

**TAHPERD**  
**Texas Physical Education TEKS Framework**  
**1st Grade TEKS and Specificity**

			TEKS	Specificity
Strand	Topic	Theme	The student is expected to:	The student is expected to:
<b>A.</b> <b>Movement</b>	I. Movement Concepts	a. <b>Spatial/ Body Awareness</b>	<b>1.1A demonstrate an awareness of personal and general space while moving at different directions and levels (high, med., low).</b>	<i>practice moving in various directions and levels (high, medium, low) in large groups using different locomotor skills (sliding, crawling, walking, hopping, etc.) without bumping into others or falling.</i>
<b>I.</b> <b>Movement</b>	III. Locomotor Skills	a. <b>Basic Locomotor Skills</b>	<b>1.1B demonstrate proper foot patterns in hopping, jumping, skipping, leaping, galloping, and sliding.</b>	<i>participate in partner activities such as leading and following movements, mirroring, fleeing and chasing, tagging, and performing skills with/without signal. Incorporate the freeze component.</i>
<b>A.</b> <b>Movement</b>	I. Movement Concepts	a. <b>Spatial/ Body Awareness</b>	<b>1.1C demonstrate control in balancing and traveling activities.</b>	<i>apply body management skills in activities such as balancing on single and multiple body parts, balancing for a specific amount of time, maintaining personal space while moving.</i>
<b>A.</b> <b>Movement</b>	I. Movement Concepts	c. <b>Relationships</b>	<b>1.1D demonstrate the ability to work with a partner such as leading and following.</b>	<i>practice the ability to work cooperatively in activities, such as follow the leader, using locomotor skills and shadowing with a partner.</i>
<b>A.</b> <b>Movement</b>	IV. Rhythms	a. <b>Rhythms</b>	<b>1.1E clap in time to a simple rhythmic beat.</b>	<i>listen and clap to a simple rhythmic beat.</i>
<b>A.</b> <b>Movement</b>	IV. Rhythms	a. <b>Rhythms</b>	<b>1.1F create and imitate movement in response to selected rhythms.</b>	<i>express themselves with creative movement to music such as through stories and shadowing, mimicking animals, shapes, and letters.</i>
<b>A.</b> <b>Movement</b>	III. Locomotor Skills	b. <b>Jump Rope Skills</b>	<b>1.1G jump a long rope.</b>	<i>participate in long jump rope activities such as jumping over stationary long rope and jumping over a snake rope.</i>
<b>A.</b> <b>Movement</b>	V. Games and Sports Skills	g. <b>Various Games/ Sports Activities</b>	<b>1.1H demonstrate on cue key elements in overhand throw, underhand throw and catch.</b>	<i>demonstrate throwing and catching skills with a variety of objects (bean bags, fleece balls, etc.) such as tossing to yourself and underhand and overhand toss to a designated target.</i>
<b>A.</b> <b>Movement</b>	I. Movement Concepts	b. <b>Qualities of Movement</b>	<b>1.2A recognize that motor-skill development requires correct practice.</b>	<i>recognize that motor skill development requires correct practice such as modeling correct body position/skills, changing skill practice as a result of corrective feedback and following instruction.</i>
<b>A.</b> <b>Movement</b>	II. Non Locomotor Skills	a. <b>Balance</b>	<b>1.2B demonstrate a base of support and explain how it affects balance.</b>	<i>discuss a base of support and how to transfer body weight such as shifting balance from two feet to one foot, using arms out to side, selecting a focal point, making bridges from different body parts.</i>
<b>B.</b> <b>Health Related</b>	III. Health and Skill-Related Fitness Concepts	f. <b>Opportunities for Physical Activity</b>	<b>1.3A describe and select physical activities that provide opportunities for enjoyment and challenge.</b>	<i>name outside activities that promote enjoyment and challenge such as youth sport leagues, dancing, gymnastics and karate.</i>
<b>B.</b> <b>Health Related</b>	IV. Health and Skill-Related Fitness Benefits	b. <b>Moderate/ Vigorous Physical Activity</b>	<b>1.3B participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and perspiration.</b>	<i>establish a daily fitness routine using moderate to vigorous physical activities such as walking, cycling, jogging and playing sport activities to increase heart rate, breathing and perspiration rate.</i>
<b>B.</b> <b>Health Related</b>	IV. Health and Skill-Related Fitness Benefits	e. <b>Flexibility</b>	<b>1.3C participate in appropriate exercises for flexibility in shoulders, legs, and trunk.</b>	<i>demonstrate correct techniques to develop flexibility such as shoulder stretch, sit and reach and trunk lift.</i>

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<b>B. Health Related</b>	IV. Health and Skill-Related Fitness Benefits	d. <b>Muscular Strength and Endurance</b>	1.3D lift and support his/her own weight in selected activities that develop muscular strength and endurance of the arms, shoulders, abdomen, back, and legs such as hanging, hopping, and jumping.	<i>execute activities that promote muscular strength and endurance such as scooter activities, crab walk, bear walk, stationary push-ups and squats.</i>
