# The Alberta Curriculum

## **GRADE 1**

checklist format

compiled by: <u>The Canadian Homeschooler</u> using the 2020 Alberta Curriculum



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#### Introduction

Often in homeschooling, families opt to follow a similar plan as that of publicly schooled children. This involves getting and understanding the governmental outlines for each subject and seeing what they need to learn when.

In Alberta, the full curriculum outline is freely available through the Alberta Education website (<a href="https://new.learnalberta.ca/">https://new.learnalberta.ca/</a>), however it is broken up into subjects, not by grades, which can prove to be a bit of a frustration.

I decided to pull together the curriculum into an easy-to-reference checklist format for each grade, stripped down to the basics, in hopes that it will help families feel a little less overwhelmed. I hope that it will help make planning a little more manageable. Although I originally put this together for homeschoolers, it is a valuable tool for anyone interested in seeing what kids are supposed to be learning at their grade level, and to evaluate what their child already knows.

Below you will find all the expectations for Grade One Mathematics, Language Arts, Science, Social Studies, the Arts, Health & Physical Education in Alberta.

French as a second language isn't technically required until about the 4<sup>th</sup> grade, which is why I haven't included it in this Grade 1 checklist.

At the time of creating this checklist, I used the most up-to-date versions of the government curriculum for each subject. I will attempt to edit and update the checklist if and when there are changes made, but I make no promises that I will always be able to keep up with it. Remember to keep an eye on the Alberta Education's website for the most up-to-date information.

Thank you to Alaina K. for her help in compiling this resource.

### Happy learning!



Please note that this checklist is a free product and may be distributed freely to whomever can use it.

## Math

#### Number

|   | Specific Expectations  |  |
|---|--|--|
| Develop ni                                      | ımber sense.   |  |
| ☐ Say   | the number sequence 0 to 100 by :  |  |
|   | ☐ 1s forward between any two given numbers   |  |
|   | ☐ 1s backward from 20 to 0   |  |
|   | ☐ 2s forward from 0 to 20  |  |
|   | ☐ 5s and 10s forward from 0 to 100   |  |
| ☐ Red   | cognize at a glance and name familiar arrangements of 1 to 10 objects or dots  |  |
| ☐ Dei   | monstrate an understanding of counting by:   |  |
|   | ☐ indicating that the last number said identifies "how many"   |  |
|   | ☐ showing that any set has only one count  |  |
|   | □ using counting-on  |  |
|   | ☐ using parts or equal groups to count sets  |  |
| □ Re <sub>l</sub>                               | present and describe numbers to 20, concretely, pictorially and symbolically   |  |
| □ Coi   | mpare sets containing up to 20 elements, using:  |  |
|   | □ referents  |  |
|   | □ one-to-one correspondence to solve problems.   |  |
| ☐ Estimate quantities to 20 by using referents. |  |  |
| □ Dei   | monstrate an understanding of conservation of number.  |  |
| □ Ide   | ntify the number, up to 20, that is:   |  |
|   | ☐ one more than a given number.  |  |
|   | □ two more than a given number.  |  |
|   | □ one less than a given number.  |  |
|   | □ two less than a given number.  |  |
|   | monstrate an understanding of addition of numbers with answers to 20 and their responding subtraction facts, concretely, pictorially and symbolically, by: |  |
|   | ☐ using familiar mathematical language to describe additive and subtractive actions  |  |

|            | ☐ creating and solving problems in context that involve addition and subtraction  |
|------------|---|
|            | <ul> <li>modelling addition and subtraction, using a variety of concrete and visual<br/>representations, and recording the process symbolically.</li> </ul> |
|            | scribe and use mental mathematics strategies (for basic addition facts and related otraction facts to 18)   |
|            | ☐ Understand and apply strategies for addition facts up to and including 9 + 9 and also the related subtraction facts.                                      |
|            | $\square$ Recall addition facts to a sum of 5 and related subtraction facts.  |
| Patterns   | & Relations (Patterns)  |
| T determs  | Specific Expectations   |
| Use patter | ns to describe the world and to solve problems.   |
|            | monstrate an understanding of repeating patterns (two to four elements) by: (using nipulatives, diagrams, sounds and actions)                               |
|            | □ describing  |
|            | ☐ reproducing   |
|            | $\square$ extending   |
|            | □ creating  |
| ☐ Tra      | anslate repeating patterns from one representation to another.  |
|            | t objects, using one attribute, and explain the sorting rule.   |
| Patterns   | & Relations (Variables & Equations)   |
|            | Specific Expectations   |
| Represent  | algebraic expressions in multiple ways  |
| □ De: 20)  | scribe equality as a balance and inequality as an imbalance, concretely and pictorially (0 to   |
| □ Re       | cord equalities, using the equal symbol   |
|            |   |
| Shape an   | d Space (Measurement)   |
| _          | Specific Expectations   |
| Use direct | and indirect measurement to solve problems.   |
| □ De       | monstrate an understanding of measurement as a process of comparing by:   |
|            | ☐ identifying attributes that can be compared   |
|            |   |

|  | □ ordering objects  |  |
|--|---|--|
|  | ☐ making statements of comparison   |  |
|  | ☐ filling, covering or matching.  |  |
|  |   |  |
| Shape and Space (3-D Objects and 2-D Shapes) |   |  |
|  | Specific Expectations   |  |
| Describe th                                  | ne characteristics of 3-D objects and 2-D shapes, and analyze the relationships among |  |
| ☐ Sor  | t 3-D objects and 2-D shapes, using one attribute, and explain the sorting rule.      |  |
| ☐ Rep  | olicate composite 2-D shapes and 3-D objects.   |  |
| □ Cor  | npare 2-D shapes to parts of 3-D objects in the environment.                          |  |

# **Language Arts**

| General Outcome   | Specific Expectations   |
|---|---|
| Students will listen,<br>speak, read, write, view   | Discover and Explore  |
|   | ☐ Share personal experiences that are clearly related to oral, print and other media texts  |
| and represent to explore  | ☐ Talk with others about something recently learned   |
| thoughts, ideas, feelings and experiences.  | <ul> <li>Make observations about activities, experiences with oral,<br/>print and other media texts</li> </ul>  |
|   | ☐ Experiment with different ways of exploring and developing stories, ideas and experiences   |
|   | ☐ Express preferences for a variety of oral, print and other media texts  |
|   | ☐ Choose to read and write for and with others  |
|   | Clarify and Extend  |
|   | ☐ Listen and respond appropriately to experiences and feelings shared by others   |
|   | ☐ Group ideas and information into categories determined by an adult  |
|   | ☐ Ask questions to get additional ideas and information on topics of interest   |
|   | Use Strategies and Cues   |
| Students will listen,<br>speak, read, write, view   | ☐ Use knowledge of how oral language is used in a variety of contexts to construct and confirm meaning  |
| and represent to comprehend and respond personally and critically to oral, print and other media texts. | Use previous experience and knowledge of oral language to<br>make connections to the meaning of oral, print and other<br>media texts  |
|   | ☐ Use knowledge of context, pictures, letters, words, sentences, predictable patterns and rhymes in a variety of oral, print and other media texts to construct and confirm meaning |
|   | ☐ Use knowledge of print, pictures, book covers and title pages to construct and confirm meaning  |
|   | ☐ Use language prediction skills to identify unknown words within the context of a sentence   |

|       | Use a variety of strategies, such as making predictions, rereading and reading on  |
|-------|--|
|       | Talk about print or other media texts previously read or viewed  |
|       | Identify the main idea or topic of simple narrative and expository texts   |
|       | Identify by sight some familiar words from favourite print texts   |
|       | Identify high frequency words by sight   |
|       | Read aloud with some fluency and accuracy, after rehearsal   |
|       | Self-correct when reading does not make sense, using cues such as pictures, context, phonics, grammatical awareness and background knowledge   |
|       | Preview book cover, pictures and location of text to assist with constructing and confirming meaning   |
|       | Use word boundaries, capital letters, periods, question marks and exclamation marks to assist with constructing and confirming meaning during oral and silent reading  |
|       | Segment and blend sounds in words spoken or heard  |
|       | Use phonic knowledge and skills to read unfamiliar words in context  |
|       | Use analogy to generate and read phonically regular word families  |
|       | Associate sounds with letters and some letter clusters   |
|       | Use a displayed alphabet as an aid when writing  |
|       | Use personal word books, print texts and environmental print to assist with writing  |
|       | Name and match the upper and lower case forms of letters   |
| Respo | nd to Texts  |
|       | Participate in shared listening, reading and viewing experiences, using oral, print and other media texts from a variety of cultural traditions and genres, such as poems, storytelling by elders, pattern books, audiotapes, stories and cartoons |
|       | Illustrate and enact stories, rhymes and songs   |
|       | Remember and retell familiar stories and rhymes  |

|  | ☐ Relate aspects of stories and characters to personal feelings and experiences   |
|--|---|
|  | ☐ Retell interesting or important aspects of oral, print and other media texts  |
|  | ☐ Tell or represent the beginning, middle and end of stories  |
|  | ☐ Tell, represent or write about experiences similar or related to those in oral, print and other media texts                                 |
|  | ☐ Tell what was liked or disliked about oral, print and other media texts   |
|  | ☐ Identify how words can imitate sounds and create special effects  |
|  | ☐ Experiment with repetition, rhyme and rhythm to create effects in own oral, print and other media texts                                     |
|  | Understand Forms, Elements, and Techniques  |
|  | ☐ Distinguish differences in the ways various oral, print and other media texts are organized   |
|  | ☐ Identify various forms of media texts   |
|  | ☐ Know that stories have beginnings, middles and endings  |
|  | ☐ Tell what characters do or what happens to them in a variety of oral, print and other media texts   |
|  | □ Demonstrate interest in repetition, rhyme and rhythm in<br>shared language experiences, such as action songs and word<br>play               |
|  | Create Original Text  |
|  | ☐ Generate and contribute ideas for individual or group oral, print and other media texts   |
|  | ☐ Change, extend or complete rhymes, rhythms and sounds in pattern stories, poems, nursery rhymes and other oral, print and other media texts |
|  | ☐ Write, represent and tell brief narratives about own ideas and experiences  |
|  | ☐ Recall and retell or represent favourite stories  |
| Cr. days 2011  | Plan and Focus  |
| Students will listen, speak, read, write, view and represent to manage | ☐ Explore and share own ideas on topics of discussion and study   |

| ideas and information.  | ☐ Connect information from oral, print and other media texts to topics of study   |
|---|---|
|   | ☐ Ask and answer questions to satisfy information needs on a specific topic   |
|   | ☐ Follow spoken directions for gathering ideas and information  |
|   | Select and Process  |
|   | ☐ Find information on a topic, using a variety of sources, such as picture books, concept books, people and field trips |
|   | ☐ Use text features, such as illustrations, titles and opening shots in video programs, to access information           |
|   | ☐ Use questions to find specific information in oral, print and other media texts                                       |
|   | ☐ Understand that library materials are organized systematically  |
|   | ☐ Match information to research needs   |
|   | Organize, Record and Evaluate   |
|   | ☐ Identify or categorize information according to sequence, or similarities and differences                             |
|   | ☐ List related ideas and information on a topic, and make statements to accompany pictures                              |
|   | ☐ Represent and explain key facts and ideas in own words  |
|   | ☐ Recognize and use gathered information to communicate new learning  |
|   | Share and Review  |
|   | ☐ Share ideas and information from oral, print and other media texts with familiar audiences                            |
|   | ☐ Answer questions directly related to texts  |
|   | ☐ Talk about information gathering experiences by describing what was interesting, valuable or helpful                  |
|   | Enhance and Improve   |
| Students will listen, speak, read, write, view and represent to enhance the clarity and artistry of | ☐ Ask or respond to questions or comments related to the content of own or others' pictures, stories or talk            |
|   | ☐ Rephrase by adding or deleting words, ideas or information to make better sense                                       |
|   | ☐ Check for obvious spelling errors and missing words   |

| communication. | ☐ Print letters legibly from left to right, using lines on a page as a guide  |
|----------------|---|
|                | ☐ Use appropriate spacing between letters in words and between words in sentences   |
|                | ☐ Explore and use the keyboard to produce text  |
|                | ☐ Identify and use an increasing number of words and phrases related to personal interests and topics of study            |
|                | ☐ Experiment with letters, sounds, words and word patterns to learn new words   |
|                | ☐ Use words and pictures to add sensory detail in oral, print and other media texts                                       |
|                | Attend to Conventions   |
|                | ☐ Speak in complete statements, as appropriate  |
|                | ☐ Write simple statements, demonstrating awareness of capital letters and periods   |
|                | ☐ Use knowledge of consonant and short vowel sounds to spell phonically regular one syllable words in own writing         |
|                | ☐ Spell phonically irregular high frequency words in own writing  |
|                | <ul> <li>Use phonic knowledge and skills and visual memory to<br/>attempt spelling of words needed for writing</li> </ul> |
|                | ☐ Know that words have conventionally accepted spellings  |
|                | ☐ Capitalize the first letter of names and the pronoun "I" in own writing   |
|                | ☐ Identify periods, exclamation marks and question marks when reading, and use them to assist comprehension               |
|                | Present and Share   |
|                | <ul> <li>Present ideas and information to a familiar audience, and<br/>respond to questions</li> </ul>                    |
|                | ☐ Add such details as labels, captions and pictures to oral, print and other media texts                                  |
|                | ☐ Speak in a clear voice, with appropriate volume, to an audience   |
|                | ☐ Ask questions to clarify information  |
|                | ☐ Be attentive and show interest during listening or viewing activities   |
|                | Respect Others and Strengthen Community   |

