

WV CSO Curriculum Planning Tool

First Grade Physical Education

Standard	Obj.#	Objective	Projected Date	Date Taught	Date Assessed	Date Re-Taught	Date Re-Assessed
Standard 1: Movement Forms	PE.1.1.1	perform locomotor movements of skip and leap.					
	PE.1.1.2	demonstrate directional movements of forward, backward, sideways, up, down, left, and right.					
	PE.1.1.3	balance an object (e.g., ball on hand, book on head).					
	PE.1.1.4	bounce and catch a ball.					
	PE.1.1.5	combine locomotor skills with pathways (e.g., straight, zigzag, and curved) and levels (e.g., high, medium, and low).					
	PE.1.1.6	establish a beginning movement vocabulary for body and spatial awareness (e.g., body parts, genera/self-space, directionality, and levels).					
	PE.1.1.7	create expressive movement sequences.					
Standard 2: Development of Motor Skill	PE.1.2.1	identify a skip and a leap.					
	PE.1.2.2	identify directional movements of forward, backward, sideways, up and down.					
Standard 3: Physical Activity	PE.1.3.1	participate in physical activity in addition to physical education class.					
	PE.1.3.2	identify appropriate physical activities for recess and outside of school.					
	PE.1.3.3	attempt to perform new movement skills and activities.					
Standard 4: Physical Fitness	PE.1.4.1	distinguish between the physiological signs of physical activity and inactivity.					
	PE.1.4.2	participate in activities that measure and improve fitness (sit and reach, shuttle run, modified push-ups).					
Standard 5: Responsible Personal and Social Behavior	PE.1.5.1	apply established class rules, procedures, and safe practices with minimal teacher reinforcement.					
	PE.1.5.2	demonstrate respect for the rights of others in physical activity settings.					

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