

**Grade 1 – HEALTH AND PHYSICAL EDUCATION
Skills Based Report Card**

Health Skills and Expectations	Standards	Students will be able to....
Develops awareness of healthy habits and safe practice behaviors (hygiene, safety, body awareness)	2.1.A.2 Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle. - Health-enhancing behaviors contribute to wellness.	<ul style="list-style-type: none"> ● Hand wash, brush teeth and bath. ● Dress appropriately for the weather.
Develops awareness of healthy food choice by recognizing food groups, healthy/unhealthy foods	2.1.B.2 Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle. - Choosing a balanced variety of nutritious foods contributes to wellness.	<ul style="list-style-type: none"> ● Understand the 5 food colors. ● Recognize color, texture, smell and shape of food. ● Recognize healthy snack options.
Physical Education Skills and Expectations		
Develops and demonstrates appropriate fine and gross motor skills (running, skipping, throwing)	2.5.A.2 Motor Skill Development: All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle - Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance, and recreational activities.	<ul style="list-style-type: none"> ● Skip, gallop, run, hop and jump. ● Execute basic throwing and catching skills.
Demonstrates an understanding of space, boundaries and direction during activities	2.5.A.2 Motor Skill Development: All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle - Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance, and recreational activities.	<ul style="list-style-type: none"> ● Change force and flow while moving. ● Respond to tempo, beat, rhythm or music.
Demonstrates an understanding of how to perform proper technique during cardiovascular, strength, and flexibility exercises	2.6.A.2 Fitness: All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle. - Appropriate types and amounts of physical activity enhance personal health.	<ul style="list-style-type: none"> ● Set goals on how to improve fitness. ● Understand strength and endurance. ● Understand the importance of stretching and flexibility