| Students will listen, speak, read, write, view and represent to respect, support and collaborate with others. | <ul> <li>Share personal experiences and family traditions related to<br/>oral, print and other media texts</li> </ul>                         |
|---|---|
|   | ☐ Talk about other times, places and people after exploring oral, print and other media texts from various communities                        |
|   | ☐ Share ideas and experiences through conversation, puppet plays, dramatic scenes and songs to celebrate individual and class accomplishments |
|   | ☐ Use appropriate words, phrases and sentences to ask questions, to seek and give assistance, and to take turns                               |
|   | Work within a Group   |
|   | ☐ Work in partnerships and groups   |
|   | ☐ Help others and ask others for help   |
|   | ☐ Ask questions and contribute ideas related to class investigations on topics of interest  |
|   | ☐ Take turns sharing ideas and information  |
|   | ☐ Recognize personal contributions to group process   |

# **Science & Technology**

## **Creating Colour**

| Section                               | Specific Expectations  |
|---------------------------------------|--|
| By the end of Grade 1, students will: | ☐ Identify colours in a variety of natural and manufactured objects. |

| -Identify and evaluate methods for creating colour and for applying colours to different materials. | ☐ Compare and contrast colours, using terms such as lighter than, darker than, more blue, brighter than.   |
|---|--|
|   | ☐ Order a group of coloured objects, based on a given colour criterion.  |
|   | <ul> <li>Predict and describe changes in colour that result from the<br/>mixing of primary colours and from mixing a primary colour<br/>with white or with black.</li> </ul>   |
|   | ☐ Create a colour that matches a given sample, by mixing the appropriate amounts of two primary colours.   |
|   | ☐ Distinguish colours that are transparent from those that are not. Students should recognize that some coloured liquids and gels can be seen through and are thus transparent and that other colours are opaque.    |
|   | ☐ Compare the effect of different thicknesses of paint. Students should recognize that a very thin layer of paint, or a paint that has been watered down, may be partly transparent.                                 |
|   | ☐ Compare the adherence of a paint to different surfaces; e.g., different forms of papers, fabrics and plastics.   |
|   | ☐ Demonstrate that colour can sometimes be extracted from one material and applied to another; e.g., by extracting a vegetable dye and applying it to a cloth, by dissolving and transferring a water-soluble paint. |
|   | ☐ Demonstrate at least one way to separate sunlight into component colours.  |

## **Seasonal Changes**

| Section                                   | Specific Expectations   |
|---|---|
| By the end of Grade 1, students will:     | <ul> <li>Describe the regular and predictable cycle of seasonal changes: • changes in sunlight</li> <li>• changes in weather</li> </ul> |
| -Describe seasonal changes, and interpret | ☐ Identify and describe examples of plant and animal changes  |

| the effects of seasonal changes on living things. | that occur on a seasonal basis:     changes in form and appearance     changes in location of living things     changes in activity     production of young on a seasonal basis. |
|---|--|
|   | ☐ Identify human preparations for seasonal change and identify activities that are done on a seasonal basis.   |
|   | ☐ Record observable seasonal changes over a period of time.  |

### **Building Things**

| Section Section  | Specific Expectations  |
|--|--|
| By the end of Grade 1, students will: -Construct objects and   | <ul> <li>Select appropriate materials, such as papers, plastics, woods; and design and build objects, based on the following kinds of construction tasks:</li> <li>construct model buildings;</li> </ul> |
| models of objects, using a variety of different  | • construct model objects;   |
| materials.   | <ul><li>construct toys;</li><li>create wind- and water-related artifacts</li></ul>   |
| -Identify the purpose of different components in a personally constructed object or model, and identify corresponding components in a related object or model. | ☐ Identify component parts of personally constructed objects, and describe the purpose of each part.   |
|  | ☐ Compare two objects that have been constructed for the same purpose, identify parts in one object that correspond to parts in another, and identify similarities and differences between these parts.  |
|  | <ul> <li>Recognize that products are often developed for specific<br/>purposes, and identify the overall purpose for each model and<br/>artifact constructed.</li> </ul>                                 |

#### Senses

| Section                               | Specific Expectations   |
|---------------------------------------|---|
| By the end of Grade 1, students will: | ☐ Identify each of the senses, and explain how we use our senses in interpreting the world. |
| -Use the senses to make               | ☐ Identify ways that our senses contribute to our safety and quality of life.               |

| general and specific observations, and communicate observations orally and by producing captioned pictures.  - Describe the role of the human senses and the senses of other living things, in enabling perception and action. | Apply particular senses to identify and describe objects or<br>materials provided and to describe living things and<br>environments. Students meeting this expectation will be able to<br>describe characteristics, such as colour, shape, size, texture, smell<br>and sound. |
|--|---|
|  | ☐ Recognize the limitations of our senses, and identify situations where our senses can mislead us;   |
|  | ☐ Recognize that other living things have senses, and identify ways that various animals use their senses;  |
|  | ☐ Describe ways that people adapt to limited sensory abilities or to the loss of a particular sense;  |
|  | ☐ Describe ways to take care of our sensory organs, in particular, our eyes and ears.   |

#### **Needs of Animals and Plants**

| Section   | Specific Expectations  |
|---|--|
| By the end of Grade 1, students will:             | ☐ Observe, describe and compare living things.   |
|   | ☐ Contrast living and nonliving things.  |
| -Describe some common                             | ☐ Identify ways in which living things are valued.   |
| living things, and identify needs of those living | ☐ Classify some common local plants and animals into groups on the basis of visible characteristics.   |
| things.   | ☐ Identify examples of plants and animals that are normally under human care (domesticated) and those that are normally independent of human care (wild).          |
|   | ☐ Identify the requirements of animals to maintain life; i.e., air, food, water, shelter, space; and recognize that we must provide these for animals in our care. |
|   | ☐ Identify the requirements of plants to maintain life; and recognize that we must provide these for plants in our care.   |
|   | ☐ Identify ways that land plants depend on soil.   |
|   | ☐ Recognize that some plants and animals must adapt to extreme conditions to meet their basic needs;   |
|   | ☐ Give examples of ways in which animals depend on plants and ways in which plants depend on animals   |

