Elementary Physical Education

STANDARD 1 PROFICIENCY SCALES

Standard 1 Motor Skills and Movement Patterns (K) Catching (Essential Skill)

4.0	The student *could:* • Catch a self-bounced object after one bounce or a tossed object from a partner.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Catch a self-bounced or tossed object.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content
2.0	The student will recognize or recall specific vocabulary (for example: self-bounced, self-tossed, catch, hands, eyes, squeeze) and perform basic processes such as: • F1 - Practice self-bounce and self-toss • F2 - Point your nose at the object-eyes will follow • F3 - Bend arms and squeeze when the object is in your hands
1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (1) Catching (Essential Skill)

4.0	The student *could:* • Catch an object demonstrating proper hand positioning for above and below the waist catches.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Catch a self-bounced object after one bounce or a tossed object from a partner.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content
2.0	The student will recognize or recall specific vocabulary (for example: self-bounced, self-tossed, catch, hands, eyes, waist, pinkies, thumbs, squeeze) and perform basic processes such as: • F1 - Practice catching a self-bounced and self-tossed object • F2 - Practice tossing an object to a partner • F3 - Practice catching a tossed object from a partner • F4 - Point your nose at the object-eyes will follow • F5 - Bend arms and squeeze when the object is in your hands
1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (2) Catching (Essential Skill)

4.0	The student *could:* • Catch an object from a partner using only the hands demonstrating proper hand position.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Catch an object demonstrating proper hand positioning for above and below the waist catches.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content
2.0	The student will recognize or recall specific vocabulary (for example: catch, self-bounced, self-tossed, hands, eyes, absorb, force, waist, above, below, thumbs, pinkies) and perform basic processes such as: • F1 - Practice catching a self-bounced object after one bounce or a tossed object from a partner. • F2 - Point your nose at the object, eyes will follow • F3 - Bend arms and squeeze when object is in your hands • F4 - Practice above and below the waist catches
1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (3) Catching (Essential Skill)

4.0	The student *could:* • Catch an object demonstrating a mature motor pattern.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Catch an object from a partner using only the hands demonstrating proper hand position.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content

2.0	The student will recognize or recall specific vocabulary (for example: bounced, tossed, catch, reach/move to, absorb, force, tracking) and perform basic processes such as:
	
	• F1 - Practice catching a bounced and tossed object from a partner using only the hands.
	• F2 - Below the waist, pinkies together
	• F3 - Above the waist, thumbs together
	
	Mature Motor Pattern:
	
	    Elbows Flexed
	    Eyes track object
	    Catch with hands alone, without trapping object against body
	    Absorb force with hands

1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (4)
Catching (Essential Skill)

4.0	The student *could:* • Catch an object demonstrating a mature motor pattern at a variety of levels or distances.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Catch an object demonstrating a mature motor pattern.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content

2.0	The student will recognize or recall specific vocabulary (for example: mature motor pattern, absorb, force, levels, tracking) and perform basic processes such as:
	
	   • F1 - Catch an object thrown overhand from a partner using only the hands
	   • F2 - Practice the elements of a mature motor pattern
	
	     Mature Motor Pattern
	       Elbows Flexed
	       Eyes track object
	       Catch with hands alone, without trapping object against body
	       Absorb force with hands

1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (5)
Catching (Essential Skill)

4.0	The student *could:* • Catch an object demonstrating a mature motor pattern in drills lead-up games.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Catch an object demonstrating a mature motor pattern at a variety of levels or distances.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content
2.0	The student will recognize or recall specific vocabulary (for example: mature motor pattern, absorb, force, level, distance) and perform basic processes such as: • F1 - Practice the elements of a mature motor pattern Mature Motor Pattern Elbows Flexed Eyes track object Catch with hands alone, without trapping object against body Absorb force with hands
1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (K)
Dribble with Feet

4.0	The student *could:* • Dribble with feet in general space while keeping the object close to the body.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Dribble an object with either foot.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content
2.0	The student will recognize or recall specific vocabulary (for example: dribble, close, control, general space, tap, push) and perform basic processes such as: • F1 - Practice tapping the object with feet • F2 - Practice pushing the object with feet
1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (1) Dribble with Feet

4.0	The student **could:** • Dribble with feet in general space while controlling the object.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Dribble with feet in general space while keeping the object close to the body.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content
2.0	The student will recognize or recall specific vocabulary (for example: general space, close, tap, control, inside of foot) and perform basic processes such as: • F1 - Practice pushing the object with feet • F2 - Practice tapping the object with feet • F3 - Identify toes and inside of foot
1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (2) Dribble with Feet

