

Kicking

3rd - I can use a continuous running approach and intentionally perform a kick along the ground and a kick in the air, demonstrating 4 of the 5 critical elements of a mature pattern for each.

4th - I can kick along the ground and in the air using a mature pattern

Critical Elements

- Arm extend forward in preparation for kicking action
- Contact with ball is made directly below center of ball (Travel in the air); contact with ball is made directly behind center of ball (travel on ground)
- Contact the ball with shoelaces or top of foot for kicking action
- Trunk leans back slightly in preparation for kicking action
- Follow through with kicking leg extending forward and upward toward target



Jump Rope

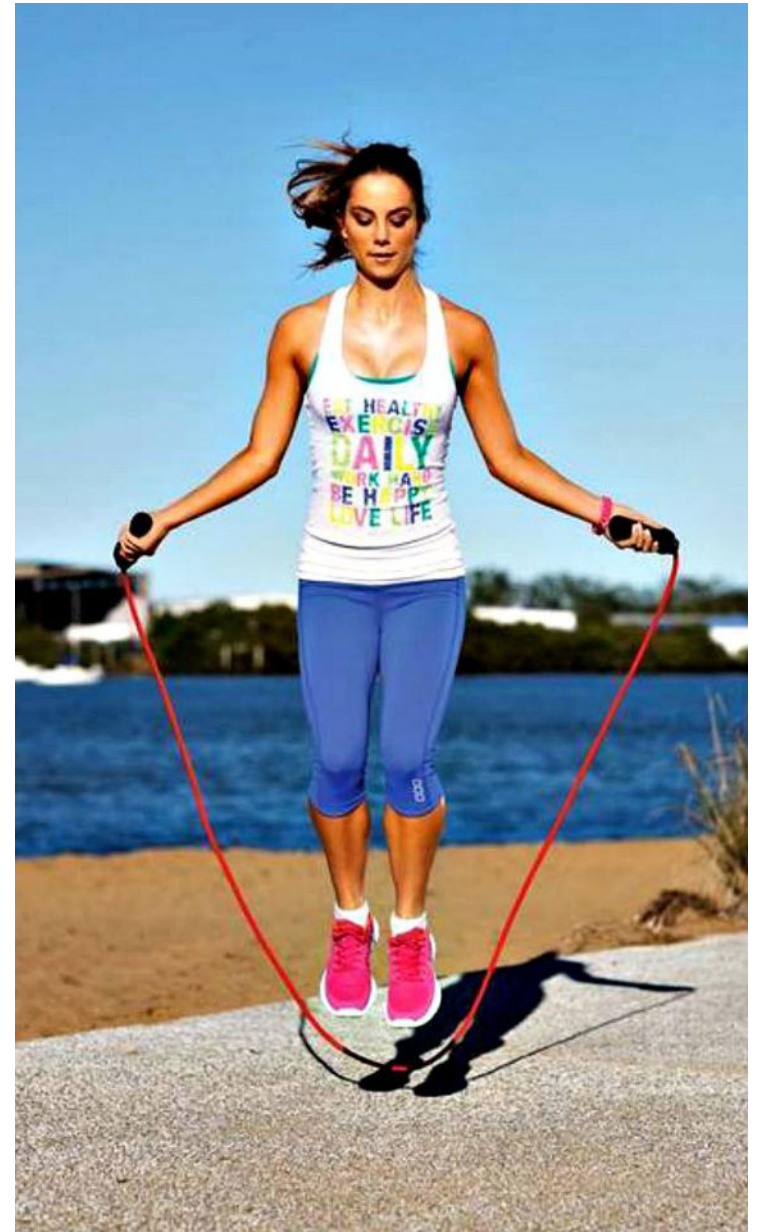
K - I can jump one time with a self-turned rope.

1st - I can jump forward or backward consecutively (2 times) using a self-turned rope

2nd - I can jump forward or backward consecutively (5 times) using a self-turned rope.

3rd - I can perform 3 self-chosen jump rope skills with a self-turned rope at least 2 consecutive times.

4th - I can perform 4 self-chosen jump rope skills with a self-turned rope at least 2 consecutive times.



Weight Transfer

K - I can transfer weight from one body part to another in self-space in dance and/or gymnastics environments.

1st - I can transfer weight from one body part to another in self-space in dance or gymnastics environment

2nd - I can transfer weight from feet to different body parts/bases of support for balance and/or travel.

3rd - I can combine balance and weight transfers with movement concepts to create and perform a dance or gymnastic routine.

4th - I can combine traveling with balance and weight transfers to create a gymnastics sequence with and without equipment or apparatus.



Underhand Volley

K - I can strike (volley) a lightweight object (balloon) sending it upward.

1st - I can strike (volley) an object with an open palm, sending it upward

2nd - I can strike (volley) an object upward with 5 consecutive hits.

3rd - I can strike (volley) an object with an underhand or sidearm striking pattern, sending it forward demonstrating 4 of the 5 critical elements.

4th - I can strike (volley) an object with an underhand or sidearm striking pattern, while demonstrating critical elements.

Critical Elements:

- Face the target in preparation for the volley
- Opposite foot forward
- Flat surface with hand for contact of the ball or volleybird
- Contact with ball or volleybird between knee and waist level
- Follow through upward and to the target



Underhand Throw

K - I can throw underhand demonstrating 2 of the 5 critical elements of a mature pattern

1st - I can throw underhand demonstrating 3 of the 5 critical elements of a mature pattern.

2nd - I can throw underhand demonstrating 5 of the 5 critical elements of a mature pattern

Critical Elements:

- Face target in preparation for throwing action
- Arm back in preparation for action
- Step with opposite foot as throwing arm moves forward
- Release ball between knee and waist level
- Follow through to target



Strategies & Tactics

3rd – I can use simple strategies & tactics in chasing and fleeing activities.

4th – I can apply simple offensive and defensive strategies & tactics in chasing and fleeing activities.



Short Handled Implement Striking

K - I can strike a object with a paddle or short-handled racket.

1st - I can strike a lightweight object with a paddle or short-handled racket sending it upward.

2nd - I can strike an object upward using 5 consecutive hits with a short-handled implement.

3rd - I can strike an object forward with a short-handled implement while demonstrating 3 of the 5 elements of a mature pattern

4th - I can strike an object forward with a short-handled implement while demonstrating all critical elements of a mature pattern.

Critical Elements:

- Racket back in preparation for striking
- Step with opposite foot as contact is made
- Swing racket paddle from low to high
- Coil and uncoil the trunk in preparation for an execution of the striking action
- Follow through for completion of the striking action



Pathways, Shapes, & Levels

K - I can travel in 3 different pathways

1st - I can travel demonstrating low, middle, and high levels as well as over, under, through, and around in relationship with objects.

2nd - I can combine shapes, levels, and pathways in simple travel, dance, and gymnastics sequences



Overhand Throw

3rd - I can throw overhand demonstrating 3 of the 5 critical elements of a mature pattern.

4th - I can throw overhand to a partner or target using a mature pattern.

Critical Elements:

- Side to target in preparation for throwing action
- Arm back and extended, and elbow at shoulder height or slightly above in preparation for action; elbow leads
- Step with opposite foot as throwing arm moves forward
- Hip and spine rotate as throwing action is executed
- Follow through towards target and across body



Long Handled Implement Striking

3rd - I can strike a stationary ball with a long-handled implement (hockey stick or bat) sending it forward, while using proper grip for the implement.

4th - I can strike a stationary ball with a long-handled implement example(hockey stick, bat, golf club) while demonstrating 3 of the 5 critical elements of a mature pattern for the implement (grip, stance, body orientation, swing plane, and follow through).

Critical Elements:

- Long-handled implement up and back in preparation for striking action
- Step forward on opposite foot as contact is made
- Coil and uncoil trunk for prepatation and execution of the striking action
- Swing the implement on a horizontal plane
- Wrist uncocks on follow-through for completion of the striking action



Engagement

K - I can engage in physical education class without being reminded.

1st - I can engage in physical education class without being reminded.

2nd - I can engage in physical education class without being reminded.

3rd - I can engage in physical education class without being reminded.

4th - I can engage in physical education class without being reminded.



Dribbling with Hands

K - I can dribble a ball with one hand, attempting the second contact.

1st - I can dribble continuously (5 or more) in personal-space using the preferred hand

2nd - I can dribble using the preferred hand while walking in general space.

3rd - I can dribble and travel in general space at slow to moderate jogging speed with control of ball and body.

4th - I can dribble in general space demonstrating a mature patten with control of the ball and body.

Critical Elements:

- Knees slightly bent
- Opposite foot forward when dribbling in general space
- Contact ball with finger pads
- Firm contact with top of ball, contact slightly behind ball for travel, ball to side and in front of body for travel
- Eyes looking "over", not down at, the ball



Dribbling/Ball Control

K - I can tap a ball using the inside of the foot, sending it forward.

1st - I can tap a ball using the inside of the foot, while walking in general space.

2nd - I can dribble with both feet in general space with control of ball and body

3rd - I can dribble with both feet in general space at slow to moderate jogging speed with control of ball and body.

4th - I can dribble with both feet in general space with control of ball and body while increasing and decreasing speed.



Locomotor

K - I can perform locomotor skills (hopping, galloping, jogging, sliding, skipping) while maintaining balance

1st - I can hop (on 1 foot), gallop, jog, and slide using a mature pattern.

2nd - I can skip using a mature pattern (all five critical elements)

Critical Elements

- Step hop pattern is smooth and coordinated
- Arms are used in the hopping action and are coordinated throughout the action.
- The student lands on their toes
- The non-support knee is lifted sharply upward
- Action is then repeated on the opposite leg



Personal & Social Behavior

K - I can accept personal responsibility by acknowledging responsibility for behavior when prompted, follow directions in group settings. (PE.K.4.1a,b)

I can follow instructions when prompted. (PE.K.4.2a)

I can share equipment and space with others (PE.K.4.3a)

I can recognize protocol for class activities. (PE.K.4.4a)

I can follow teacher directions for safe participation and proper use of equipment with minimal reminders/redirections. (PE.K.4.5a)

1st-4th - I can exhibit personal responsibility in physical education class.

I can accept and respond appropriately to specific corrective feedback from teachers and peers.

I can exhibit responsible social behavior when working with others (teamwork, sportsmanship).

I can follow rules and demonstrate proper etiquette.

I can participate safely in physical activities



Catching

K - I can drop a ball and catch it before it bounces twice.

1st - I can catch a soft object of various sizes from a self-toss or tossed by an accurate thrower before it bounces.

2nd - I can catch a self-tossed or well-thrown large ball with hands, not trapping or cradling against the body, using 2 of 5 critical elements

3rd - I can catch a tossed ball from a partner demonstrating 4 of 5 critical elements.

4th - I can catch a thrown ball above the head, at chest or waist level, and below the waist using a mature pattern.

Critical Elements:

- Extend arms outwards to reach for ball, thumbs in for catch above waist and thumbs out for catch at/or below waist
- Watch the ball all the way into the hands
- Catch with hands only, no cradling against the body
- Pull the ball into the body as the catch was made
- Curl the body slightly around the ball

