

**Assurances**  
**Physical Education**  
**First Grade**

1. The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms.
2. The student applies movement concepts and principles to the learning and development of motor skills.
3. The student exhibits a health-enhancing, physically active lifestyle that improves health and provides opportunities for enjoyment and challenge.
4. The student knows the benefits from being involved in daily physical activity and factors that affect physical performance.
5. The student knows and applies safety practices associated with physical activities.
6. The student understands basic components such as strategies and rules of structured physical activities including but not limited to, games, sports, dance, and gymnastics.
7. The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.