

Grade: 1st
Subject area: Physical Education

Insert Category here	Q1	Q2	Q3	Q4
Movement Education				
Skip	D			
Gallop	D			
Run	D			
Hop	D			
Jump	D			
Slide	D			
Leap	D			
Pathways	D			
Levels	D			
Speeds	D			
Directions	D			
Force	D			
Flow	D			
Bend	D			
Twist	D			
Identify body parts	D			
Personal space	D			
General space	D			
Body awareness	D			
Spatial awareness	D			
laterality	D			
Right and left handedness	D			
Scoops				
Catching	D	D		
Overhand throwing	D	D		
Underhand throwing	D	D		
Parachute				
Merry-go-round			D	
Toe touches			D	
Dome activities			D	
Popcorn			D	
Under the chute			D	
Mushroom activities			D	
Ball Skills				
Rolling the ball			D	
Bouncing and catching			D	
Toss and catch			D	
Kicking a ball			D	
Dribbling a ball with hands			D	
Overhand throwing			D	
Underhand throwing			D	
Striking ball with paddle			D	
Hoops	D	D	D	D
Beanbag activities	D	D		
scooters	D	D		
Cooperative games				
Popcorn	D	D	D	D
Tag games	D	D	D	D
Clean up backyard	D	D	D	D
Station game	D	D	D	D

I: Introduced D: Developing P: Proficient

Insert Category here	Q1	Q2	Q3	Q4
Turtle tag	D	D	D	D
Fish Gobbler	D	D	D	D
Musical hoops	D	D	D	D
Shoot the hoop	D	D	D	D
Frozen tag	D	D	D	D
Scooter races	D	D	D	D
Relays	D	D	D	D
Tail Tag	D	D	D	D
Stuck in the mud	D	D	D	D
Tumbling stunts				
Log rolling				D
Line walking				D
Side roll				D
Leapfrog				D
Bear walk				D
Jump rope				
Line jumping			D	
Rocking			D	
Long Ropes			D	
Forward Jumping			D	
Backward			I	
Jog			I	
Straddle			I	
Hop			I	
Turn			I	
Ski \ slide - side			I	
Fitness				
Jumping jacks	D	D	D	D
Wind Mills	D	D	D	D
Leg lifts	D	D	D	D
Shuttle Run	D	D	D	D
Endurance Run	D	D	D	D
Right angle push ups	D	D	D	D
Curl-ups	D	D	D	D

I: Introduced D: Developing P: Proficient