

<b><u>Physical Education</u></b>	
<b>Knowledge of principals and practices of physical and mental health (such as personal health habits, nutrition, stress management)</b>	
	<ul style="list-style-type: none"> <li>• Demonstrate knowledge of basic physiological principles related to physical fitness and application of these principles to their lifestyles. LO 3, 6, 7, 8, 9</li> </ul>
	<ul style="list-style-type: none"> <li>• Display good Christian sportsmanship and a positive attitude toward participation in physical education. LO 2, 3</li> </ul>
<b>Knowledge of principles of movement and physical fitness</b>	
	<ul style="list-style-type: none"> <li>• Demonstrate an understanding of levels, direction, speed, and pathways in activities. LO 1, 2</li> <li>• Demonstrate proficiency in movement, knowledge, and social skills in low-organized and lead-up activities. LO 1, 2, 4</li> <li>• Demonstrate knowledge and skills in locomotor, nonlocomotor, and manipulative activities. LO 1, 2, 6.</li> <li>• Learn basic jump roping skills. LO 4, 5</li> </ul>
	<ul style="list-style-type: none"> <li>• Demonstrate knowledge, safety, and fundamental performance skills required in the movements associated with gymnastic balance and tumbling activities. LO 1, 2, 3</li> </ul>
	<ul style="list-style-type: none"> <li>• Demonstrate knowledge, understanding, and performance skills required for basic rhythm and dance used in cooperation with others. LO 1, 2, 5, 10</li> <li>• Participate in group games. LO 4, 7</li> </ul>
<b>Knowledge of consumer health issues (such as the effects of mass media and technologies on safety and health)</b>	
	<ul style="list-style-type: none"> <li>• Participate responsibly in the care and use of physical education equipment. LO 10</li> </ul>

First Grade