

## Report: MN Benchmarks

### Phyed

1st Grade - MN Physical Education (2010)

PE.1.0.1.1	1. Students will demonstrate functional form of locomotor and nonlocomotor skills.
PE.1.0.1.2	2. Students will travel and change directions quickly in response to a signal.
PE.1.0.1.3	3. Students will demonstrate functional form of manipulative skills.
PE.1.0.1.4	4. Students will travel in relationship to objects (e.g., over, under, behind, and through).
PE.1.0.1.5	5. Students will perform simple rhythmical patterns (e.g., scattered, circle, partner).
PE.1.0.2.1	1. Students will increase the movement vocabulary (e.g., pathwaysurved, zigzag; levels-high, medium, low).
PE.1.0.2.2	2. Students will identify the basic functions of bones and muscles.
PE.1.0.2.3	3. Students will apply appropriate movement concept to performance.
PE.1.0.3.1	1. Students will participate in regularly scheduled physical activities in a variety of settings.
PE.1.0.3.2	2. Students will practice the components of health-related fitness.
PE.1.0.3.3	3. Students will engage in moderate to vigorous physical activity.
PE.1.0.4.1	1. Students will identify how the body feels during different kinds of physical activity.
PE.1.0.4.2	2. Students will sustain moderate to vigorous physical activity for short periods of time.
PE.1.0.4.3	3. Students will recognize the components of health-related fitness.
PE.1.0.5.1	1. Students will apply with teacher reinforcement, classroom rules, procedures, and safe practices.
PE.1.0.5.2	2. Students will share space and equipment with others.
PE.1.0.5.3	3. Students will use equipment safely and responsibly.
PE.1.0.5.4	4. Students will stop activity immediately at the signal to do so.
PE.1.0.6.1	1. Students will interact positively with others regardless of personal differences.
PE.1.0.6.2	2. Students will recognize opportunities to be physically active at school, home, or in the community.

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PE.1.0.6.3	3. Students will associate positive feelings with participation in physical activity.
PE.1.0.6.4	4. Students will demonstrate the ability to play with others regardless of differences (e.g., gender, ethnicity, disability).

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