 4.05	Perform simple folk and/or social (i.e., bunny hop, line dance, contemporary) dances.		
1 PE 5	<b>SOCIAL INTERACTION</b>		
1 PE 5.01	Apply class rules, procedures, and safe practices with teacher reinforcement.		
1 PE 5.02	Engage in physical activity involving cooperation and sharing to complete assigned task.		
1 PE 5.03	Demonstrate components of respect during activities regardless of personal differences (i.e., skill level, gender, race, and disability).		
1 PE 5.04	Participate in multicultural activities (dance, games, and activities).		