

HEALTHFUL LIVING – Grade 1

COMPETENCY GOAL 6: The learner will demonstrate competency in a variety of movement forms and proficiency in a few to gain competence towards lifetime physical activities (NASPE Standard 1).

Objectives

6.01 Utilize non-locomotor, locomotor, and combination skills to demonstrate pathways, levels, and force.

6.02 Demonstrate the emerging skills for throwing, catching, striking.

6.03 Demonstrate static and dynamic balances using different body parts.

6.04 Demonstrate a variety of movements and pathways.

COMPETENCY GOAL 7: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities (NASPE Standard 2).

Objectives

7.01 Identify personal effort made that vary the quality of movement (speed up, slow down, pacing).

7.02 Explain the importance of warm-up and cool down.

COMPETENCY GOAL 8: The learner will exhibit a physically active lifestyle (NASPE Standard 3).

Objectives

8.01 Investigate likes and dislikes connected with participation in physical activity.

8.02 Explore activities you like which require physical activity during non-school hours.

COMPETENCY GOAL 9: The learner will show evidence of an acceptable level of health related fitness and be familiar with factors that benefit performance (NASPE Standard 4).

Objectives

9.01 Examine one or two components of a health-related fitness assessment.

9.02 Demonstrate the ability to understand the concept of pacing during cardiovascular endurance activities.

9.03 Demonstrate knowledge of flexibility through stretching exercises and perform exercises, which enhance flexibility in a variety of muscle groups.

9.04 Demonstrate knowledge of muscular strength and endurance through strengthening exercises and perform exercises, which enhance muscular strength and endurance in a variety of muscle groups.

COMPETENCY GOAL 10: Exhibits responsible personal and social behavior that respects self and others at the same time as values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction (NASPE Standard 5 & 6).

Objectives

10.01 Describe 2-3 reasons why participation in physical activity is important and enjoyable.

10.02 Describe 2-3 ways physical activity improves health.

10.03 Apply safe practices, rules and procedures.

10.04 Works cooperatively with others to complete task.