



“Each child is unique and develops at their own pace, but there are predictable patterns in child and adolescent development. This guide is intended to help you identify and understand these patterns so that you can better support your child’s learning at home and in school.”

(Yardsticks/Responsive Classroom, Chip Wood)

First Grade (age range is 6 - 7 years old)

Physical Development:

- Is full of energy, enthusiasm and excitement about the world
- Works in spurts and tires easily, and is prone to frequent illnesses and absences.
- Is more aware of their fingers as tools (for example, to count on), but is still sometimes clumsy and needs to slow down and practice to achieve desired results
- Is teething, so they often chew on pencils, fingernails, or other objects.
- Likes confined spaces, and often focuses on a small, close area when writing or drawing.
- Frequently works with his/her head down on the desk, often closing or covering one eye.
- At age seven, improves gross and fine motor skills becoming more coordinated with throwing and catching.
- Muscles can be tense and can be sensitive to physical and psychosomatic hurts

Social-Emotional/Academic Development:

- Ambitious, often choosing projects that may be too hard
- Proud of personal accomplishments and can appear highly competitive
- May be anxious to do well, can be extremely sensitive, and may not respond well to constructive criticism
- Might complain frequently and test boundaries
- Likes doing things for him/herself and may be ready to take on individual responsibility
- moods vary and may feel that “Nobody likes me!”
- need security and structure
- is developing a strong sense of right and wrong
- is developing strong likes and dislikes

Throughout the year your grade 1 students will experience...

Phys Ed

- Improved hand-eye coordination
- Improved fine and gross motor skills
- More aware of their fingers as tools

Health

- Develop self-help and personal hygiene skills.
- Develop knowledge and skills necessary to make nutritious food choices.
- Develop an awareness of potential hazards in the environment and how they impact personal health and safety.

Technology

- Understand and practice internet safety
- Improve mouse skills
- Keyboarding - familiarization with the keyboard
- Digital navigation
- LEGO robotics, STEAM activities

World Language

- Identify memorized and practiced words
- Respond with physical actions and/or gestures
- Recognize a few common gestures associated with the target culture(s)

Social Emotional Learning

- Participate in character education lessons
- Participate in mindful meditation practices
- Develop the skills needed to self regulate emotions

Music

- Demonstrate developmentally appropriate vocal production and sing a variety of songs with expression, alone and with others
- Identify elements of music such as rhythm, melody, dynamics, tempo, timbre, and form
- Perform on classroom instruments and identify them by sound
- Perform dance choreography and create improvised movements
- Respond and connect to music from various historical periods and cultures

Art

- Demonstrate an understanding of the elements and principles of visual art
- Understand cultures, times, places and artists through art
- Utilize those skills, media, methods, and

Library

- Recognize a few memorized words related to common classroom objects and body parts
- Select books appropriate to interest
Identify the difference between fiction and nonfiction

technologies appropriate to the creation and presentation of visual art,

- Develop knowledge of the process of critique and apply that knowledge in reflection upon and judging works of art

By the end of Grade 1, your child will know how to...

<u>Reading</u>	<ul style="list-style-type: none">● Decode regularly spelled one and two syllable words● Ask and answer questions about important details in text● Using key details, identify characters, setting, and major events in a story● Select a nonfiction topic and identify facts to share● Read orally with accuracy, fluency, and expression● Self monitor and self correct errors when reading● Recognize and read high-frequency words	<i>Practice these skills at home ~</i> <ul style="list-style-type: none">● Listen to your child read● Practice reading trick words● Encourage your child to retell stories● Ask your child questions about stories read to support comprehension● Play word games together● Read aloud stories to your child● HModel appropriate reading behaviors and have your child take on the voice and actions of characters
<u>Writing</u>	<ul style="list-style-type: none">● Spell high frequency words● Spell regular one syllable words● Use correct spacing, capitalization, and ending punctuation● Write about small moments that happened in their lives● Revise and add detail to their writing● Revise their writing for publishing and celebrations● Write longer stories with a beginning, middle and end● Writing becomes more microscopic in size	<i>Practice these skills at home ~</i> <ul style="list-style-type: none">● Keep a writing journal● Practice spelling first grade trick words.● Write letters to friends and family
<u>Social Studies</u>	<ul style="list-style-type: none">● Identify the need for rules in the home, school, and community● Develop and follow classroom rules● Understand that a globe is a model of the earth● Identify differences between maps and globes● Identify symbols of the United States● Identify wants and needs and understand the difference● Develop curiosity about various cultures and identify similarities and differences to their own	<i>Practice these skills at home ~</i> <ul style="list-style-type: none">● Discuss wants and needs with your child● When traveling, expose your child to the use of maps. Discuss where you are going and the different ways of traveling.● Discuss events in family, community, and county.
<u>Science</u>	<ul style="list-style-type: none">● Study patterns of the sun and moon● Study living things such as plants and animals● Participate in activities, discussions and investigations● Investigate light and sound	<i>Practice these skills at home ~</i> <ul style="list-style-type: none">● Observe patterns in the sky● Observe the world and draw or write what they see
<u>Math</u>	<ul style="list-style-type: none">● Solve addition and subtraction word problems for numbers 1-20 using pictures, objects, and drawings● Use strategies to add and subtract● Read and write numbers up to 120● Count to 120 starting at different numbers● Count by 5s and 10s● Addition and subtraction facts to 20● Use greater than, less than, and equal to symbols to compare two numbers● Use standard units to measure● Tell and write time in hours and half-hours using analog and digital clocks	<i>Practice these skills at home ~</i> <ul style="list-style-type: none">● Play games with your child and create simple addition and subtraction stories.● Have a shape hunt with your child● Practice addition and subtraction facts● Practice measuring and counting by cooking with your child● Have your child ask questions to friends and family members and graph the results

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| | <ul style="list-style-type: none">• Ask and answer questions about data• Construct and draw shapes when given defining attributes• Create new shapes using 2D and 3D shapes | |
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Recommended Resources:

- Yardsticks, by Chip Wood
- www.responsiveclassroom.org
- www.childdevelopmentinfo.com

Please visit your child's teacher website for additional resources and information at www.ctsdnj.org