4.0	The student *could:* • Dribble with feet at varying speeds while keeping the object under control.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Dribble with feet in general space while controlling the object.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content
2.0	The student will recognize or recall specific vocabulary (inside and outside of feet, close, control, general space, tap, speeds) and perform basic processes such as: • F1 - Practice dribbling with feet while walking in general space • F2 - Practice keeping the object close to the body and eyes looking forward • F3 - Identify the difference between toes, inside of foot, and outside of foot.
1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (3) Dribble with Feet

4.0	The student *could:* • Dribble with feet demonstrating a mature motor pattern at varying speeds.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Dribble with feet at varying speeds while keeping the object under control.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content

2.0	The student will recognize or recall specific vocabulary (inside and outside of foot, control, mature motor pattern, speeds) and perform basic processes such as:
	
	• F1 - Practice dribbling with the inside of feet
	
	• F2 - Practice dribbling in general space at a slow jog while looking forward
	
	• F3 - Practice dribbling while controlling the body and object
	
	Mature Motor Pattern:
	   Keep object close to body
	   Object under control
	   Eyes forward
	   Use both feet to control object

1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (4) Dribble with Feet

4.0	The student *could:* • Dribble with feet demonstrating a mature motor pattern while changing speed and direction.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Dribble with feet demonstrating a mature motor pattern at varying speeds.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content
2.0	The student will recognize or recall specific vocabulary (mature motor pattern, control, eyes forward, speed, direction) and perform basic processes such as: • F1 - Practice keeping the object close to the body and under control • F2 - Practice dribbling at varying speeds Mature Motor Pattern Keep object close to body Object under control Eyes forward Use both feet to control object
1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (5) Dribble with Feet

4.0	The student *could:* • Dribble with feet demonstrating a mature motor pattern while changing speed and direction in drills or lead-up games.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Dribble with feet demonstrating a mature motor pattern while changing speed and direction.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content
2.0	The student will recognize or recall specific vocabulary (for example: mature motor pattern, speed, direction, control, inside and outside of feet, eyes forward) and perform basic processes such as: • F1 - Practice dribbling with a mature motor pattern • F2 - Practice dribbling while changing speed and direction Mature Motor Pattern Keep object close to body Object under control Eyes forward Use both feet to control object
1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (K)
Dribble with Hands (Essential Skill)

4.0	The student *could:* • Dribble with either hand while moving in general space.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Dribble with either hand in self space.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content
2.0	The student will recognize or recall specific vocabulary (for example: dominant/non-dominant, push the ball, finger pads, self-space, general space, and control) and perform basic skills such as: • F1 - Practice bounce and catch • F2 - Practice pushing the ball down while using the finger pads
1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (1) Dribble with Hands (Essential Skill)

4.0	The student *could:* • Dribble with dominant hand under control in general space.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Dribble with either hand while moving in general space.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content
2.0	The student will recognize or recall specific vocabulary (for example: dribble, general space, self-space, body control, push, finger pads) and perform basic skills such as: • F1 - Practice dribbling with either hand in self-space • F2 - Practice using the finger pads to push the ball • F3 - Practice dribbling while walking
1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (2)
Dribble with Hands (Essential Skill)

4.0	The student *could:* • Dribble with dominant hand under control at a moderate speed in general space. • Dribble with non-dominant hand in self-space.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Dribble with dominant hand under control in general space.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content
2.0	The student will recognize or recall specific vocabulary (for example: self-space, general space, dominant, non-dominant, ball control, body control, push, finger pads, waist) and perform basic processes such as: • F1 - Practice dribbling with either hand while moving in general space with eyes forward. • F2 - Practice keeping ball close to the body • F3 - Practice keeping the ball low and to the side
1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (3)
Dribble with Hands (Essential Skill)

4.0	The student *could:* • Dribble with dominant hand demonstrating a mature motor pattern at varying speeds in general space. • Dribble with non-dominant hand under control at varying speeds in general space.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Dribble with dominant hand under control at a moderate speed in general space. • T2 - Dribble with non-dominant hand in self-space.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content

2.0	The student will recognize or recall specific vocabulary (for example: dominant, non-dominant, general space, self-space, body control, ball control, moderate speed, waist, finger pads, mature motor pattern) and perform basic processes such as:
	
	 • F1 - Practice dribbling with dominant and non-dominant hand in self space
	
	 • F2 - Practice dribbling with dominant and non-dominant hand while moving at various speeds with eyes forward
	
