

FIRST GRADE

Physical Readiness:

- Bounce and catch a ball various speeds and levels.
- Hop on one foot while maintaining balance and in a variety of directions.
- Gallop in multiple directions using a variety of speeds and heights.
- Complete an underhand throw while using correct form, and can catch a ball.
- Jump rope with proper form.
- Jump horizontally and vertically and land with both feet.
- Skip in multiple directions using a variety of speeds and heights.
- Strike a ball with a variety of implements (paddle, racket)
- Identifies active play opportunities outside physical education class.
- Recognizes that when you move fast, your heart beats faster and you breathe faster.
- Recognizes that food provides energy for physical activity and physical activity is important to good health.
- Identifies physical activities that are enjoyable and discusses the enjoyment of playing with friends.
- Exhibits responsible personal and social behavior that respects self and others.

SECOND GRADE

Physical Readiness: 2nd Grade Fall Indicators

- Hops, gallops, jogs and slides using a mature pattern.
- Demonstrates critical elements for jumping and landing in a horizontal plane using 2 foot take offs and landings.
- Combines locomotor and non-locomotor skills in a teacher-designed dance.
- Throws underhand and catches a soft object from a self toss before it bounces.
- Catches various sizes of balls self tossed or tossed by a skilled thrower.
- Dribbles continuously in self-space using the preferred hand, and dribbles uses the inside of the foot while walking in general space
- Approaches a stationary ball and kicks it forward
- Volleys an object with an open palm, sending it upward.
- Strikes a ball with a short-handled implement, sending it forward (racket)
- Jumps forward or backward consecutively using a self-turned rope.
- Differentiates between fast and slow speed, and strong and light force.
- Discusses benefits of being active and exercising and or playing.
- Identifies the heart as a muscle that grows stronger with exercise, play, and physical activity.
- Differentiates between healthy and unhealthy foods.
- Identifies physical activities that are enjoyable and discusses the enjoyment of playing with friends.
- