

Grades PK-2

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns. 1

A Locomotor 1A

- 1 Performs hopping, skipping, galloping, sliding and leaping competently. 1A.P1
- 2 Achieves mature form* of running. 1A.P2
- 3 Utilizes correct mechanics* for take-off and landing while jumping for height and for distance. 1A.P3

B Non-locomotor (stability) 1B

- 1 Controls body while balancing in a variety of shapes on different levels and bases of support. 1B.P1
- 2 Transfers weight appropriately between bases of support. 1B.P2

C Manipulatives 1C

- 1 Performs the following skills with 2-3 critical elements* of a mature pattern: throwing (overhand and underhand), catching, dribbling with hands, kicking, volleying (underhand and overhead), striking (short and long implements). 1C.P1
- 2 Dribbles with either foot and maintains control of the ball for a short distance. 1C.P2
- 3 Strikes a slow-moving object upward repeatedly using a short implement. 1C.P3
- 4 Strikes a stationary object with a long implement. 1C.P4
- 5 Jumps a self-turned rope repeatedly and a long rope at least five times. 1C.P5

D Offensive and Defensive Skills 1D

Developmentally appropriate outcomes first appear in Grade 6.

E Dance and Rhythms 1E

- 1 Performs rhythmic activities created by the teacher and/or students. 1E.P1

F Lifetime Activities 1F

Developmentally appropriate outcomes first appear in Grade 6.

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance. 2

A Movement concepts, principles and knowledge 2A

- 1 Demonstrates multiple levels of movement, speed, direction, rhythm, pathways, force, time. 2A.P1
- 2 Applies corrective feedback to movement errors during performance. 2A.P2
- 3 States the short-term effects of physical activity on the heart and lungs. 2A.P3

The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. 3

A Physical Activity Knowledge 3A

- 1 States the benefits of being physically active. 3A.P1

B Fitness Knowledge 3B

- 1 Recognizes the relationship between movement, heart rate and breathing (i.e. increased movement causes increased heart rate and faster breathing). 3B.EP1
- 2 Names physical activities that enhance fitness. 3B.EP2

C Assessment and Program Planning 3C

Developmentally appropriate outcomes first appear in Grade 3.

D Nutrition 3D

- 1 Distinguishes between healthy and unhealthy foods. 3D.EP1
- 2 Describes the relationship between food, energy, and physical activity. 3D.EP2

The physically literate individual exhibits responsible personal and social behavior that respects self and others. 4

A Demonstrating Personal Responsibility 4A

- 1 Plays independently with responsible personal behavior. 4A.EP1

B Accepting/Providing Feedback 4B

- 1 Accepts corrective feedback from the teacher. 4B.EP1

C Working with Others 4C

- 1 Works cooperatively with the teacher and others. 4C.EP1

D Following Rules and Etiquette 4D

- 1 Follows instructions and class procedures. 4D.EP1

E Safety 4E

- 1 Follows the teacher's instructions regarding safety procedures. 4E.EP1

The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction. 5

A Health 5A

- 1 Identifies physical activities that enhance health. 5A.EP1

B Challenge 5B

- 1 Recognizes physical activities that are challenging. 5B.EP1

C Self-expression and Enjoyment 5C

- 1 Identifies physical activities that provide opportunities for self-expression and enjoyment. 5C.EP1