	 • F3 - Attempt to dribble with the non-dominant hand in general space
	
	      Mature Motor Pattern
	        Finger pads on ball
	        Eyes forward
	        Keep ball low and to the side
	        Ball under control

1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (4)
Dribble with Hands (Essential Skill)

4.0	The student *could:* • Dribble with hands demonstrating a mature motor pattern while changing speed and direction.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Dribble with dominant hand demonstrating a mature motor pattern at varying speeds in general space. • T2 - Dribble with non-dominant hand under control at varying speeds in general space.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content

2.0	The student will recognize or recall specific vocabulary (for example: mature motor pattern, general space, dominant, non-dominant, finger pads, control, speed) and perform basic processes such as:
	
	• F1 - Practice dribbling with non-dominant hand in general space.
	
	• F2 - Practice dribbling with dominant hand under control at a slow or moderate speed.
	
	Mature Motor Pattern
	    Finger pads on ball
	    Eyes forward
	    Keep ball low and to the side
	    Ball under control

1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (5)
Dribble with Hands (Essential Skill)

4.0	The student **could:** • Dribble with hands demonstrating a mature motor pattern, while changing speed and direction in drills or lead-up games.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Dribble with hands demonstrating a mature motor pattern while changing speed and direction.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content

2.0	The student will recognize or recall specific vocabulary (for example: control, dominant, non-dominant, speed, mature motor pattern) and perform basic skills such as:
	
	• F1 - Practice dribbling with dominant hand demonstrating a mature motor pattern
	
	• F2 - Practice dribbling with non-dominant hand under control at a slow or moderate speed in general space.
	
	    Mature Motor Pattern
	        Finger pads on ball
	        Eyes forward
	        Keep ball low and to the side
	        Ball under control

1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (K)
Jump Rope

4.0	The student *could:* • Jump forward or backward with a self-turned rope and/or a long rope multiple times.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Perform a single jump with a self-turned rope and/or a long rope.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content
2.0	The student will recognize or recall specific vocabulary (for example: jump rope, turn, short rope, long rope, forward, backward) and perform basic processes such as: • F1 - Practice jumping over a rope on the floor • F2 - Practice toe catches • F3 - Practice proper grip
1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (1)
Jump Rope

4.0	The student **could:** • Jump forward and backward with a self-turned rope and/or jump a long rope multiple times while staying in one spot.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Jump forward or backward with a self-turned rope and/or a long rope multiple times.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content
2.0	The student will recognize or recall specific vocabulary (for example: short rope, long rope, jump, forward, backward, grip, multiple) and perform basic processes such as: • F1 - Practic single jump with a self-turned rope and/or a long rope one time. • F2 - Practice toes catches • F3 - Practice standing tall without bending over **Multiple = 5 or more jumps
1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (2)
Jump Rope

4.0	The student *could:* • Jump rope demonstrating a double and single bounce. • Attempt beginner skills with short rope and/or run out of a long rope.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Jump rope forward and backward with a self-turned rope and/or jump a long rope multiples times while staying in one spot.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content
2.0	The student will recognize or recall specific vocabulary (for example: self-turned, long rope, short rope, multiple, balls of feet) and perform basic processes such as: • F1 - Practice jumping forward or backward with a self-turned rope and/or a long rope multiple times. • F2 - Practice jumping quietly with two feet and a slight bend of the knees • F3 - Practice jumping in one spot, forward and/or backward
1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (3)
Jump Rope

4.0	The student **could:**
	• Jump rope demonstrating a mature motor pattern while performing beginner skills.
	• Attempt intermediate skills with short rope and/or run in, jump and run out of a long rope.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will:
	• T1 - Jump rope demonstrating a double and single bounce.
	• T2 - Attempt beginner skills with short rope and/or run out of a long rope.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content
2.0	The student will recognize or recall specific vocabulary (for example: double bounce, single bounce, run in, run out, beginner, intermediate, balls of feet, mature motor pattern) and perform basic processes such as:
	• F1 - Practice jumping forward or backward with a self-turned rope and/or a long rope multiple times
	• F2 - Practice the elements of a mature motor pattern
	Mature Motor Pattern
	Proper grip
	Two foot jump
	Jump on balls of feet
	Slight bend of knees
1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (4)
Jump Rope

