

**Scope**  
**Physical Education**  
**First Grade**

- I. Orientation and class management
  - A. Safe practices
  - B. Space awareness
  - C. Social skills (conflict resolution, cooperative skills—respect, honesty, trust, concern, patience, compromise, communication, encouragement, and teamwork/sportsmanship)
  
- II. Movement concepts
  - A. Locomotor skills (walk, skip, hop, slide, chasing, fleeing, dodging, jumping and landing, short rope jumping)
  - B. Non-locomotor/non-manipulative skills
    - 1. Basic (rolling/rocking sideways, forward, backward)
    - 2. Balance (basic support, static dynamic)
    - 3. Weight transfer (rocking, rolling, feet only, spring take-off)
    - 4. Space awareness (self or personal space, general space, directions, levels, pathways, extensions)
    - 5. Body awareness (body parts, body shapes, body movements)
  - C. Effort (speed, force, flow)
  - D. Relationships to objects, others, or partners
  - E. Rhythms
  - F. Manipulative skills (hand dribble, foot dribble, kick and strike)
  
- III. Physical activity and health
  - A. Basic healthy habits
  - B. Basic anatomy and kinesiology