<b>B. Health Related</b>	V. Healthy Lifestyles	a. <b>Active vs. Inactive Lifestyle</b>	1.4A distinguish between active and inactive lifestyles.	<i>identify the differences between active and inactive lifestyles including riding bicycles and brisk walking, as opposed to video and computer games.</i>
<b>B. Health Related</b>	III. Health and Skill-Related Fitness Concepts	d. <b>Cardio-Respiratory System</b>	1.4B describe the location and function of the heart.	<i>recognize that the heart is a muscle which moves the blood throughout the body.</i>
<b>B. Health Related</b>	II Anatomy and Physiology	a. <b>Muscular/ Skeletal Systems</b>	1.4C describe how muscles and bones work together to produce movement.	<i>explain that the skeleton is the frame of the body and the muscles move the frame.</i>
<b>B. Health Related</b>	VI. Nutrition	a. <b>Nutrition</b>	1.4D describe food as a source of energy.	<i>discuss that food provides energy for the body.</i>
<b>B. Health Related</b>	IV. Health and Skill-Related Fitness Benefits	c. <b>Rest, Sleep and Recovery Time</b>	1.4E explain the negative effects of smoking, lack of sleep, and poor dietary habits on physical performance and on the body.	<i>discuss the implications of the following: 1) the effects of smoking on the heart and lung and links to cancer; 2) the effects of lack of sleep on daily life performance; 3) the effects of poor diet on the body such as lack of energy and weak body.</i>
<b>B. Health Related</b>	I. Safety	c. <b>Equipment Safety</b>	1.5A use equipment and space safely and properly.	<i>use equipment and space properly including listen and follow directions, use equipment for its specified design, respect space of others when they are using equipment, take care of and respect equipment.</i>
<b>B. Health Related</b>	I. Safety	b. <b>Proper Attire and Equipment</b>	1.5B describe the importance of protective equipment in preventing injuries such as helmets, elbow/knee pads, wrist guards, proper shoes, and clothing.	<i>identify and describe the importance of proper attire that promotes participation and prevents injury such as helmets, elbow/knee pads, wrist guards, proper shoes and clothing, closed toe/closed heel rubber sole shoes, shorts/pants under dresses and skirts, removal of jewelry in physical education, recreational activities, and on playgrounds.</i>
<b>B. Health Related</b>	I. Safety	h. <b>Environ-mental</b>	1.5C describe how to protect himself/herself from harmful effects of the sun.	<i>explain how to protect himself/herself from harmful effects of the sun such as the using of sun screen, wearing light color clothing and hat, and drinking water.</i>
<b>B. Health Related</b>	I. Safety	i. <b>Water Safety</b>	1.5D list water safety rules and demonstrate simple extension rescue.	<i>identify water safety rules such as not to swim alone, not to go in water for rescue; and demonstrate proper reach and throw rescue.</i>
<b>B. Health Related</b>	I. Safety	g. <b>Basic First Aid</b>	1.5E describe and demonstrate appropriate reactions to emergency situations common to physical activity setting such as universal safety precautions, and calling 911.	<i>understand when to use 911, to find an adult, not to move an injured person and to identify strangers.</i>
<b>C. Social</b>	I. Safety	a. <b>Rules, Procedures and Etiquette</b>	1.6A demonstrate starting and stopping signals.	<i>demonstrate the importance of practicing good sportsmanship, following class rules and safety practices.</i>

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C. Social	I. Safety	a. Rules, Procedures and Etiquette	1.6B explain boundaries and rules for simple games.	<i>play within designated areas marked by cones, lines, etc., while participating in physical activities.</i>
C. Social	I. Safety	a. Rules, Procedures and Etiquette	1.7A follow directions and apply safe movement practices.	<i>demonstrate the importance of practicing good sportsmanship, following class rules and safety practices.</i>
C. Social	II. Cooperation and Respect	c. Teamwork	1.7B interact, cooperate and respect others.	<i>use kind words and actions while participating with others in group activities such as stations, cooperative games and activities.</i>
C. Social	II. Cooperation and Respect	d. Conflict Resolution	1.7C resolve conflict in socially acceptable ways such as talking and asking the teacher for help.	<i>implement steps to solve problems:</i> 1. Ignore. 2. Move away. 3. Use your words like please stop. 4. Ask teacher for help.