4.0	The student **could:**
	• Jump rope demonstrating a mature motor pattern while performing intermediate skills.
	• Attempt advanced skills with short rope and/or use equipment while jumping long rope.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will:
	• T1 - Jump rope demonstrating a mature motor pattern while performing beginner skills.
	• T2 - Attempt intermediate skills with short rope and/or run in, jump and run out of a long rope.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content
2.0	The student will recognize or recall specific vocabulary (for example: beginner, intermediate, advanced, long rope, short rope, front door, back door, run in, run out, single bounce, double bounce, balls of feet, mature motor pattern) and perform basic processes such as:
	• F1 - Practice jumping rope using a double and single bounce.
	• F2 - Attempt beginning skills with short rope and/or run out of a long rope
	• F3 - Practices the elements of a mature motor pattern
	Mature Motor Pattern Proper grip Two foot jump Jump on balls of feet Slight bend of knees
1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (5)
Jump Rope

4.0	The student *could:* • Jump rope performing advanced skills with the short rope and/or use equipment while jumping long rope. • Attempt advanced skills with short rope and/or use equipment while jumping long rope.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Jump rope demonstrating a mature motor pattern while performing intermediate skills. • T2 - Attempt advanced skills with short rope and/or use equipment while jumping long rope.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content

2.0	The student will recognize or recall specific vocabulary (for example: balls of feet, single bounce, double bounce, beginner, intermediate, advanced) and perform basic processes such as:
	
	 • F1 - Attempt intermediate skills with a short rope and/or run out of a long rope.
	
	 • F2 - Practice the elements of the mature motor pattern
	
	     Mature Motor Pattern
	       Proper grip
	       Two foot jump
	       Jump on balls of feet
	       Slight bend of knees

1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (K)
Kick

4.0	The student *could:* • Kick a stationary object using an approach.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Kick a stationary object.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content
2.0	The student will recognize or recall specific vocabulary (for example: foot, kick, stationary, toes, inside of foot, approach) and perform basic processes such as: • F1 - Practice keeping the eyes on the object • F2 - Practice planting the opposite foot beside the object
1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (1)
Kick

4.0	The student *could:* • Kick a stationary object toward a target.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Kick a stationary object using an approach.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content
2.0	The student will recognize or recall specific vocabulary (for example: stationary, plant, kick, approach, target, opposite) and perform basic processes such as: • F1 - Practice kicking a stationary object • F2 - Practice planting the opposite foot beside the object • F3 - Eyes on the object • F4 - Practice stepping toward the object
1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (2)
Kick

4.0	The student *could:* • Kick a moving object using an approach.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Kick a stationary object toward a target.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content
2.0	The student will recognize or recall specific vocabulary (for example: approach, stationary, moving, target, plant) and perform basic processes such as: • F1 - Practice kicking a stationary object using an approach • F2 - Eyes on the object • F3 - Practice planting the opposite foot beside the object
1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (3)
Kick

4.0	The student *could:* • Kick a moving object demonstrating a mature motor pattern toward a target.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Kick a moving object using an approach.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content

2.0	The student will recognize or recall specific vocabulary (for example: mature motor pattern, approach, follow through, target, force) and perform basic processes such as:
	• F1 - Practice kicking a moving object using an approach
	• F2 - Practice the approach at different speeds
	• F3 - Eyes on the object
	
	Mature Motor Pattern
	  Plant opposite foot beside object
	  Contact object with top or side of foot
	  Follow through toward target

1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (4)
Kick

4.0	The student *could:* • Kick a moving object demonstrating a mature motor pattern toward a target with increased accuracy.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Kick a moving object demonstrating a mature motor pattern toward a target.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content
2.0	The student will recognize or recall specific vocabulary (for example: plant, follow through, mature motor pattern, accuracy, force, target) and perform basic processes such as: • F1 - Practice kicking a moving object with an approach • F2 - Practice kicking a stationary object toward a target with accuracy • F3 - Practice the elements of the mature motor pattern Mature Motor Pattern Plant opposite foot beside object Contact object with top or side of foot Follow through toward target
1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (5)
Kick

4.0	The student *could:* • Kick a moving object demonstrating a mature motor pattern toward a target in drills and lead-up games.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Kick a moving object demonstrating a mature motor pattern toward a target with increased accuracy.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content

2.0	The student will recognize or recall specific vocabulary (for example: mature motor pattern, plant, accuracy, force, target, follow through) and perform basic processes such as:
	
	 • F1 - Practice kicking a moving object demonstrating a mature motor pattern toward a target
	
	 • F2 - Practice the elements of a mature motor pattern
	
	     Mature Motor Pattern
	         Plant opposite foot beside object
	         Contact object with top or side of foot
	         Follow through toward target

