

## First Grade Report Card – Parent Support Health and Physical Education

Indicators	Standard(s)	T1	T2	T3
Develops and demonstrates appropriate fine and gross motor skills (running, skipping, throwing)	<b>2.5.A.2 Motor Skill Development:</b> All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle - Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance, and recreational activities.	<ul style="list-style-type: none"> <li>• Demonstrate proper stretching and exercise forms</li> </ul>	<ul style="list-style-type: none"> <li>• Skipping, galloping, running, hopping and jumping</li> </ul>	<ul style="list-style-type: none"> <li>• Basic throwing and catching skills</li> </ul>
Demonstrates an understanding of space, boundaries and direction during activities.	<b>2.5.A.2 Motor Skill Development:</b> All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle - Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance, and recreational activities.	<ul style="list-style-type: none"> <li>• Understand safe ways to move in space</li> </ul>	<ul style="list-style-type: none"> <li>• Ability to change in time, force and flow while moving</li> </ul>	<ul style="list-style-type: none"> <li>• Respond to tempo, beat, rhythm or music</li> </ul>

<p>Demonstrates an understanding of how to perform proper technique during cardiovascular, strength, and flexibility exercises.</p>	<p><b>2.6.A.2 Fitness:</b> All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle. - Appropriate types and amounts of physical activity enhance personal health.</p>	<ul style="list-style-type: none"> <li>• Set goals on how to improve fitness</li> </ul>	<ul style="list-style-type: none"> <li>• Understand strength, endurance</li> </ul>	<ul style="list-style-type: none"> <li>• Importance of stretching and flexibility</li> </ul>
<p>Develops awareness of healthy habits and safe practice behaviors (hygiene, safety, body awareness)</p>	<p><b>2.1.A.2 Wellness:</b> All students will acquire health promotion concepts and skills to support a healthy, active lifestyle. - Health-enhancing behaviors contribute to wellness.</p>	<p>n/a</p>	<ul style="list-style-type: none"> <li>• Handwashing, toothbrushing, bathing</li> <li>• Appropriate dress for the weather</li> </ul>	<p>n/a</p>
<p>Develops awareness of health food choice by recognizing food groups, healthy/unhealthy foods</p>	<p><b>2.1.B.2 Wellness:</b> All students will acquire health promotion concepts and skills to support a healthy, active lifestyle. - Choosing a balanced variety of nutritious foods contributes to wellness.</p>	<p>/a</p>	<ul style="list-style-type: none"> <li>• Understanding of the 5 food colors</li> <li>• Recognize color, texture, smell and shape of food</li> <li>• Healthy snack options)</li> </ul>	<p>n/a</p>