

Year at a Glance

PE – 1st Grade

Course # 5015030

2023-2024 School Year



Qualifications

As well as any certification requirements listed on the course description, the following qualifications may also be acceptable for the course:

Any field when certification reflects a bachelor or higher degree.

General Information

Course Number: 5015030

Course Path:

Section: [Grades PreK to 12 Education Courses](#) > **Grade Group:** [Grades PreK to 5 Education Courses](#) > **Subject:** [Physical Education](#) > **SubSubject:** [General](#) >

Abbreviated Title: PHYSICAL EDUCATION K

Course Length: Year (Y)

Course Status: Course Approved

Grade Level(s): K

<https://www.cpalms.org/PreviewCourse/Preview/3996>

PE.1.C.2.1 Identify the critical elements of locomotor skills.

PE.1.C.2.2 Identify safety rules and procedures for teacher-selected physical activities.

PE.1.C.2.3 Identify technology that can be utilized to enhance physical activity.

PE.1.C.2.4 Identify the rules for safe water activities, and recognize the importance of having a lifeguard near water or...

PE.1.C.2.5 Recognize the importance of practicing to improve performance.

PE.1.C.2.6 Use skill cues to improve performance.

PE.1.C.2.7 Identify dominant hand/foot for use with throwing/dribbling/striking/kicking skills.

PE.1.C.2.8 Identify movement concepts.

PE.1.C.2.9 Name examples of warm-up and cool-down exercises.

PE.1.L.3.1 Identify a moderate physical activity.

PE.1.L.3.2 Identify a vigorous physical activity.

PE.1.L.3.3 Identify opportunities for involvement in physical activities during the school day.

PE.1.L.3.4 Identify opportunities for involvement in physical activities after the school day.

PE.1.L.3.5 Set physical-activity goals.

PE.1.L.3.6 Identify the health benefits of physical activity.

PE.1.L.3.7 Identify edges, pedestrians, vehicles and traffic.

PE.1.L.4.1 Identify a benefit of strengthening muscles.

PE.1.L.4.2 Identify the components of health-related physical fitness.

PE.1.L.4.3 Identify the changes in heart rate before, during and after physical activity.

PE.1.L.4.4 Identify the difference in the activity of the heart during rest and while physically active.

PE.1.L.4.5 Discuss the physiological signs of physical activity.

PE.1.L.4.6 Identify how to properly flex and extend body parts to promote flexibility.

PE.1.L.4.7 Identify the food groups.

PE.1.M.1.1 Travel using various locomotor skills while changing directions, pathways and speeds.

PE.1.M.1.2 Strike an object upward using body parts.

PE.1.M.1.3 Strike a lightweight object upward continuously using a paddle/racket.

PE.1.M.1.4 Strike a stationary object a short distance using a modified, long-handled implement so that the object travel...

PE.1.M.1.5 Dribble an object with hands or feet while demonstrating control in general space.

PE.1.M.1.6 Demonstrate a variety of basic water skills.

PE.1.M.1.7 Move in different directions to catch a variety of self-tossed objects.

PE.1.M.1.8 Demonstrate an underhand-throwing motion for accuracy using correct technique.

PE.1.M.1.9 Demonstrate an overhand-throwing motion for distance using correct technique.

PE.1.M.1.10 Perform a self-designed creative movement/dance sequence with a clear beginning balance, use of one movement a...

PE.1.M.1.11 Demonstrate a sequence of a balance, a roll and a different balance.

PE.1.M.1.12 Demonstrate the ability to take weight onto hands.

PE.1.M.1.13 Chase, flee and dodge to avoid or catch others.

PE.1.M.1.14 Use a variety of takeoff and landing patterns to jump, hop and leap safely in relation to various types of equ...

PE.1.R.5.1 List a benefit resulting from cooperation and sharing during physical activity.

PE.1.R.5.2 Use physical-activity space safely and properly.

PE.1.R.5.3 Demonstrate consideration of others while participating in physical activity.

PE.1.R.6.1 Identify physical-activity preferences.

PE.1.R.6.2 Identify feelings resulting from participation in physical activity.

PE.1.R.6.3 Identify the benefits of learning new movement skills.

HE.1.B.5.2 Identify healthy options to health-related issues or problems.

HE.1.C.1.3 Describe ways to prevent common communicable diseases.

HE.1.P.8.1 Encourage others to make positive health choices.

ELD.K12.ELL.SI.1 English language learners communicate for social and instructional purposes within the school setting.

LAFS.K12.L.3.4 Determine or clarify the meaning of unknown and multiple-meaning words and phrases by using context clues, ana...

MAFS.1.OA.3.5 Relate counting to addition and subtraction (e.g., by counting on 2 to add 2).