

1st Grade Physical Education Targets

Motor Skills	Movement Knowledge	Self Control	Lifetime Behaviors
___ I can demonstrate run at a mature grade level form.	___ I can name and locate various bones.	___ I can follow rules and procedures.	___ I can stay in my own personal space.
___ I can demonstrate basic loco-motor skills at a mature level (hop, skip, jump, cath, throw, etc.)	___ I can name and locate various muscles.	___ I can stay on task.	___ I can play in game situations fairly without cheating.
___ I can dribble a ball in mature grade level form.	___ I can count the loud part of my heart beat.	___ I can play with a group of classmates (relay races)	___ I can work cooperatively with other classmates.
___ I can demonstrate a hold on a racquet to hit an object.	___ I can explain what happens inside my body when I make my heart beat.	___ I can play independently and stay on task.	