## **Social Studies**

## My World: Home, School, and Community

| Section                | Specific Expectations                                |
|------------------------|--|
| Values and Attitudes   |  |
| By the end of Grade 1, | ☐ Appreciate how belonging to groups and communities |

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| students will:   | enriches an individual's identity   |
|--|---|
| -value self and others as<br>unique individuals in<br>relation to their world:                             | ☐ Appreciate multiple points of view, languages, cultures and experiences within their groups and communities         |
|  | ☐ Demonstrate respect for their individual rights and the rights of others  |
|  | ☐ Recognize and respect how the needs of others may be different from their own                                       |
| By the end of Grade 1,   | ☐ Demonstrate a willingness to share and cooperate with others  |
| students will: -value the groups and   | ☐ Appreciate how their actions might affect other people and how the actions of others might affect them              |
| communities to which they belong:  | ☐ Demonstrate a willingness to resolve issues and/or problems peacefully  |
|  | ☐ Assume responsibility for their individual choices and actions  |
| Knowledge and Understan  | ding  |
| By the end of Grade 1, students will:  | ☐ What different types of communities or groups do you belong to?   |
| - examine how they   | ☐ What helps us to recognize different groups or communities?   |
| belong and are connected to their world by   | ☐ In what ways do we belong to more than one group or community at the same time?                                     |
| exploring and reflecting upon the following  | ☐ In what ways do we benefit from belonging to groups and communities?  |
| questions for inquiry:   | ☐ What are our responsibilities and rights at home, at school, in groups and in communities?                          |
| By the end of Grade 1, students will:  | ☐ In what ways do people cooperate in order to live together peacefully?  |
| - determine what makes   | ☐ How do groups make decisions?   |
| their communities thrive<br>by exploring and<br>reflecting upon the<br>following questions for<br>inquiry: | ☐ In what ways do people help one another at home, at school and in groups to ensure the vitality of their community? |
|  | ☐ How do our actions and decisions contribute to the well-being of groups and communities?                            |
|  | ☐ How does caring for the natural environment contribute to the well being of our community?                          |
| By the end of Grade 1, students will:  | ☐ What are some familiar landmarks and places in my community?  |
| - distinguish geographic   | ☐ Why are these landmarks and places significant features of the  |

| features in their own   | community?   |
|---|--|
| community from other communities by exploring and reflecting upon the | ☐ What are some differences between rural and urban communities? |
| following questions for inquiry:                                      | ☐ Where is my community on a map or on a globe?                  |

Moving Forward with the Past: My Family, My History and My Community

| Section                               | Specific Expectations  |
|---------------------------------------|--|
| Values and Attitudes                  |  |
| By the end of Grade 1, students will: | ☐ recognize how their families and communities might have been different in the past than they are today |
|                                       | ☐ appreciate how the languages, traditions, celebrations and   |

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| -appreciate how stories<br>and events of the past<br>connect their families and<br>communities to the<br>present:            | stories of their families, groups and communities contribute to their sense of identity and belonging  |
|--|--|
|  | ☐ recognize how their ancestors contribute to their sense of identity within their family and communities  |
| present.   | ☐ appreciate people who have contributed to their communities over time  |
|  | ☐ recognize how diverse Aboriginal and Francophone communities are integral to Canada's character  |
|  | ☐ acknowledge and respect symbols of heritage and traditions in their family and communities   |
| Knowledge and Understan  | ding   |
| By the end of Grade 1, students will:  | ☐ How have changes affected my family over time (e.g., births, deaths, moves)?   |
| - analyze how their  | ☐ What is my family's past in our community?   |
| families and communities in the present are  | ☐ In what ways has my community changed over time (e.g., original inhabitants, ancestors, generations, ways of life)?                            |
| influenced by events or<br>people of the past by<br>exploring and reflecting<br>upon the following<br>questions for inquiry: | ☐ How have changes over time affected their families and communities in the present?   |
|  | ☐ In what ways have Aboriginal, Francophone and diverse cultural groups contributed to the origins and evolution of their communities over time? |
|  | ☐ What connections do we have to the Aboriginal, Francophone and diverse cultures found in our communities?                                      |
|  | ☐ What are some examples of traditions, celebrations and stories that started in the past and continue today in their families and communities?  |

## The Arts

### Drama

| Section                  | Specific Expectations |
|--------------------------|-----------------------|
| STRUCTURED DRAMATIC PLAY |                       |

| Physical          | <ul> <li>develop sensory awareness</li> <li>become aware of body and voice as instruments of expression</li> <li>explore and express large and small body movements</li> <li>develop techniques for relaxation</li> </ul>  |
|-------------------|--|
| Intellectual      | <ul> <li>□ develop and exercise imagination</li> <li>□ develop concentration</li> <li>□ recognize and learn to trust the intuitive response</li> <li>□ exercise divergent and convergent thinking</li> </ul>   |
| Emotional         | <ul><li>□ explore emotion</li><li>□ control emotion</li><li>□ express emotion</li></ul>  |
| Social            | <ul> <li>□ understand self</li> <li>□ understand others</li> <li>□ discipline self</li> <li>□ develop acceptance of self/others (tolerance)</li> <li>□ develop appreciation of the work of self and others</li> <li>□ cope with emotional responses</li> </ul>   |
| Integrative       | □ understand and respond to environment □ respect and investigate ideas of others □ role play □ develop a sense of form □ make the abstract concrete □ learn to respond to stimuli; e.g., music, pictures, objects, literature □ develop the confidence to make choices □ respect the space of others □ communicate through space □ test and reflect on the consequences of dramatic decisions   |
| Dramatic Movement |  |
|                   | <ul> <li>□ understand personal space, general space and the inherent differences between the two</li> <li>□ develop flexible, free and controlled movement</li> <li>□ practise moving in different ways in response to a variety of stimuli</li> <li>□ discover how to use the body as a vehicle for expressing and interpreting feelings and ideas</li> <li>□ analyze different ways of moving alone and with others</li> <li>□ express simple characterization through movement</li> </ul> |

