

2002-2003 Health/Physical Education Standards

Grade 1 and 2:

1. SOCIAL / PERSONAL DEVELOPMENT

The students will be able to:

- Work individually and cooperatively in all activities
- Exhibit respect for all classmates during listening and active class time
- Use verbal feedback to improve performance
- Apply acceptable sportsmanship skills
- Understand and accept individual differences
- Demonstrate increased self-confidence by trying new activities

2. PHYSICAL FITNESS

The students will be able to:

- Identify the health-related benefits of performing physical activities
- Perform aerobic activities for a longer duration of time
- Identify specific exercises to benefit various fitness components :
(strength, flexibility, muscular and cardio-respiratory endurance)
- Demonstrate ability to perform introductory fitness component activities :
(crunch, running, push-ups, stretching, etc.)
- Utilize self-assessment techniques as a form of self-motivation

3. SKILL DEVELOPMENT

The students will be able to:

- Demonstrate competency in movement – gross motor skills
- Demonstrate competency in ball skills – catching, dribbling, throwing, striking
- Begin to use rhythmic patterns with movement
- Combine skills in lead-up game activities
- Begin cooperative activities and group problem-solving skills
- Demonstrate competency in low organizational activity skills

4. HEALTH COGNITION