

**Content Area: Comprehensive Health and Physical Education**

**Standard: 1. Movement Competence and Understanding in Physical Education**

**Prepared Graduates:**

- Demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to learning and performing physical activities

**Grade Level Expectation: First Grade**

**Concepts and skills students master:**

- 3. Establish a beginning movement vocabulary

<b>Evidence Outcomes</b>	<b>21<sup>st</sup> Century Skills and Readiness Competencies</b>
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**Students can:**

- a. Distinguish between a jog and a run, a hop and a jump, and a gallop and a slide
- b. Respond appropriately to a variety of cues
- c. Recognize personal space, high and low levels, fast and slow speeds, light and heavy weights, balance, and twist
- d. Discuss personal space, general space, and boundaries

**Inquiry Questions:**

- 1. How can there be a game with no boundaries?
- 2. What are some similarities in different types of locomotor movements?
- 3. What makes a jog different from a run?
- 4. Why is it important to have personal space?

**Relevance and Application:**

- 1. Individuals perform movements safely on command.
- 2. Individuals recognize when to jog, run, hop, jump, gallop, or slide in an activity performed at home.
- 3. Individuals recognize when boundaries and personal space are needed in physical activities.

**Nature of Physical Education:**

- 1. The knowledge and understanding of concepts of movement and skill mechanics improve performance in a specific skill, and provide the foundation for transfer of skills in a variety of sports and activities.
- 2. Individuals who learn the benefits of motor skills are more likely to participate in health-enhancing forms of physical activity throughout life.