

PE Power Standards

GRADE 1

 **Corvallis School District 509j**

Expressive and Efficient Movement: Demonstrate knowledge of a variety of motor skills.

- PE.03.EE.01 Demonstrate mature form of gallop, slide, and hop.
- PE.03.EE.04 Demonstrate basic rhythmic skills alone.

Fitness for Lifetime: Demonstrate knowledge of a physically active lifestyle.

- PE.03.FL.01 Identify changes in heart rate, breathing rate, and body heat release during moderate to vigorous exercise.
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Self-Management and Social Behavior: Understand appropriate and positive behavior management (social skills) and respect for all individual differences, including gender, ethnicity, and physical ability during physical activity.

- PE.03.SM.02 Take turns. Share space and equipment with peers.