



Physical Education Grade 1

Active Living

OUTCOMES	1 – Little Evidence With help, I understand parts of the simpler ideas and do a few of the simpler skills.	2 – Partial Evidence I understand the simpler ideas and can do the simpler skills. I am working on the more complex ideas and skills.	3 – Sufficient Evidence I understand the more complex ideas and can master the complex skills that are taught in class. I achieve the outcome.	4- Extensive Evidence I have a deep understanding of the complex ideas, and I can use the skills I have learned in situations that were not taught in class.
1.1 Health-Related Fitness Build a repertoire of strategies, with guidance, for developing components of health-related fitness, including cardiovascular endurance, flexibility, muscular endurance, and muscular strength.	<ul style="list-style-type: none"> I require extensive guidance to engage in activities that include cardiovascular endurance, muscular endurance and flexibility exercises. 	<ul style="list-style-type: none"> With guidance, I can engage in activities that include cardiovascular endurance, muscular endurance and flexibility exercises. 	<ul style="list-style-type: none"> I fully engage in a range of activities that include cardiovascular endurance, muscular endurance and flexibility exercises. 	<ul style="list-style-type: none"> I can consistently and independently fully engage in a variety of activities that include cardiovascular endurance, muscular endurance and flexibility exercises.
	<ul style="list-style-type: none"> I can sustain moderate to vigorous movement activities that increase heart-rate and respiration for a few minutes on a consistent basis. 	<ul style="list-style-type: none"> I can sustain moderate to vigorous movement activities that increase heart-rate and respiration for several minutes on a consistent basis. 	<ul style="list-style-type: none"> I can sustain moderate to vigorous movement activities that increase heart-rate and respiration for five minutes on a consistent basis. 	<ul style="list-style-type: none"> I can sustain moderate to vigorous movement activities that increase heart-rate and respiration for more than five minutes on a consistent basis.
	<ul style="list-style-type: none"> With extensive guidance, I can use movements OR words to show that I understand what it means to warm-up and stretch. 	<ul style="list-style-type: none"> With guidance, I can use movements OR words to show that I understand what it means to warm-up and stretch. 	<ul style="list-style-type: none"> With minimal guidance, I can use movements AND words to show that I understand what it means to warm-up and stretch. 	<ul style="list-style-type: none"> Consistently and independently, I can use movements AND words to show that I understand what it means to warm-up and stretch.
	<ul style="list-style-type: none"> With extensive guidance, I can identify movements that require and challenge muscular strength and endurance 	<ul style="list-style-type: none"> With guidance, I can identify movements that require and challenge muscular strength and endurance of lower 	<ul style="list-style-type: none"> With minimal guidance, I can identify movements that require and challenge muscular strength and endurance 	<ul style="list-style-type: none"> Consistently and independently, I can identify movements that require and challenge muscular strength and



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	of lower body, upper body, OR core.	body, upper body, OR core.	of lower body, upper body, AND core.	endurance of lower body, upper body, AND core.
Comments				
1.2 Active Living Examine and express what it means to live actively each day and the personal benefits of being active.	• With extensive guidance , I can identify some benefits of participating in movement activities.	• With guidance , I can identify some benefits of participating in movement activities.	• I can explain many benefits of participating in movement activities.	• I can explain many benefits of participating in movement activities, with details and examples.
	• I need to be encouraged to show interest and enjoyment in participating in movement activities.	• I sometimes show interest and enjoyment in participating in movement activities.	• I often show interest and enjoyment in participating in movement activities.	• I consistently show interest and enjoyment in participating in movement activities.
	• With extensive guidance , I can identify a few opportunities for physical activity that I can do on my own.	• With guidance , I can identify a few opportunities for physical activity that I can do on my own.	• I can identify several opportunities for physical activity that I can do on my own.	• I can identify many opportunities for physical activity that I can do on my own, and I take advantage of them.
Comments				