



**Community Consolidated  
School District 46**

565 Frederick Road, Grayslake, IL 60030

## 25-26 First Grade Physical Education/Health Priority Standards

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Trimester 1	Trimester 2	Trimester 3
19.C.1a Demonstrate safe movement in physical activities.	20.A.1b Engage in sustained physical activity that causes increased heart rate, muscle strength and range of movement.	19.B.1b Understand how to execute basic movement patterns.
20.A.1b Engage in sustained physical activity that causes increased heart rate, muscle strength and range of movement.	23.B.1a Identify healthy actions that influence the functions of the body (e.g., cleanliness, proper diet, exercise)	20.A.1b Engage in sustained physical activity that causes increased heart rate, muscle strength and range of movement.
	24.A.1a Differentiate between positive and negative behaviors (e.g., waiting your turn vs. pushing in line, honesty vs. lying).	21.A.1a Identify characteristics of health-related and skill-related fitness (e.g., flexibility, muscular strength, balance).
		21.B.1a Describe immediate effects of physical activity on the body (e.g., faster heartbeat, increased rate of breathing).