Overview
First graders come to school with a sense of wonder and a longing for something more. They stand at the culmination of seven years of physical development, which they spent getting to know the physical world through senses and play. Now the world of literacy beckons and formal teaching begins.

Gradually the first grader moves away from the dreamy days of kindergarten. The child still perceives himself/herself as one with the surrounding world. First grade teaching preserves that unity by moving gently from the whole to the parts. Curriculum themes for the year grow out of fairy tales where a picture of the whole human being is created out of a panorama of archetypal characters. We refrain from calling upon the individual in preference to observing each child within the group. There will be a range of individual abilities within the group at the end of the year.

Stories stretch a first grader’s capacity to think in pictures. They are told by the teacher and later recalled by the students. Concepts emerge from the story pictures: letters of the alphabet, numbers, and mathematical operations. Experience with the natural environment in gardening and nature walks, as well as nature stories, form the first lessons in natural science and social studies. First graders also meet the subject teachers for the first time as they take up two foreign languages, handwork, movement classes, and eurythmy. The class teacher weaves music, beeswax modeling, drawing, and painting into the day.

Lessons include much physical movement. Language is built up through speech exercises, which emphasize gesture and rhythm. Multiplication tables and number patterns are developed with clapping and stepping rhythms. Childhood games, such as jump rope, hopscotch, and ball playing develop large motor coordination. Exercises on the balance beam and in balancing objects on the head enhance the ability to concentrate. Visual-motor coordination grows out of the practice of form drawing, where movement is brought to rest with a line on the paper.

The wondrous journey that begins with the Rose Ceremony comes with its challenges. All learning requires the capacity to come to stillness, to sit and listen. As the first grader becomes a member of a class, he begins to move with his classmates through the school day. This requires a practice in being tolerant and taking turns, a willingness to participate and to try again, even if the task is difficult.
Grade One Skills by Subject Area

Work Habits and Attitude
In grade one, students should:

- Respect adults and authority
- Raise hand to speak, take turns
- Become a member of the class, adjusting self needs to the needs of the group, supporting classmates and class activity
- Treat others with respect and tolerance
- Work through challenging tasks, correction, and frustration
- Develop skill in social use of language, for example, the use of “please” and “thank you”

Language Arts
In grade one, students should be able to:

- Sit quietly through an oral presentation of a story for progressively longer periods of time up to 20 minutes
- Recall story from the previous day with sequencing as well as attention to main characters, events, and details
- Memorize poems, gestures, rhythms, verses, rhymes, and songs
- Listen to instructions, focus and remain on task for the designated time
- Speak clearly in question-and-answer periods and daily recall (individual)
- Participate in group recitation of memorized material
- Participate with group in informal dramatic presentations
- Recognize sounds, shapes, capital letters (lower case letters are introduced at the end of the year or the beginning of second grade)
- Know alphabetical order of letters
- Recognize letter sounds in words, rhyme words, alliteration
- Copy words written on the board in upper case letters
- Grip writing implement correctly
- Work with dominant hand
- Space letters and words appropriately on the page
- Recognize sentences
- Read self-constructed or copied sentences and memorized words

Math
In grade one, students should be able to:

- Identify number patterns in the human figure, nature, and geometric forms
- Write numerals 1–12
- Recognize numerals 1–20
- Count 1–20 forward and backward
• Count to 100 by ones
• Recognize the four operations and symbols (+ - x /)
• Use manipulatives to solve problems in all four operations up to 20
• Count by twos, threes, fives, and tens, forward and back—emerging skill
• Show emerging skill in doing mental calculations
• Write calculations in sentence form (horizontal)

Natural Science and Social Studies
In grade one, students will:
• Participate in the festival life of the school

Through stories, walks outdoors, and work in the garden, students should be able to:
• Become familiar with seasonal changes
• Have an imaginative understanding of natural phenomena, for example, the water cycle
• Experience local geography
• Begin color study in painting

Foreign Languages
In grade one, a student’s active vocabulary should include:
• Main colors
• Main items in the classroom
• Parts of the body
• Days of the week
• Family members
• Numbers up to 20

Students should also be able to respond to simple commands and basic questions.

Music
In grade one, students should be able to:
• Sing freely-floating melodies, mostly in the pentatonic mode, learned by listening and imitation
• Begin playing the pentatonic flute
• Develop the ability to play notes and tunes by ear
• Develop the ability to imitate basic rhythms

Art
In grade one, students should be able to:
• Achieve visual motor coordination through form drawing, to be applied to writing and geometry
• Recognize patterns of straight and curved lines
• Recognize the three primary colors
• Derive the secondary colors from the primary colors
• Using block crayons, imitate guided drawing from the blackboard
• Begin to work with rudiments of composition

**Handwork**
By the end of grade one, students should be able to:
• Finger knit
• Cast on and off
• Knit garter stitch with confidence
• Recognize small knitting mistakes such as a missing or an extra stitch
• Recognize color value (dark to light)
• Change color while knitting with minimal help
• Thread a darning needle with large thread
• Do simple sewing stitches (running and whip stitch)
• Sew on buttons
• Sew up and stuff knitted projects

**Eurythmy**
In grade one, students should be able to:
• Form circle, stay in circle
• Follow teacher, moving to create forms in space: triangle, square, spirals, figure eight (no crossing), lemniscates
• Walk straight and curved lines
• Walk rhythms
• Know right from left
• Follow copper rod exercises: roll up and down, weave between legs, circle all around, jump over

**Physical Education**
In grade one, students should be able to:
• Participate in group circle activity and games
• Clap rhythms
• Jump rope: forward, backward, with crossovers, individually and with a partner
• Throw and catch a ball (any dimension) and bean bag
• Crawl, tumble, somersault
• Skip, hop, shuffle, crisscross, stomp
• Walk on a balance beam
• Play simple tag games
• Introduction to juggling
• Enter into imaginative games