

# Power Standards and Benchmarks First and Second Grade

## Physical Education Standard:

### First and Second Grade

*Power Benchmark 1: Students will identify and model a health-enhancing level of physical fitness.*

Grade Level Benchmark	Vocabulary	Skills	Classroom Resources
<p>a. Participates regularly in vigorous physical activity</p> <p>b. Identifies feelings that result from participation in physical activities</p> <p>c. Is aware of his/her heart beating fast during physical activity.</p>	<p>Active Physical Activity Participates Inactive vigorous</p> <p>Happy Energetic Sad Tired</p> <p>Pulse Heart Blood Muscle</p>	<p>Aerobic activities, Fitness Activities, Cooperative Games, Lead-up Games,</p> <p>Recognize feeling symbols</p> <p>Identify pulse points Recognize picture of heart Practice counting pulse</p>	<p>Manipulative</p> <p>Feeling charts</p> <p>Book, Model, Chart of Heart Media Specialist</p>

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*Power Benchmark 2: Students will demonstrate movement forms at appropriate developmental level.*

Grade Level Benchmark	Vocabulary	Skills	Classroom Resources
a. Uses a variety of locomotor skills.	locomotor skill	slide leap	music jump ropes
b. Identifies and manipulates a variety of objects.	pass receive	kick rolled ball overhand throw strike a moving object	balls scarves bats, bean bags
c. Maintains balance while bearing weight on a variety of body parts.	center of gravity	base of support static balance balance of different levels squat	mats balance beam tape, rope, poly spots hoops
d. Rolls sideways without hesitating and or stopping	roll tuck arch	variety of rolls bridging	mats wedge

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*Power Benchmark 3: Students will apply concepts and principles of movement to the learning and development of physical skills.*

Grade Level Benchmark	Vocabulary	Skills	Classroom Resources
a. Demonstrate the ability to change directions	agility	low level games	music lines on floor cones, rope
b. travels in various forward and sideways directions using a variety of locomotor skills	locomotor skills	walk, jog, run, skip, gallop, hop, jump, slide, leap	music jump ropes

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*Power Benchmark 4: Students will demonstrate cooperative skills in a physical setting.*

Grade Level Benchmark	Vocabulary	Skills	Classroom Resources
a. Knows and applies rules and procedures in the gymnasium, outside and physical education areas.  b. Interacts positively with students in class regardless of personal differences  c. Demonstrates cooperation with others in group tasks.	procedures  same different  cooperation sportsmanship	develop procedures life skills  identify life skills  strategies for choosing groups	life skill resources  staff in building  life skill resources