

1st Grade	Physical	Education	Curriculum					
Physical Education Grade	State (MDE) Standard	Strand	Skills	Objectives	Assessment	Materials/Resources		
1	1&2-Students use movement concepts and principles in the development of motor skills	Motor Skill	Gallop	Demonstrate the basic gallop	Observation and assessed on report card	Michigan Standards		
1	1&2- Students use movement concepts and principles in the development of motor skills	Motor Skill	Skip	Demonstrate the basic skip	Observation and assessed on report card	Michigan Standards		
1	1&2-Students use movement concepts and principles in the development of motor skills	Manipulative Skills	Throwing, catching, kicking, rolling, dribbling, and striking with and without implements.	Demonstrate basic manipulative skills and movement control	Observation and assessed on report card	Michigan Standards		
1	1&2- Students use movement concepts and principles in the development of motor skills	Cooperative Skills	Teamwork, cooperation, and communication	Demonstrate cooperative play and movement control	Observation and assessed on report card	Michigan Standards		
1	4- Achieves and maintains a health-enhancing level of physical fitness	Fitness Activities	Cardiovascular, flexibility and muscular exercises	Demonstrate basic fitness concepts and movement control	Observation and assessed on report card	Michigan Standards		
1	1&2- Students use movement concepts and principles in the development of motor skills	Motor Skill	All other locomotor skills	Demonstrate basic locomotor movements and patterns: jumping, hopping, etc	Observation and assessed on report card	Michigan Standards		
1	1&2- Students use movement concepts and principles in the development of motor skills	Rhythmic Activities	Dance, jump rope, and other activities to music	Demonstrate basic rhythmic activities, movement patterns and control	Observation and assessed on report card	Michigan Standards		
1	1&2- Students use movement concepts and principles in the development of motor skills	Team Games	Introduce throwing, catching, strategy, kicking, offensive and defensive strategies	Introduce basic team concepts	Observation	Michigan Standards		