

HEALTHFUL LIVING – PHYSICAL EDUCATION

NORTH CAROLINA STANDARD COURSE OF STUDY

MOTOR SKILL DEVELOPMENT

1.MS.1 Apply competent motor skills and movement patterns needed to perform a variety of physical activities.

- PE.1.MS.1.1 Execute recognizable forms of all eight basic locomotor skills in different pathways, levels, or directions.
- PE.1.MS.1.2 Use recognizable forms of the five basic manipulative skills.
- PE.1.MS.1.3 Generate smooth transitions between sequential locomotor skills.
- PE.1.MS.1.4 Use non-locomotor and locomotor skills in a variety of pathways, in different directions, and at different levels in response to music.

MOVEMENT CONCEPTS

1.MC.2 Understand concepts, principles, strategies and tactics that apply to the learning and performance of movement.

- PE.1.MC.2.1 Use movement and manipulative skills involving equipment.
- PE.1.MC.2.2 Illustrate two or more of the essential elements of correct form for the five fundamental manipulative skills.
- PE.1.MC.2.3 Understand how to use teacher and peer feedback to improve basic motor performance.
- PE.1.MC.2.4 Illustrate activities that increase heart rate and make muscles strong.

HEALTH-RELATED FITNESS

1.HF.3 Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.

- PE.1.HF.3.1 Recognize two or more of the five health-related fitness assessments and the associated exercises.
- PE.1.HF.3.2 Select physical activities based on ones interests and physical development.
- PE.1.HF.3.3 Contrast moderate physical activity and vigorous physical activity.

PERSONAL/SOCIAL RESPONSIBILITY

1.PR.4 Use behavioral strategies that are responsible and enhance respect of self and others and value activity.

- PE.1.PR.4.1 Use basic strategies and concepts for working cooperatively in group settings.
- PE.1.PR.4.2 Understand how social interaction can make activities more enjoyable.
- PE.1.PR.4.3 Use safe practices when engaging in physical education activities.