A. Movement	I. Movement Concepts	a. Spatial/ Body Awareness	1.L001 demonstrate a variety of body shapes at different levels.	<i>perform a variety of body shapes and positions at different levels including straight, tuck, pike and straddle while sitting, laying down and standing.</i>
A. Movement	I. Movement Concepts	a. Spatial/ Body Awareness	1.L002 demonstrate movement forms of various body parts such as head flexion, extension, and rotation.	<i>practice movement forms of various body parts including head flexion, extension, rotation.</i>
A. Movement	I. Movement Concepts	b. Qualities of Movement	1.L003 demonstrate safe stopping and starting techniques in partner and group situations.	<i>participate in partner activities such as leading and following movements, mirroring, fleeing and chasing, tagging, and performing skills with/without signal. Incorporate the freeze component.</i>
A. Movement	I. Movement Concepts	b. Qualities of Movement	1.L004 understand body form and power in performing movement skills.	<i>practice a variety of movement skills using form and power such as passing, catching, retrieving, and kicking.</i>
A. Movement	I. Movement Concepts	b. Qualities of Movement	1.L005 participate in appropriate drills and activities to enhance the learning of a specific skill.	<i>practice movement skills using a variety of equipment.</i>
A. Movement	I. Movement Concepts	b. Qualities of Movement	1.L006 make appropriate changes in performance based on feedback.	<i>apply changes using verbal cues, including constructive feedback to improve skill performance.</i>
A. Movement	I. Movement Concepts	b. Qualities of Movement	1.L007 know the term "ready position" and what it looks like.	<i>imitate "ready position" on teacher's cue.</i>
A. Movement	I. Movement Concepts	b. Qualities of Movement	1.L008 know the term "personal best."	<i>participate in challenging self in movement skills including the following: "How long can you walk and balance the bean bag on your head?" "Can you beat your old score in round #2?"</i>
A. Movement	I. Movement Concepts	c. Relationships	1.L009 coordinate movements with others to achieve team goals.	<i>discuss why it is important to be nice to others.</i>
A. Movement	I. Movement Concepts	c. Relationships	1.L010 demonstrate a variety of relationships such as under, over, behind, next to, through, right, left, up, down, forward, backwards, and in front of.	<i>demonstrate a variety of relationships (including under, over, behind, in front of, next to, through, right, left, up, down, forward, backwards,) to self, others, and equipment.</i>

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<b>A. Movement</b>	I. Movement Concepts	d. Conditioning Fitness	1.L011 participate in an appropriate conditioning program for selected activities.	<i>participate in a conditioning program that is appropriate for health-related fitness, sport-related fitness or rhythmic activities.</i>
<b>A. Movement</b>	III. Locomotor Skills	a. Basic Locomotor Skills	1.L012 demonstrate jumping using a controlled landing.	<i>execute a sequence of jumps such as bunny hops, jumping back, and forth over a line.</i>
<b>A. Movement</b>	V. Games and Sports Skills	a. Rolling	1.L013 demonstrate a smooth transition from one body part to the next in rolling activities, such as side roll and log rolls.	<i>perform rolling sideways without hesitating including right and left (pencil and log roll), backwards and forwards (rocking chair) and egg roll using various mats/wedges/tumbling aids.</i>
<b>A. Movement</b>	VI. Outdoor Recreation/ Recreational Activities	a. Outdoor Recreation/ Recreational Activities	1.L014 explore the outdoor space around the school.	<i>participate in a walking tour of school grounds while discussing safety and proper utilization of equipment with a partner.</i>
<b>B. Health Related</b>	I. Safety	a. Personal Safety	1.L015 know and apply safety practices associated with physical activity such as not pushing in line and drinking water during activity.	<i>discuss and demonstrate safety practices associated with physical activity including the importance of hydration and not pushing in line.</i>
<b>B. Health Related</b>	I. Safety	d. Risks	1.L016 know potential risks associated with physical activities.	<i>understand and recognize potential risks associated with physical activities such as safe movement in an activity area.</i>
<b>B. Health Related</b>	I. Safety	e. Precautions	1.L017 know basic pedestrian and cycling practices.	<i>understand and recognize basic pedestrian and cycling practices.</i>
<b>B. Health Related</b>	II Anatomy and Physiology	b. Heart Rate	1.L018 observe and describe the immediate effect of physical activity on the heart and breathing rate and perspiration.	<i>detect and describe the immediate effect of physical activity on the heart, breathing rate and perspiration.</i>
