

**1<sup>ST</sup> GRADE PHYSICAL DEVELOPMENT CHECKLIST**  
**Goals 19 - 24**  
**Illinois Learning Standards A-C**  
**Performance Descriptors**

**MOVEMENT AND SAFETY**

- \_\_\_\_\_ Develop responsibility for safe movement practices.
- \_\_\_\_\_ Respond to cues that enhance the development of basic locomotor, non-locomotor, and manipulative skills.
- \_\_\_\_\_ Demonstrate locomotor, non-locomotor, and manipulative skills.
- \_\_\_\_\_ Understand the differences between personal space and general space.
- \_\_\_\_\_ Move in different ways, alone or within a group, understanding with whom or with what the mover is relating.
- \_\_\_\_\_ Respond to teacher prompts that enhance the development of weight bearing and balance activities on a variety of body parts.
- \_\_\_\_\_ Demonstrate spatial awareness (behind, ahead of, next to, near to, over, under, on, through, beside).
- \_\_\_\_\_ Recite the safety rules for daily activities.
- \_\_\_\_\_ Participate safely in the day's physical activity.
- \_\_\_\_\_ Repeat safe practices and/or behaviors for the day's physical activity.
- \_\_\_\_\_ Demonstrate safe movement in general and personal space.
- \_\_\_\_\_ List possible injuries that can occur when not following safety rules.

**FITNESS**

- \_\_\_\_\_ Participate in health-related fitness activities.
- \_\_\_\_\_ Identify activities that will change your heart rate.
- \_\_\_\_\_ Find a heart rate.
- \_\_\_\_\_ Describe what happens to the body when one exercises.
- \_\_\_\_\_ Recognize changes that take place in the body during physical activity.

This checklist is a suggested guideline.

- \_\_\_\_\_ Recognize that physical activity will increase the heart rate.
- \_\_\_\_\_ Engage in physical activities that will cause increased heart rate.
- \_\_\_\_\_ Introduce fitness training.
- \_\_\_\_\_ Discuss realistic health-related fitness goals.
- \_\_\_\_\_ Set goals based on fitness gram data with teacher guidance.
- \_\_\_\_\_ Discuss behavioral choices that impact wellness levels.

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### **RESPONSIBLE PLAY**

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- \_\_\_\_\_ Listen to class procedures for the day's physical activity.
- \_\_\_\_\_ Remember the safety procedures that should be followed for the day's physical activity.
- \_\_\_\_\_ Participate safely in the day's physical activity.
- \_\_\_\_\_ Repeat safe practices and/or behaviors for the day's physical activity.
- \_\_\_\_\_ Demonstrate the ability to work independently during the day's physical activity.
- \_\_\_\_\_ Complete part(s) of a task when participating in the day's physical activity.

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### **GROUP PHYSICAL ACTIVITY**

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- \_\_\_\_\_ Listen to safe practices and/or behaviors for the day's structured physical activity.
- \_\_\_\_\_ Demonstrate the ability to work cooperatively with a partner for a structured physical activity.
- \_\_\_\_\_ Complete part(s) of a task when working with a partner or group.