|               | <ul> <li>□ appreciate the aesthetics of movement</li> <li>□ use dramatic movement to investigate the environment</li> <li>□ develop the ability to use dramatic movement to enhance learning in the other areas of the curriculum</li> </ul>  |
|---------------|---|
| Mime          |   |
|               | ☐ The child should learn to express oneself physically and imaginatively through movement and gesture   |
|               | ☐ The child should observe and study the animal kingdom, the size, shape and weight of animals, and the ways they move and react to their environment (animal mime)   |
|               | <ul> <li>The child should explore the weight, shape, size, texture and<br/>resistance of objects in order to develop insights into the ways<br/>humans contribute to their society (occupational mime)</li> </ul>   |
|               | <ul> <li>The child should observe and study the differences and<br/>similarities of human beings through exploration of feelings,<br/>emotions and physical characteristics (character mime)</li> </ul>   |
|               | ☐ The child should learn to communicate feelings and ideas that cannot be expressed adequately in words (abstract mime)   |
|               | <ul> <li>The child should investigate physical comedy through<br/>examination of the allied art of clowning</li> </ul>  |
|               | <ul> <li>The child should develop an understanding and appreciation<br/>for an art form</li> </ul>  |
|               | □ The child should apply mime skills to learning situations   |
| Choral Speech |   |
|               | Develop the following vocal skills:  □ recognize and reproduce the articulated sounds of standard speech □ speak clearly □ speak with ease □ speak expressively □ speak with energy □ speak with an appreciation of the flexibility of the voice as an instrument □ learn concepts of pitch, pace, pause, rate, intensity, volume |
|               | Develop the following interpretive skills:  ☐ communicate the meaning of a piece of literature  |

|              | <ul> <li>□ express mood</li> <li>□ explore natural rhythm</li> <li>□ phrase for meaning</li> <li>□ colour individual words</li> <li>□ develop skills of presentation by becoming aware of the importance of face, voice and body</li> </ul>   |
|--------------|---|
|              | ☐ Develop appreciation for enjoyment of literature  |
|              | □ Develop empathy through experiencing thoughts and feelings<br>of other people and other cultures, as expressed through their<br>stories   |
|              | ☐ Develop language skills through the language processes of speaking, listening, writing and reading  |
|              | ☐ Listen to self and others   |
|              | ☐ Blend the voice with others   |
|              | ☐ Respond to cues given by leader   |
|              | □ Speak: — in unison  |
| Storytelling |   |
|              | Develop the following vocal skills:  □ recognize and reproduce the articulated sounds of standard speech □ speak clearly □ speak with ease □ speak expressively □ speak with energy □ speak with an appreciation of the flexibility of the voice as an instrument □ learn concepts of pitch, pace, pause, rate, intensity, volume |
|              | Develop the following interpretive skills:  ☐ communicate the meaning of a piece of literature ☐ express mood ☐ explore natural rhythm ☐ phrase for meaning ☐ colour individual words ☐ develop skills of presentation by becoming aware of the importance of face, voice and body  |
|              | ☐ Develop appreciation for enjoyment of literature  |
|              | ☐ Develop empathy through experiencing thoughts and feelings of other people and other cultures, as expressed through their stories   |

|               | <ul> <li>Develop language skills through the language processes of<br/>speaking, listening, writing and reading</li> </ul>  |
|---------------|---|
|               | ☐ Develop and extend the ability to recall and sequence events  |
|               | ☐ Develop an awareness and understanding of differentiation of character within a story   |
|               | ☐ Apply storytelling skills to other areas of study   |
| Dramatization |   |
|               | Develop role-playing skills:  ☐ accept role playing as a positive learning experience ☐ take on the attitude of another ☐ assume the physical attributes of another ☐ emphasize the situation of another ☐ use role playing as a problem-solving tool   |
|               | Recognize and use dramatic form:  appreciate and use the possibilities of a story line in sequence recognize and incorporate structure; i.e., beginning, middle and end respond in language appropriate to different situations recognize dramatic elements; e.g., conflict, tension, resolution, characterization, environment |
|               | ☐ Develop an appreciation of the art form of acting out literature  |
|               | ☐ Be motivated to extend the dramatization experience into other subject areas  |
| Puppetry      |   |
|               | Become aware of the puppet as a communicative medium by:  moving as a puppet moving another as a puppet constructing a simple puppet  |
|               | Apply moving skills to puppetry by:  ☐ experimenting with puppet manipulation ☐ exploring and creating various environments through which the child can move the puppet   |
|               | Appreciate the complexities of a puppet performance by:  ☐ sharing their own puppet scene/episodes/play with each other  ☐ viewing other puppet performances; e.g., student or professional   |
|               | ☐ Apply the skills of puppetry to other subject areas   |

| Choric Drama     |   |
|------------------|---|
|                  | Develop the following vocal skills:  □ recognize and reproduce the articulated sounds of standard speech □ speak clearly □ speak with ease □ speak expressively □ speak with energy □ speak with an appreciation of the flexibility of the voice as an instrument □ learn concepts of pitch, pace, pause, rate, intensity, volume |
|                  | Develop the following interpretive skills:  communicate the meaning of a piece of literature express mood explore natural rhythm phrase for meaning colour individual words develop skills of presentation by becoming aware of the importance of face, voice and body  |
|                  | ☐ Develop appreciation for enjoyment of literature  |
|                  | <ul> <li>Develop empathy through experiencing thoughts and feelings<br/>of other people and other cultures, as expressed through their<br/>stories</li> </ul>   |
|                  | ☐ Develop language skills through the language processes of speaking, listening, writing and reading  |
|                  | ☐ Use skills as outlined in choral speech, dramatic movement, mime and dramatization  |
|                  | ☐ Create individual and/or group characterization   |
|                  | <ul> <li>Explore appropriate movement and speech qualities for<br/>characterization</li> </ul>  |
|                  | ☐ Apply choric drama skills to the investigation of other areas of study  |
| Reader's Theatre |   |
|                  | Develop the following vocal skills:  □ recognize and reproduce the articulated sounds of standard speech  □ speak clearly □ speak with ease   |

|               | □ speak expressively □ speak with energy speak with an appreciation of the flexibility of the voice as an instrument □ learn concepts of pitch, pace, pause, rate, intensity, volume  |
|---------------|---|
|               | <ul> <li>□ Develop the following interpretive skills:</li> <li>□ communicate the meaning of a piece of literature</li> <li>□ express mood</li> <li>□ explore natural rhythm</li> <li>□ phrase for meaning</li> <li>□ colour individual words</li> <li>□ develop skills of presentation by becoming aware of the importance of face, voice and body</li> </ul> |
|               | ☐ Develop appreciation for enjoyment of literature  |
|               | □ Develop empathy through experiencing thoughts and feelings<br>of other people and other cultures, as expressed through their<br>stories   |
|               | ☐ Develop language skills through the language processes of speaking, listening, writing and reading  |
|               | ☐ Appreciate readers' theatre as an art form  |
| Story Theatre |   |
|               | relop the following vocal skills:  recognize and reproduce the articulated sounds of standard speech  |
|               | □ speak clearly □ speak with ease □ speak expressively  |
|               | <ul> <li>speak with energy</li> <li>speak with an appreciation of the flexibility of the voice as an instrument</li> <li>learn concepts of pitch, pace, pause, rate, intensity, volume</li> </ul>   |
| Dev           | relop the following interpretive skills:  communicate the meaning of a piece of literature express mood explore natural rhythm phrase for meaning colour individual words develop skills of presentation by becoming aware of the   |
| <u> </u>      | importance of face, voice and body  ☐ Develop appreciation for enjoyment of literature  |
|               | - Develop appreciation for enjoyment of little ature  |