<b>B. Health Related</b>	III. Health and Skill-Related Fitness Concepts	a. Fitness Components	1.L019 know that moving is healthy and develop awareness of health-related fitness components.	<i>understand activities that reflect strength, endurance, flexibility, cardio-vascular, and body composition.</i>
<b>B. Health Related</b>	III. Health and Skill-Related Fitness Concepts	a. Fitness Components	1.L020 describe activities that involve running and catching.	<i>give examples of games and activities that involve running and catching.</i>
<b>B. Health Related</b>	III. Health and Skill-Related Fitness Concepts	b. Physiological Effects of Exercise	1.L021 understand that exercise is good for you.	<i>discuss why exercise makes your body feel good.</i>
<b>B. Health Related</b>	III. Health and Skill-Related Fitness Concepts	c. FITT: Frequency, Intensity, Time and Type	1.L022 introduce a combination of walking/jogging to improve fitness workouts.	<i>perform brisk walking/jogging using proper posture.</i>
<b>B. Health Related</b>	III. Health and Skill-Related Fitness Concepts	e. Lifelong Fitness	1.L023 name two lifelong physical activities.	<i>explain why your physical activities are considered lifelong activities.</i>
<b>B. Health Related</b>	III. Health and Skill-Related Fitness Concepts	f. Opportunities for Physical Activity	1.L024 describe the benefits of team sports.	<i>explain the benefits of participating in a team sport.</i>

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B. Health Related	III. Health and Skill-Related Fitness Concepts	f. Opportunities for Physical Activity	1.L025 participate in regular physical activity.	<i>accumulate 60 minutes each day of age-appropriate moderate to vigorous physical activities to achieve optimal health, wellness, fitness and performance benefits.</i>
B. Health Related	III. Health and Skill-Related Fitness Concepts	g. Goal Setting	1.L026 know that developing awareness of goal setting in relation to physical activity is important.	<i>create a goal using one of the fitness component such as flexibility.</i>
B. Health Related	IV. Health and Skill-Related Fitness Benefits	a. Benefits of Physical Activity	1.L027 know that a healthy lifestyle includes physical activity.	<i>understand that physical activity is a healthy practice.</i>
B. Health Related	IV. Health and Skill-Related Fitness Benefits	f. Posture	1.L028 know that physical activity promotes strong bones and good posture.	<i>demonstrate good posture while sitting and standing.</i>
B. Health Related	IV. Health and Skill-Related Fitness Benefits	g. Stress Management	1.L029 describe the benefits from involvement in daily physical activity such as feel better and sleep better.	<i>understand the benefit from involvement in physical activity including sleep better; feel better and have more energy.</i>
B. Health Related	VI. Nutrition	b. Healthy Foods	1.L030 know that there are healthy food choices for your body.	<i>name healthy food choices for snacks and meals.</i>
B. Health Related	VI. Nutrition	c. Consumerism	1.L031 know there are opportunities available in the community that promote recreational activities/health and fitness.	<i>understand there are recreation/health/fitness opportunities offered in the community.</i>
B. Health Related	VII. Risk Behaviors	a. Substance Abuse	1.L032 know the negative effects of smoking.	<i>understands the negative effects of smoking.</i>
B. Health Related	VII. Risk Behaviors	a. Substance Abuse	1.L033 know the negative effects of alcohol and drugs	<i>understand the negative effects of alcohol and drugs.</i>
B. Health Related	VIII. Health and Skill-Related Fitness Technology	a. Technology	1.L034 identify technology tools to measure fitness.	<i>name and discuss technology tools to measure fitness.</i>
C. Social	II. Cooperation and Respect	a. Rules, Strategies and Officiating	1.L035 understand simple strategies in games and physical activities.	<i>demonstrate strategies in simple games such as avoiding being tagged, assisting others in re-joining the game.</i>
C. Social	II. Cooperation and Respect	b. Sportsmanship Etiquette	1.L036 accept and respect differences and similarities in physical abilities of self and others.	<i>understand and cooperate with peers of different and similar abilities and accept your strengths and weaknesses.</i>
C. Social	III. Goal Setting	b. Game Strategies	1.L037 modify activities to ensure 100% success and 100% participation (John Thompson).	<i>provide modifications for success such as height of net or goal, size of playing field, varying size of equipment and/or number of players on the team.</i>
C. Social	III. Goal Setting	a. Skill Development	1.L038 understand that mastery of skills requires practice.	<i>demonstrate that practice is needed to achieve goals.</i>