1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (K) Locomotor (Essential Skill)

4.0	The student *could:* • Demonstrate a hop and slide while maintaining balance. • Attempt skip and leap.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Demonstrate a walk, jog, run, gallop, and jump while maintaining balance. • T2 - Attempt hop, slide, skip and leap.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content
2.0	The student will recognize or recall specific vocabulary (for example: hop, gallop, walk, jog, run, slide, skip, jump, leap, balance, personal space, general space) and perform basic processes such as: • F1 - Practice balancing on one foot • F2 - Practice moving in general space
1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (1) Locomotor (Essential Skill)

4.0	The student *could:* • Demonstrate a skip and leap while maintaining balance.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Demonstrate a hop and slide while maintaining balance. • T2 - Attempt skip and leap.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content
2.0	The student will recognize or recall specific vocabulary (for example: hop, gallop, walk, jog, run, slide, skip, leap, jump, land, forward, balance, opposition) and perform basic processes such as: • F1 - Attempt the following locomotor skills while maintaining balance (hop, gallop, run, slide, skip, jump, and leap).
1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (2) Locomotor (Essential Skill)

4.0	The student *could:* • Demonstrate the difference between jog, run, and sprint. • Transition between locomotor skills smoothly.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will • T1—Demonstrate a skip and leap while maintaining balance.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content
2.0	The student will recognize or recall specific vocabulary (for example: skip, leap, jump, land, hop, jog, run, sprint, gallop, balance, smoothly) and perform basic processes such as: • F1 - Practice the following locomotor skills while maintaining balance (hop, gallop, jog, slide, skip and leap)
1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (3) Locomotor (Essential Skill)

4.0	The student *could:* • Demonstrate various locomotor skills in games and activities.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Demonstrate the difference between jog, run, and sprint. • T2 - Transition between locomotor skills smoothly.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content
2.0	The student will recognize or recall specific vocabulary (for example: jog, run, sprint, transition, smoothly, speed) and perform basic processes such as: • F1 - Practice skip, leap, jump, and land • F2 - Practice jog, run and sprint • F3 - Practice transitioning from one locomotor skill to another smoothly
1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (4) Locomotor (Essential Skill)

4.0	The student *could:* • Demonstrate locomotor skills combined with equipment in games and activities.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Demonstrate various locomotor skills in games and activities.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content
2.0	The student will recognize or recall specific vocabulary (for example: transition, locomotor skills) and perform basic processes such as: • F1 - Demonstrate the difference between jog, run, and sprint. • F2 - Practice transitioning between locomotor skills smoothly
1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1: Motor Skills and Movement Patterns (5)
Locomotor (Essential Skill)

4.0	The student *could:* • Strategically perform various locomotor skills in various games and activities.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Demonstrate locomotor skills combined with equipment in games and activities.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content
2.0	The student will recognize or recall specific vocabulary (for example: locomotor skills, transitions, strategy) and perform basic processes such as: • F1 - Practice locomotor skills • F2 - Practice locomotor skills in games and activities
1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (K) Rhythms (Essential Skill)

4.0	The student *could:* • Repeat a combination of at least three rhythmic movements led by the teacher, using both sides of the body and crossing the midline.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Repeat a combination of at least two rhythmic patterns led by the teacher, using both sides of the body and crossing the midline.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content
2.0	The student will recognize or recall specific vocabulary (for example: rhythm, beat, repeat, midline, pattern) and perform basic processes such as: • F1 - Practice clapping rhythms • F2 - Practice basic rhythmic steps • F3 - Practice moving to a beat
1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (1) Rhythms (Essential Skill)

4.0	The student *could:* • Demonstrate a combination of rhythmic movements to music with a specific tempo (slow-slow, fast-fast-fast), using both sides of the body and crossing the midline.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Repeat a combination of at least three rhythmic movements led by the teacher, using both sides of the body and crossing the midline.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content
2.0	The student will recognize or recall specific vocabulary (for example: rhythm, beat, tempo, pattern, midline) and perform basic processes such as: • F1 - Practice repeating a combination of at least two rhythmic patterns led by the teacher using both sides of the body and crossing the midline
1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (2) Rhythms (Essential Skill)

