Exploring Art and Performance

- Explore ideas, feelings, and experiences to create visual arts, music, dance, and theatre.
- Use observation and investigation in preparation for making a work of art.
- Select and describe works of art that illustrate daily life experiences of one's self and others.
- Interpret art by categorizing subject matter and identifying the characteristics of form.
- Compare and contrast cultural uses of artwork from different times and places.
- Create musical ideas (such as answering a musical question) for a specific purpose.
- Demonstrate knowledge of music concepts such as beat and melodic contour in music from a variety of cultures selected for performance.
- Perform music for a specific purpose with expression.
- Demonstrate and identify how specific music concepts e.g., beat or pitch are used in various styles of music for a purpose when creating, performing, and responding to music.
- Explore movement inspired by a variety of stimuli e.g., music/sound, text, objects, images, symbols, observed dance, experiences and identify the source.
- Choose movements that express an idea or emotion, or follow a musical phrase.
- Demonstrate a range of locomotor and non-locomotor movements, body patterning, body shapes, and directionality.
- Hop, gallop, jog and slide using a pattern.
- Demonstrate twisting, curling, bending and stretching actions.
- Catch various sizes of balls self-tossed and tossed by a skilled thrower.
- Travel in general space at low, middle and high levels.
- Perform modified push-ups or curl-ups for muscle endurance and strength.
- Participate in modified lead up games and activities.
- Throw a ball or manipulative underhand and overhand.
- Strike a ball or manipulative using one's foot or hand.
- Kick a stationary or non-stationary ball for distance.
- Bounce a ball using dominant hand.
- Perform and demonstrate proper body position during basic stunts and tumbling movements.
- Perform and demonstrate fundamental rhythm/dance patterns.

Health & Physical Education

- Define types of families and how they are different and alike.
- Explain and discuss the MyPlate diagram.
- Explain when and how to seek help when feeling scared, lonely, ill, sad, or bullied.
- Explain and demonstrate simple first aid procedures.
- Explain and demonstrate self-care practices and wellness.
- Identify and describe the five senses.
- Explain good sportsmanship and teamwork.
- Identify basic safety rules and demonstrate proper use of equipment.
- Demonstrate age-appropriate control and skills during movement activities.
- Hop, gallop, jog and slide using a pattern.
- Demonstrate twisting, curling, bending and stretching actions.
- Catch various sizes of balls self-tossed and tossed by a skilled thrower.
- Volley an object using an open palm.
- Travel in general space at low, middle and high levels.
- Perform modified push-ups or curl-ups for muscle endurance and strength.
- Participate in modified lead up games and activities.
- Throw a ball or manipulative underhand and overhand.
- Strike a ball or manipulative using one's foot or hand.
- Kick a stationary or non-stationary ball for distance.
- Bounce a ball using dominant hand.
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Snapshot of First Grade

- Define types of families and how they are different and alike.
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- Explain when and how to seek help when feeling scared, lonely, ill, sad, or bullied.
- Explain and demonstrate simple first aid procedures.
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- Perform and demonstrate fundamental rhythm/dance patterns.
Dear Parents,

Today is a very exciting time to begin school. Your child will learn new and exciting things by asking questions, exploring, and learning by doing. We want all children to meet with success and develop their highest potential. Listed below are some easy ways you can share experiences with your child to assist in the learning.

Talk - Every conversation you have with your child stimulates the mind and helps to develop vocabulary.

Play - Games help your child learn to share and can also assist in developing eye-hand coordination (e.g., playing cards, running races, musical chairs, hopscotch, jump rope).

Encourage Independence - When your child learns to do small tasks independently, a positive self-image will develop. With support from you, your child will experience success and become an independent learner and achiever.

Read - Reading with your child develops the imagination and a love for books. Reading also allows your child to become familiar with the language of books and to develop vocabulary.

Write - Encourage your child to draw and write about what was drawn. Writing helps children generate ideas.

Thank you,

Mr. León
Superintendent

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