|             | of other people and other cultures, as expressed through their stories  |
|-------------|---|
|             | ☐ Develop language skills through the language processes of speaking, listening, writing and reading  |
|             | ☐ Develop an appreciation of story theatre as an art form   |
| Playmaking  |   |
|             | <ul> <li>Appreciate playmaking by others; e.g., other students or<br/>professionals</li> </ul>  |
| Group Drama |   |
|             | Develop the ability to make decisions in a group:  ☐ accept self as part of a group ☐ listen to ideas of another ☐ offer own ideas ☐ become aware of and accept the group purpose   |
|             | Cooperatively build a drama to:  send both verbal and non-verbal signals to others receive and respond to verbal and non-verbal signals solve problems recognize and use group space become aware of and use tensions/conflicts appreciate the shared creation of a drama |
|             | ☐ Draw freely on and expand knowledge in other subject areas through decision making and cooperative building of drama  |

#### Music

| Section   | Specific Expectations   |
|---|---|
| Rhythm  |   |
| By the end of Grade 1,                          | ☐ Music may move to a steady beat.  |
| students will understand that:                  | ☐ Music may move evenly or unevenly.  |
|   | ☐ Music is made up of long sounds, short sounds and silences.                                     |
|   | ☐ There are strong and weak beats in music.   |
|   | □ Long sounds, short sounds and silences may be grouped to form rhythm patterns (Ta, ti–ti, rest) |
| Melody  |   |
| By the end of Grade 1, students will understand | ☐ Sounds may be high or low   |

| that:                             | ☐ Sounds are also in the middle   |
|-----------------------------------|---|
|                                   | ☐ A sequence of sounds may move from low to high, high to low, or stay the same                               |
|                                   | ☐ A melody is made up of sounds organized in patterns   |
|                                   | ☐ Melodies are based on scales: major, minor and pentatonic (5-tone).   |
| Harmony                           |   |
| By the end of Grade 1,            | ☐ Two or more sounds can occur simultaneously.  |
| students will understand that:    | ☐ Melodies may be accompanied by harmony.   |
|                                   |   |
| Form                              |   |
| By the end of Grade 1,            | $\square$ Music can be organized into sections—alike or different.  |
| students will understand that:    | $\square$ A section may be repeated (verse, chorus).  |
|                                   | ☐ Music is organized into phrases.  |
| Expression (tempo, dynamic        | cs, tone colour)  |
| By the end of Grade 1,            | ☐ The beat in music may be fast or slow (tempo)   |
| students will understand<br>that: | $\square$ Music may be soft (p) or loud (f), dynamics.  |
|                                   | ☐ Music may express our feelings  |
|                                   | ☐ Musical instruments have different tonal qualities  |
|                                   | ☐ The human voice has different tonal qualities.  |
|                                   | ☐ Music reflects our feelings about holidays, seasons, our country and cultural heritage                      |
|                                   | ☐ The words of a song are very important to the understanding of the song (text)                              |
| Listening                         |   |
| By the end of Grade 1,            | ☐ Distinguish environmental sounds: school, home, weather, animals, machines.                                 |
| students will understand that:    | ☐ Identify and compare sounds (musical and non-musical): high-low, loud-soft, short-long, slow-fast, up-down. |

|   | ☐ Distinguish voice sounds.   |
|---|---|
|   | ☐ Distinguish among the sounds of common musical instruments.   |
|   | ☐ Be an attentive member of an audience   |
|   | ☐ Understand and appreciate the effect of music that is high-low, loud-soft, short-long, slow-fast, up-down.  |
|   | ☐ Be aware of and enjoy seasonal, holiday and ethnic music.   |
|   | ☐ Follow a story told by music.   |
| Moving  |   |
|   | ☐ Mime animals, machines and other sounds   |
| By the end of Grade 1, students will understand that: | Move to the beat in music through walking, running, hopping,<br>galloping and skipping, as appropriate to the psychomotor<br>development of the students. |
|   | ☐ Respond to beat through action and simple body percussion.  |
|   | ☐ Perform simple action songs and singing games   |
|   | ☐ Improvise movement for high-low, loud-soft, short-long, slow-fast.  |
|   | ☐ Respond to music through movement in an individual manner   |
| Singing   |   |
|   | ☐ Distinguish between children's speaking and singing voices.   |
| By the end of Grade 1, students will understand       | ☐ Respond to tone matching and echo games.  |
| that:   | ☐ Respond to so-mi hand signals.  |
|   | ☐ Respond to hand signals for so-mi-la  |
|   | ☐ Sing, in tune, many rhythmic and melodic songs, singing games and action songs.   |
|   | ☐ Experience singing alone and in a group.  |
|   | ☐ Sing accurately in unison.  |
|   | ☐ Respond appropriately and with confidence to a conductor's signals.   |
| Playing Instruments                                   |   |
|   | ☐ Explore the sound of various musical instruments.   |
| By the end of Grade 1, students will understand       | ☐ Play a steady beat using rhythm instruments   |
| that:   | ☐ Discover that some instruments play low notes and some play   |

|   | high notes.   |
|---|---|
|   | ☐ Echo rhythm patterns  |
|   | <ul> <li>Accompany singing with appropriate body percussion and<br/>movement (beat, accent, rhythm patterns) and transfer these<br/>to instruments</li> </ul> |
|   | ☐ Play rhythm instruments correctly.  |
|   | ☐ Accompany songs, stories and poems with appropriate instrumental effects.   |
|   | The student will be able to demonstrate skills on as many as possible of the following instruments:   |
|   | Orff Instruments — through speech, rhythm, ear training and use of pentatonic scale and create own compositions.  |
| Reading and Writing                                   |   |
|   | ☐ Recognize "ta" and "ti–ti" rhythm patterns.   |
| By the end of Grade 1, students will understand that: | ☐ Recognize the following rhythm patterns on large charts, and follow from left to right: "ta ti-ti rest"   |
| that.   | ☐ Echo clap and chant written rhythm patterns.  |
|   | ☐ Draw "stick" rhythm patterns on paper   |
|   | ☐ Respond to simple instrumental scores on large charts.  |
|   | ☐ Respond to hand signals and staff notation of "so-mi", "so-mi-la".  |
|   | ☐ Build "so-mi-la" patterns on a simple staff   |
|   | ☐ Read repeat signs, p (soft) and f (loud).   |
| Creating  |   |
|   | ☐ Use suitable sound effects for poems and songs.   |
| By the end of Grade 1, students will understand that: | ☐ Use instruments to create sounds of high-low, loud-soft, slow-fast, short-long, up-down   |
|   | ☐ Create singing "conversations" (tone matching).   |