4.0	The student *could:* • Demonstrate a variety of rhythmic movements using both sides of the body and crossing the midline.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Demonstrate a combination of rhythmic movements with a specific tempo (slow-slow, fast-fast-fast), using both sides of the body and crossing the midline.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content
2.0	The student will recognize or recall specific vocabulary (for example: beat, rhythm, dance, tempo, pattern, midline) and perform basic processes such as: • F1 - Practice following a combination of rhythmic movements to music with a specific tempo (slow-slow, fast-fast-fast), using both sides of the body and crossing the midline
1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (3)
Rhythms (Essential Skill)

4.0	The student *could:* • Demonstrate a combination of rhythmic movements alone, with a partner, or with a group, using both sides of the body and crossing the midline.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Demonstrate a variety of rhythmic movements using both sides of the body and crossing the midline.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content
2.0	The student will recognize or recall specific vocabulary (for example: beat, tempo, rhythm, pattern, dance, midline) and perform basic processes such as: • F1 - Practice following a combination of rhythmic movements to music with a specific tempo (slow-slow, fast-fast-fast), using both sides of the body and crossing the midline.
1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (4)
Rhythms (Essential Skill)

4.0	The student *could:* • Demonstrate a variety of rhythmic movements using both sides of the body and crossing the midline, while following the correct steps or pattern with a leader.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Demonstrate a combination of rhythmic movements alone, with a partner, or with a group, using both sides of the body and crossing the midline.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content
2.0	The student will recognize or recall specific vocabulary (for example: tempo, beat, rhythm, pattern, midline) and perform basic processes such as: • F1—Practice performing a combination of rhythmic movements alone, with a partner, or with a group, using both sides of the body and crossing the midline
1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (5) Rhythms (Essential Skill)

4.0	The student *could:* • Demonstrate a variety of rhythmic movements while following a pattern with or without a leader. • Create a routine independently, with a partner, or a with small group.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Demonstrate a variety of rhythmic movements using both sides of the body and crossing the midline, while following the correct steps or pattern with a leader.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content
2.0	The student will recognize or recall specific vocabulary (for example: tempo, rhythm, pattern, beat, midline) and perform basic processes such as: • F1—Practice a variety of rhythmic movements while following the correct steps or pattern with a leader.
1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (K)
Striking (Essential Skill)

4.0	The student *could:* • Strike an object in an upward or forward direction using a short-handled implement.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Strike a lightweight object using a short-handled implement.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content
2.0	The student will recognize or recall specific vocabulary (for example: strike, balance, swing, dominant, non-dominant) and perform basic processes such as: • F1 - Practice balancing the object on the implement • F2 - Eyes on the object • F3 - Practice a short swing • F4 - Practice controlling the implement
1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (1) Striking (Essential Skill)

4.0	The student *could:* • Strike an object with a short- or long-handled implement showing proper grip.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Strike an object in an upward or forward direction using a short-handled implement.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content
2.0	The student will recognize or recall specific vocabulary (for example: strike, opposition, front foot, back foot, grip, dominant, non-dominant) and perform basic processes such as: • F1 - Practice the elements depending on the choice of implement below:
1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Within the 2.0 row:

Bat	Paddle/Racket	Hockey Stick
Side to target Back hand on top Check distance from plate Triangle with arms Step with front foot and swing Squish the bug with back foot	Ready position/athletic stance Paddle/racket back Step/side to target Contact the object Follow through	Hands apart Side to target Step with front foot Push with bottom hand

Standard 1 Motor Skills and Movement Patterns (2) Striking (Essential Skill)

4.0	The student *could:* • Strike an object with a short- or long-handled implement showing proper grip and proper body orientation.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Strike an object with a short- or long-handled implement showing proper grip.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content
2.0	The student will recognize or recall specific vocabulary (for example: strike, grip, opposition, body orientation, side to target, dominant, non-dominant, swing) and perform basic processes such as: • F1 - Practice the elements depending on the choice of implement below:

Bat	Paddle/Racket	Hockey Stick
Side to target Back hand on top Check distance from plate Triangle with arms Step with front foot and swing Squish the bug with back foot	Ready position/athletic stance Paddle/racket back Step/side to target Contact the object Follow through	Hands apart Side to target Step with front foot Push with bottom hand

1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (3) Striking (Essential Skill)

4.0	The student **could:** • Strike an object demonstrating a mature motor pattern with a short- or long-handled implement.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Strike an object with a short- or long-handled implement showing proper grip and proper body orientation.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content
2.0	The student will recognize or recall specific vocabulary (for example: mature motor pattern, any of the terminology listed below) and perform basic processes such as: • F1 - Practice the elements depending on the choice of implement below:

Bat	Paddle/Racket	Hockey Stick
Side to target Back hand on top Check distance from plate Triangle with arms Step with front foot and swing Squish the bug with back foot	Ready position/athletic stance Paddle/racket back Step/side to target Contact the object Follow through	Hands apart Side to target Step with front foot Push with bottom hand

Mature Motor Pattern
> Eyes on object
> Show side orientation
> Demonstrate proper grip
> Step toward target
> Follow through

1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (4)
Striking (Essential Skill)

4.0	The student *could:* • Strike a moving object demonstrating a mature motor pattern with a short- or long-handled implement.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Strike an object demonstrating a mature motor pattern with a short- or long-handled implement.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content

2.0	The student will recognize or recall specific vocabulary (for example: see below for all vocabulary) and perform basic processes such as:
	• F1 - Practice the elements of a mature motor pattern:
	
	      Eyes on object
	      Show side orientation
	      Demonstrate proper grip
	      Step toward target
	      Follow through
	
	• F2 - Practice the elements depending on the choice of implement below:
	
	Bat
	Side to target
	Back hand on top
	Check distance from plate
	Triangle with arms
	Step with front foot and swing
	Squish the bug with back foot
	
	Paddle/Racket
	Ready position/athletic stance
	Paddle/racket back
	Step/side to target
	Contact the object
	Follow through
	
	Hockey Stick
	Hands apart
	Side to target
	Step with front foot
	Push with bottom hand

1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (5)
Striking (Essential Skill)

4.0	The student *could:*
	• Strike an object demonstrating a mature motor pattern toward a target while under control in drills and lead-up games.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will:
	• T1 - Strike an object demonstrating a mature motor pattern with a short- or long-handled implement.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content

2.0	The student will recognize or recall specific vocabulary (for example: see below for all vocabulary) and perform basic processes such as:

• F1 - Practice the elements of a mature motor pattern:

> Eyes on object
> Show side orientation
> Demonstrate proper grip
> Step toward target
> Follow through

• F2 - Practice the elements depending on the choice of implement below:

Bat	Paddle/Racket	Hockey Stick
Side to target	Ready position/athletic stance	Hands apart
Back hand on top	Paddle/racket back	Side to target
Check distance from plate	Step/side to target	Step with front foot
Triangle with arms	Contact the object	Push with bottom hand
Step with front foot and swing	Follow through	
Squish the bug with back foot		

1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (K) Throwing (Essential Skill)

4.0	The student *could* • Throw an object overhand demonstrating side orientation.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Throw an object overhand.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content
2.0	The student will recognize or recall specific vocabulary (for example: underhand, overhand, throw, toss, opposition, dominant, non-dominant) and perform basic processes such as: • F1 - Practice point, step throw
1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (1) Throwing (Essential Skill)

4.0	The student *could:* • Throw an object overhand demonstrating side orientation and opposition.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Throw an object overhand demonstrating side orientation.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content
2.0	The student will recognize or recall specific vocabulary such as (underhand, overhand, throw, toss, opposition, dominant, non-dominant, side orientation) and perform basic processes such as: • F1 - Practice side to target • F2 - Practice point, step, throw
1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (2) Throwing (Essential Skill)

4.0	The student *could:* • Throw an object overhand demonstrating side orientation, opposition, and with appropriate force from a variety of distances.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Throw an object overhand demonstrating side orientation and opposition.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content
2.0	The student will recognize or recall specific vocabulary (for example: underhand, overhand, throw, toss, side orientation, opposition, follow through, force, variety) and perform basic processes such as: • F1 - Practice side orientation • F2 - Practice identifying and stepping with the opposite foot
1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (3) Throwing (Essential Skill)

4.0	The student *could:* • Throw an object overhand demonstrating a mature motor pattern toward a target.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Throw an object demonstrating side orientation, opposition, and with appropriate force from a variety of distances.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content

2.0	The student will recognize or recall specific vocabulary (for example: mature motor pattern opposition, side orientation, rotate, force, distance, follow through) and perform basic processes such as:
	
	• F1 - Practice having the object by your ear
	
	• F2 - Practice the elements of the mature motor pattern:
	
	        Mature Motor Pattern
	           Side to target
	           Step with opposite foot
	           Rotate hips
	           Follow through toward target

1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (4) Throwing (Essential Skill)

4.0	The student *could:* • Throw an object overhand demonstrating a mature motor pattern toward a moving target.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Throw an object overhand demonstrating a mature motor pattern toward a target.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content

