



**Community Consolidated
School District 46**

565 Frederick Road, Grayslake, IL 60030

24-25 First Grade Physical Education/Health Priority Standards

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Trimester 1	Trimester 2	Trimester 3
Physical Education	Physical Education	Physical Education
Student can demonstrate control when performing fundamental locomotor skills (walk, run, skip, jump, leap, hop, gallop, shuffle, walk backwards).	Student can demonstrate control when performing fundamental locomotor skills (walk, run, skip, jump, leap, hop, gallop, shuffle, walk backwards).	Student can demonstrate control when performing fundamental locomotor skills (walk, run, skip, jump, leap, hop, gallop, shuffle, walk backwards).
Student can demonstrate control when performing fundamental non-locomotor skills (balance, bend, dodge, twist, push, pull)	Student can demonstrate control when performing fundamental non-locomotor skills (balance, bend, dodge, twist, push, pull)	Student can demonstrate control when performing fundamental non-locomotor skills (balance, bend, dodge, twist, push, pull)
Student can engage in sustained physical activity that causes increased heart rate, muscle strength and range of movement.	Student can engage in sustained physical activity that causes increased heart rate, muscle strength and range of movement.	Student can engage in sustained physical activity that causes increased heart rate, muscle strength and range of movement.
Student can demonstrate safe movement in physical activities.	Student can demonstrate safe movement in physical activities.	Student can demonstrate safe movement in physical activities.
Student can work cooperatively with others.	Student can work cooperatively with others.	Student can work cooperatively with others.
	Health Education	Health Education
	Student can recognize how choices can affect health.	Student can recognize how choices can affect health.
	Student knows what to do if abusive behavior is suspected or discovered.	