#### **Visual Arts**

| Section |
|---------|
|---------|

| Reflection   |  |
|--|--|
| ANALYSIS: Students will notice commonalities within classes of natural objects or forms. | ☐ Natural forms have common physical attributes according to the class in which they belong                          |
|  | ☐ Natural forms are related to the environment from which they originate.  |
|  | ☐ Natural forms have different surface qualities in colour, texture and tone.  |
|  | $\square$ Natural forms display patterns and make patterns.  |
| _  | ☐ Designed objects serve specific purposes.  |
| ASSESSMENT: Students will assess the use or  | ☐ Designed objects serve people.   |
| function of objects.   | ☐ Designed objects are made by people or machines.   |
|  | ☐ Designed objects must function well to be valuable.  |
| APPRECIATION:  | ☐ Art takes different forms depending on the materials and techniques used.  |
| Students will interpret artworks literally.  | ☐ An art form dictates the way it is experienced.  |
| artworks needing.  | ☐ An artwork tells something about its subject matter and the artist who made it.                                    |
|  | ☐ Colour variation is built on three basic colours.  |
|  | ☐ Tints and shades of colours or hues affect the contrast of a composition.  |
|  | ☐ All aspects of an artwork contribute to the story it tells.  |
| Depiction  |  |
| MAIN FORMS AND   | ☐ All shapes can be reduced to basic shapes; i.e., circular, triangular, rectangular.                                |
| PROPORTIONS: Students will learn the shapes of   | ☐ Shapes can be depicted as organic or geometric.  |
| things as well as develop decorative styles.   | ☐ Shapes can be made using different procedures; e.g., cutting, drawing, tearing, stitching.                         |
|  | ☐ Animals and plants can be represented in terms of their proportions.   |
|  | ☐ A horizontal line can be used to divide a picture plane into interesting and varied proportions of sky and ground. |
| ACTIONS AND VIEWPOINTS: Students will increase the range of                              | ☐ Movement of figures and objects can be shown in different ways.  |
|  | ☐ An X-ray view shows the inside of something.   |

| actions and viewpoints depicted.   | ☐ Forms can be overlapping to show depth or distance.  |
|--|--|
| QUALITIES AND DETAILS: Students will represent surface qualities of objects and forms. | ☐ Texture is a surface quality that can be captured by rubbings or markings.   |
|  | ☐ Textures form patterns.  |
|  | ☐ Primary colours can be mixed to produce new hues.  |
|  | ☐ Colour can be lightened to make tints or darkened to make shades. These tints or shades are also referred to as tone or value. |
|  | ☐ Images are stronger when contrasts of light and dark are used.   |
|  | ☐ Details enrich forms.  |
| EMPHASIS: Students will  | ☐ An active, interesting part of a theme can become the main part of a composition.  |
| create emphasis based on personal choices.   | ☐ The main part of a composition can be treated thoroughly before adding related parts.  |
|  | ☐ Contrast subject matter with the ground for emphasis   |
|  | ☐ Forms can run off the edges of the picture space in a composition.   |
| UNITY: Students will   | ☐ Families of shapes, and shapes inside or beside shapes, create harmony.  |
| create unity through<br>density and rhythm   | ☐ Overlapping forms help to unify a composition.   |
| density and mythin   | <ul> <li>Repetition of qualities such as colour, texture and tone<br/>produce rhythm and balance.</li> </ul>                     |
|  | ☐ A composition should develop the setting or supporting forms, as well as the subject matter.                                   |
| CRAFTSMANSHIP:<br>Students will add<br>finishing touches                               | ☐ Finishing touches (accents, contrasts, outlines) can be added to make a work more powerful.                                    |
|  | ☐ Stepping back from a work helps in judging how it can be improved.   |
| Expression   |  |
| PURPOSE 1: Students will record or document activities, people and discoveries.        | ☐ Everyday activities can be documented visually.  |
|  | ☐ Special events, such as field trips, visits and festive occasions can be recorded visually.                                    |
|  | ☐ Family groups and people relationships can be recorded   |

|  | V                 | risually   |
|--|-------------------|--|
|  |                   | Knowledge gained from study or experimentation can be ecorded visually.  |
| PURPOSE 2: Students will illustrate or tell a story  | □А                | A narrative can be retold or interpreted visually.   |
|  | □А                | An original story can be created visually.   |
| PURPOSE 3: Students will decorate items personally   |                   | Details, patterns or textures can be added to two-dimensional works.   |
| created.   |                   | Details, patterns or textures can be added to the surface of hree-dimensional works.   |
|  | □ F               | Feelings and moods can be interpreted visually.  |
| PURPOSE 4: Students will express a feeling or a message.   |                   | Specific messages, beliefs and interests can be interpreted visually, or symbolized.   |
| PURPOSE 5: Students will create an original composition, object or space based on supplied motivation.     | p                 | Outside stimulation from sources such as music, literature, photographs, film, creative movement, drama, television and computers can be interpreted visually. |
| SUBJECT MATTER:<br>Students will develop<br>themes, with an emphasis<br>on personal concerns,<br>based on: | □ B<br>□ C<br>□ D | A. Plants and animals<br>B. Environment and places<br>C. Manufactured or human-made things<br>D. Fantasy<br>E. People  |
|  | Drawing           | 7  |
|  |                   | Jse a variety of drawing media in an exploratory way to see now each one has its own characteristics.  |
|  |                   | Jse drawing tools to make a variety of lines—curved, straight, hick, thin, broken, continuous.   |
|  | fo                | Use drawing tools to make a variety of shapes—open, closed forms; straight, curved forms; geometric (rectangles, squares, sircles and triangles) and free form |
|  | □ M               | Make drawings from direct observation.   |

