



**Community Consolidated  
School District 46**

565 Frederick Road, Grayslake, IL 60030

## 23-24 First Grade Physical Education/Health Priority Standards

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Trimester 1	Trimester 2	Trimester 3
Physical Education	Physical Education	Physical Education
Respond to cues that enhance the development of locomotor skills.	Respond to cues that enhance the development of locomotor skills.	Respond to cues that enhance the development of locomotor skills.
Respond to cues that enhance the development of non-locomotor skills.	Respond to cues that enhance the development of non-locomotor skills.	Respond to cues that enhance the development of non-locomotor skills.
Participate in activities/games that make the heart beat faster and increases the rate of breathing.	Participate in activities/games that make the heart beat faster and increases the rate of breathing.	Participate in activities/games that make the heart beat faster and increases the rate of breathing.
Move safely in general and/or personal space.	Move safely in general and/or personal space.	Move safely in general and/or personal space.
Work cooperatively with others.	Work cooperatively with others.	Work cooperatively with others.
	Health Education	Health Education
	Identify choices that have a positive and negative effect on health.	Identify choices that have a positive and negative effect on health.
	Know what to do if abusive behavior is suspected or discovered.	

CCSD 46 K-4 Physical Education Selected Locomotor & Non-Locomotor Skills		
	Locomotor Skills (by the end of the school year)	Non-Locomotor Skills (by the end of the school year)
K	<i>Expose &amp; practice only</i> -- walk, run, skip, jump, leap, hop, gallop, shuffle	<i>Expose &amp; practice only</i> -- balance, bending, dodging, twisting, pushing, pulling
1	<i>Expose &amp; practice only</i> -- walk, run, skip, jump, leap, hop, gallop, shuffle, walking backwards	<i>Expose &amp; practice only</i> -- balance, bending, dodging, twisting, pushing, pulling
2	<i>Assess</i> -- run, hop, gallop, shuffle <i>Continue to develop</i> -- jump, leap, skip, walking backwards	<i>Assess</i> -- balance, twisting, dodging <i>Continue to develop</i> -- bending, pushing, pulling
3	<i>Assess</i> -- skip, jump, leap <i>Continue to refine</i> -- run, hop, gallop, shuffle	<i>Assess</i> -- balance, twisting, dodging <i>Continue to develop</i> -- bending, pushing, pulling
4	<i>Assess</i> -- run, hop, gallop, shuffle, jump, leap, skip	<i>Assess</i> -- balance, twisting, dodging <i>Continue to develop</i> -- bending, pushing, pulling