

National Standards Based Report Card - 1st Grade

		Quarter			
Performance Indicators		1	2	3	4
Standard 1: Demonstrate competence in a variety of motor skills and movement patterns.					
S1.E1 Hopping, galloping, running, sliding, skipping, leaping	Hops, gallops, jogs, and slides using a mature pattern. (S1.E1.1)				
S1.E2 Jogging, running					
S1.E3 Jumping and Landing, horizontal	Demonstrates 2 of the 5 critical elements for jumping and landing in a horizontal plane using 2-foot take-offs and landings. (S1.E3.1)				
S1.E4 Jumping and Landing, vertical	Demonstrates 2 of the 5 critical elements for jumping and landing in a vertical plane. (S1.E4.1)				
S1.E5 Dance	Combines locomotor and non-locomotor skills in a teacher-designed dance. (S1.E5.1)				
S1.E6 Combinations					
S1.E7 Balance	Maintains stillness on different bases of support with different body shapes. (S1.E7.1)				
S1.E8 Weight Transfer	Transfers weight from one body part to another in self-space in dance and gymnastic environments. (S1.E8.1)				
S1.E9 Weight Transfer, rolling	Rolls with either a narrow or curled body shape. (S1.E9.1)				
S1.E10 Curling/stretching; twisting/bending	Demonstrates twisting, curling, bending, and stretching actions. (S1.E10.1)				
S1.E11 Combinations					
S1.E12 Balance and Weight transfers					
S1.E13 Throwing underhand	Throws underhand, demonstrating 2 of the 5 critical elements of a mature pattern. (S1.E13.1)				
S1.E14 Throwing overhand					
S1.E15 Passing with hands					
S1.E16 Catching	Catches a soft object from a self-toss before it bounces. (S1.E16.1a) Catches various sizes of balls self-tossed or tossed by a skilled thrower. (S1.E16.1b)				
S1.E17 Dribbling/ball control with hands	Dribbles continuously in self-space using a preferred hand. (S1.E17.1)				
S1.E18 Dribbling/ball control with feet	Taps or dribbles a ball using the inside of the foot while walking in general space. (S1.E18.1)				
S1.E19 Passing and receiving with feet					
S1.E20 Dribbling in combination					
S1.E21 Kicking	Approaches a stationary ball and kicks it forward, demonstrating 2 of the 5 critical elements of a mature pattern. (S1.E21.1)				
S1.E22 Volleying underhand	Volleys an object with an open palm, sending it upward. (S1.E22.1)				
S1.E23 Volleying overhead					
S1.E24 Striking, short implement	Strikes a ball with a short-handled implement, sending it upward. (S1.E24.1)				
S1.E25 Striking, long implement					
S1.E26 In combination with locomotor					
S1.E27 Jumping rope	Jumps forward or backward consecutively using a self-turned rope. (S1.E27.1a) Jumps a long rope up to 5 times consecutively with teacher-assisted turning. (S1.E27.1b)				
Standard 2 - Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.					
S2.E1 Space	Moves in self-space and general space in response to designated beats/rhythms. (S2.E1.1)				
S2.E2 Pathways, shapes, levels	Travels demonstrating low, middle and high levels. (S2.E2.1a) Travels demonstrating a variety of relationships with objects (e.g., over, under around, through). (S2.E2.1b)				
S2.E3 Speed, direction, force	Differentiates between fast and slow speeds. (S2.E3.1a) Differentiates between strong and light force. (S2.E3.1b)				
S2.E4 Alignment and muscular tention					
S2.E5 Strategies and tactics					
Standard 3 - Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.					
S3.E1 Physical Activity Knowledge	Discusses the benefits of being active and exercising and/or playing. (S3.E1.1)				
S3.E2 Engages in Physical Activity	Actively engages in physical education class. (S3.E2.1)				
S3.E3 Fitness Knowledge	Identifies the heart as a muscle that grows stronger with exercise, play, and physical activity. (S3.E4.1)				
S3.E4					
S3.E5 Assessment and Program Planning					
S3.E6 Nutrition	Differentiates between health and unhealthy foods. (S3.E6.1)				

Standard 4 - Exhibits responsible personal and social behavior that respects self and others.					
S4.E1 Personal Responsibility	Accepts personal responsibility by using equipment and space appropriately. (S4.E1.1)				
S4.E2 Personal Responsibility	Follows the rules and parameters of the learning environment. (S4.E2.1)				
S4.E3 Accepting Feedback	Responds appropriately to general feedback from the teacher. (S4.E3.1)				
S4.E4 Working with Others	Works independently with others in a variety of class environments (e.g., small and large groups). (S4.E4.1)				
S4.E5 Rules and Etiquette	Exhibits the established protocols for class activities. (S4.E5.1)				
S4.E6 Safety	Follows teacher directions for safe participation and proper use of equipment without teacher reminders. (S4.E6.1)				
Standard 5 - Recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.					
S5.E1 Health	Identifies physical activity as a component of good health. (S5.E1.1)				
S5.E2 Challenge	Recognizes that challenge in physical activities can lead to success. (S5.E2.1)				
S5.E3 Self-expression and Enjoyment	Describes positive feelings that result from participating in physical activities. (S5.E3.1a) Discusses personal reasons (i.e., the "why") for enjoying physical activities. (S5.E3.1b)				
S5.E4 Social interaction					
Rating Scale for Achievement Standards					
4 EXCEEDS expectation of grade-level indicator					
3 MEETS expectation of grade-level indicator					
2 PROGRESSING toward expectation of grade-level indicator					
1 LIMITED PROGRESS toward expectation of grade-level indicator					
– Not assessed as this time					