☐ Use drawing media in combination with other media such as MEDIA AND painting, print making or fabric. TECHNIQUES: Students ☐ Use drawing to add details and textures, or to create pattern. will use media and techniques, with an Painting emphasis on exploration ☐ Learn simple brush skills: holding and unloading the brush, and direct methods in applying paint, cleaning the brush. drawing, painting, print ☐ Experiment with the medium to explore its possibilities. making, sculpture, fabric arts, photography and ☐ Work primarily with tempera paint or tempera paint with technographic arts. additives, using large brushes to paint. ☐ Mix primary colours and lighten and darken colours. ☐ Paint using experimental methods, including without a brush. ☐ Paint directly without preliminary sketching ☐ Use paint in combination with other media and techniques ☐ Make small group and/or large group murals. Print Making ☐ Use frottage (texture rubbings) ☐ Make lifts or transfers, using wax crayon or fabric crayon. ☐ Explore the use of print-making materials and the application of paint, using brushes and rollers (brayers). ☐ Explore found object printing and the making of pattern through stamping ☐ Use print-making images in making pictures or compositions. Sculpture ☐ Make two- and three-dimensional assemblages from found materials ☐ Learn the care and handling of clay, and explore the modelling possibilities. ☐ Use simple clay modelling techniques of rolling, pinching, adding, pressing, making coils, texturing. ☐ Create three-dimensional forms, using paper sculpture techniques of folding, scoring, cutting, curling, weaving, rolling, twisting, joining. ☐ Cast plaster of Paris relief sculptures in sand molds.

| Fabric Arts  |
|--|
| ☐ Decorate fabric, using print-making techniques of relief printing, stamping, stencilling   |
| ☐ Use collage techniques for picture making with fabric.   |
| ☐ Learn the basics of thread and needle manipulation, and use simple stitchery (running stitch and blanket stitch) for decoration and picture making   |
| ☐ Use a simple, handmade loom to weave plain or tabby pattern.   |
| ☐ Braid wool or cloth strips to be used as enhancements.   |
| ☐ Tie-dye using one colour of dye.   |
| ☐ Use simple batik or resist dyeing using a safe resist such as flour and water paste, or margarine.   |
| Photography and Technographic Arts   |
| □ Take advantage of the visual art implications of any available technological device, and explore the potential of emerging technologies. Included at this level:  - simple camera for documentation and sequencing of events  - overhead projector for experimenting with shapes, colours, compositions and the relating of a story using cutout shapes, real objects or drawings on acetate rolls  - computer software packages and devices, such as the light pen and the mouse, to explore, design and compose  - copying devices for recording images and textures  - slides: handmade using ink, crayon, acrylic paint or felt pen for exploring line and shape  - emerging technologies, as available and applicable |
| ☐ Employ technological media techniques, practices and capabilities to promote art understanding and create designs and compositions. Included at this level:  - storyboards to show a sequence of events  - roll movies to show sequence or tell a story  - different kinds of viewfinders to select and frame shots  - shadow puppets  - moving, changing, experimenting to obtain different effects, designs, compositions  - retaining copies of only that which is of particular interest  - photograms with found objects.   |

# **Health & Physical Education**

## Activity

| Section  | Specific Expectations  |
|--|--|
| By the end of Grade 1, students will:  | Basic Skills—Locomotor   |
|  | ☐ Perform locomotor skills through a variety of activities   |
|  | Basic Skills—Nonlocomotor  |
| -acquire skills through a variety of developmentally   | ☐ Perform nonlocomotor skills through a variety of activities  |
| appropriate movement   | Basic Skills—Manipulative: Receiving, Retaining, Sending   |
| activities; dance, games,<br>types of gymnastics,<br>individual activities and<br>activities in an alternative | ☐ Demonstrate ways to receive, retain and send an object, using a variety of body parts and implements, individually and with others |
| environment  | Application of Basic Skills in an Alternative Environment  |
|  | ☐ Demonstrate the basic skills in a variety of environments; e.g., tarmac activities   |
|  | Application of Basic Skills in Dance   |
|  | ☐ Perform simple movements by using elements of effort and space to respond to a variety of stimuli; e.g., music                     |
|  | ☐ Demonstrate body awareness when performing dance activities  |
|  | Application of Basic Skills in Games   |
|  | ☐ Demonstrate body and space awareness when performing space awareness games   |
|  | ☐ Demonstrate an understanding of basic rules and fair play for simple games   |
|  | Application of Basic Skills in Types of Gymnastics   |

| ☐ Demonstrate body and space awareness when performing space awareness games  |
|---|
| ☐ Demonstrate the basic skills of running, jumping, throwing in a variety of environments and using various equipment; e.g., skipping ropes |

#### **Benefits Health**

| Section  | Specific Expectations   |
|--|---|
| By the end of Grade 1, students will:  -understand, experience and appreciate the health benefits that result from physical activity | Functional Fitness  |
|  | ☐ Identify healthy nutritional habits   |
|  | ☐ Demonstrate ways to improve personal growth in physical abilities                               |
|  | ☐ Experience and improve continued frequency of involvement in cardio-respiratory activities      |
|  | Body Image  |
|  | ☐ Recognize personal abilities while participating in physical activity                           |
|  | Well-being  |
|  | ☐ Describe how physical activity makes you feel   |
|  | ☐ Recognize the changes that take place in the body during physical activity                      |
|  | ☐ Understand the connections between physical activity and emotional well-being; e.g., feels good |

Cooperation

| Section                               | Specific Expectations  |
|---------------------------------------|--|
| By the end of Grade 1, students will: | Communication  |
|                                       | ☐ Develop and demonstrate respectful communication skills appropriate to context |
| -interact positively with others.     | Fair Play  |
|                                       | ☐ Identify and demonstrate etiquette and fair play                               |
|                                       | Leadership   |
|                                       | ☐ Identify different roles in a variety of physical activities                   |

| Teamwork  |
|---|
| ☐ Display a willingness to play cooperatively with others in large and small groups |

### Do it Daily ... for Life!

| Section                               | Specific Expectations   |
|---------------------------------------|---|
|                                       | Effort  |
| By the end of Grade 1, students will: | ☐ Show a willingness to participate regularly in short periods of activity with frequent rest intervals |
| -assume responsibility to             | ☐ Demonstrate effort while participating in various activities  |
| lead an active way of life.           | Safety  |
|                                       | ☐ Show a willingness to listen to directions and simple explanations                                    |
|                                       | ☐ Participate in safe warm-up and cool-down activities  |
|                                       | ☐ Move safely and sensitively through all environments; e.g., space awareness activities                |
|                                       | Goal Setting/Personal Challenge   |
|                                       | ☐ Participate in a class activity with a group goal; e.g., walk a predetermined distance                |
|                                       | ☐ Try a challenging movement experience based on personal abilities                                     |
|                                       | Active Living in the Community  |
|                                       | ☐ Identify and experience safe places to play in the community  |
|                                       | □ Make decisions to be active   |