2.0	The student will recognize or recall specific vocabulary (for example: opposition, side orientation, rotate, force, mature motor pattern, follow through, target, tracking the target) and perform basic processes such as:
	
	• F1 - Practice the elements of the mature motor pattern
	
	       Mature Motor Pattern
	         Side to target
	         Step with opposite foot
	         Rotate hips
	         Follow through toward target

1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (5)
Throwing (Essential Skill)

4.0	The student **could:**
	• Throw an object demonstrating a mature motor pattern to a moving target during drills and lead-up games.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will:
	• T1 - Throw an object overhand demonstrating a mature motor pattern toward a moving target.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content
2.0	The student will recognize or recall specific vocabulary (for example: opposition, side orientation, rotate, force, mature motor pattern, accuracy) and perform basic processes such as:
	• F1 - Practice the elements of the mature motor pattern
	Mature Motor Pattern
	Side to target
	Step with opposite foot
	Rotate hips
	Follow through toward target
1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (K)
Volley

4.0	The student *could:* • Volley a lightweight object consecutively using hands.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Volley a lightweight object (balloon, beach ball, etc.) using various body parts.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content
2.0	The student will recognize or recall specific vocabulary (for example: volley, lightweight, tap, upward, consecutively) and perform basic processes such as: • F1 - Practice lightly tapping the object • F2 - Eyes on the object • F3 - Practice following the object
1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (1)
Volley

4.0	The student *could:* • Volley a lightweight object to a partner using hands.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Volley a lightweight object consecutively using hands.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content
2.0	The student will recognize or recall specific vocabulary (for example: consecutively, lightweight, volley) and perform basic processes such as: • F1 - Practice volleying a lightweight object (balloon, beach ball), sending it upward • F2 - Eyes on the object *Consecutively = 5 or more times
1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (2)
Volley

4.0	The student *could:* • Volley an object demonstrating a forearm pass.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Volley a lightweight object to a partner using hands.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content
2.0	The student will recognize or recall specific vocabulary (for example: volley, ready position, forearm pass) and perform basic processes such as: • F1 - Practice volleying a lightweight object consecutively, sending it upward • F2 - Practice volleying a lightweight object with the forearms
1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (3)
Volley

4.0	The student **could:** • Volley an object demonstrating the mature motor pattern of a forearm pass.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Volley an object demonstrating a forearm pass
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content

2.0	The student will recognize or recall specific vocabulary (for example: volley, forearm pass, mature motor pattern, ready position/athletic stance) and perform basic processes such as:
	
	 • F1 - Practice volleying a lightweight object using the hands to a partner
	
	 • F2 - Practice the elements of a mature motor pattern
	
	         Mature Motor Pattern
	           Move into position
	           Ready position/athletic stance
	           Hands connected with thumbs parallel and pointed down
	           Keep volleying surface flat
	           Extend toward target

1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (4)
Volley

4.0	The student *could:* • Volley an object using the mature motor pattern of a forearm pass in a small group.
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Volley an object demonstrating the mature motor pattern of a forearm pass.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content

2.0	The student will recognize or recall specific vocabulary (for example: mature motor pattern, forearm pass, ready position/athletic stance, communication) and perform basic processes such as:
	
	 • F1 - Practice the elements of a mature motor pattern
	
	     Mature Motor Pattern
	        Move into position
	        Ready position/athletic stance
	        Hands connected with thumbs parallel and pointed down
	        Keep volleying surface flat
	        Extend toward target

1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success

Standard 1 Motor Skills and Movement Patterns (5)
Volley

4.0	The student *could:* • Volley an object demonstrating a mature motor pattern in drills and lead-up games. • Attempt the two-hand overhead pass (set).
3.5	In addition to score 3.0 performance, partial success at score 4.0 content
3.0	The student will: • T1 - Volley an object demonstrating the mature motor pattern of a forearm pass in a small group.
2.5	No major errors or omissions regarding score 2.0 content, and partial success at score 3.0 content
2.0	The student will recognize or recall specific vocabulary (for example: forearm pass, overhead pass/set, mature motor pattern, communication) and perform basic processes such as: • F1—Practice the elements of a mature motor pattern Move into position • Ready position/athletic stance Hands connected with thumbs parallel and pointed down Keep volleying surface flat Extend toward target •
1.5	Partial success at score 2.0 content, and major errors or omissions regarding score 3.0 content
1.0	With help, partial success at score 2.0 content and score 3.0 content
0.5	With help, partial success at score 2.0 content but not at score 3.0 content
0.0	Even with help, no success