

## Physical culture area

### Grades 1-2

Content	
1	<p><b>Basic motor activity</b></p> <p>The concept of vital ways of moving a person. The value of morning hygienic gymnastics, physical education. Rules for the selection of sports equipment and safe behavior while performing vital motor skills. General developmental exercises. Exercises for body position in space. Elements of acrobatics. Children's fitness: logo aerobics, animal aerobics, fitball aerobics, dance aerobics.</p>
2	<p><b>Play and competitive activities</b></p> <p>The importance of active games to increase motor activity of students and master the vital motor skills and abilities. Rules of safe behavior during active games and relay races. Getting acquainted with the rules of active games. Acquaintance with winter and summer sports, achievements of famous Ukrainian athletes. Rules of fair play, the ability to win and lose with dignity. Active games for recreation.</p>
3	<p><b>Health and safety</b></p> <p>The concept of physical culture as a set of physical exercises aimed at improving health. Physical exercises for posture formation, prevention of flat feet and recovery of the body. Signs of fatigue during exercise and ways to avoid it. Hardening as a means of improving health and improving physical development. General developmental exercises. Exercises for posture formation. Exercises to prevent flat feet. Relaxation exercises. Breathing exercises. Exercises for the development of physical qualities: strength, speed, endurance, flexibility, coordination.</p>



## Compulsory learning outcomes

### Student:

- performs movement exercises (walking, running, jumping, climbing, swimming, sliding), performs exercises with and without objects (if appropriate);
- recognizes, selects and performs exercises for morning gymnastics; distinguishes, selects and performs physical exercises in different sports for the development of physical qualities;
- performs motor actions during physical games under the guidance of a teacher;
- monitors their well-being with the support of adults in an educational facility and out of it;
- explains the importance of exercising for human health;
- selects with the help of a teacher and performs exercises / games and elements of different sports for the development of physical qualities;
- performs various roles during physical games, rituals and other forms of motor activity;
- adheres to safety rules in person and during joint activities with friends;
- adheres to the rules of fair play during physical activity; not upset by the defeat.

