

# PE Learning Targets: I can...

## First

PE 1.1 Demonstrates competency in motor skills and movement patterns needed to perform a variety of activities.

I Can Statements	Teach This to Others	Do This by Myself	Do This With Help	Cannot Do This
I can maintain balance by moving forward and backwards with cues from teacher				
I can use mature levels of hopping, jumping and leaping during rhythmic activities				
I can travel between stations by using various locomotor skills				
I can kick a stationary ball				
I can strike a balloon using various body parts				

PE1.2: Demonstrates understanding of movement concepts, principals, strategies, and tactics as they apply to the learning and performance of physical activities.

I Can Statements	Teach This to Others	Do This by Myself	Do This With Help	Cannot Do This
I can demonstrate and change locomotor skills on various commands.				
I can twirl twist and bend when prompted.				

I can demonstrate a combination of non locomotor skills				
I can kick a ball with a partner				

PE1.3: Participates regularly in physical activity.

<b>I Can Statements</b>	<b>Teach This to Others</b>	<b>Do This by Myself</b>	<b>Do This With Help</b>	<b>Cannot Do This</b>
I can toss and catch with a partner				
I can participate in school clubs or programs featuring physical activities				
I can play tagging games				
I can play jump rope games				

PE1.4: Achieves and maintains a health enhancing level of physical fitness.

<b>I Can Statements</b>	<b>Teach This to Others</b>	<b>Do This by Myself</b>	<b>Do This With Help</b>	<b>Cannot Do This</b>
I can participate in moderate to vigorous activity continuously for at least 5 minutes.				
I can recognize my heart rate increases after doing physical activities				
I can identify that my heart beats faster after dancing or moving vigorously				

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PE1.5:Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

<b>I Can Statements</b>	<b>Teach This to Others</b>	<b>Do This by Myself</b>	<b>Do This With Help</b>	<b>Cannot Do This</b>
I can demonstrate self control and follow rules and procedures by keeping my hands and body under control and lining up at the end of class in appropriate spot.				
I can use body, space and equipment safely by moving safely in a large group while changing directions and pathways.				
I can cooperate with others by using kind words and encouraging others.				
I can use appropriate means to resolve simple conflicts on my own				

PE1.6: Values physical activity for health, enjoyment, challenge, self- expression, and/or social interaction.

<b>I Can Statements</b>	<b>Teach This to Others</b>	<b>Do This by Myself</b>	<b>Do This With Help</b>	<b>Cannot Do This</b>
I can participate in and describe enjoyment of various physical activities.				
I can willingly participate in new and challenging activities by learning new games and improving skills in various games and activities.				
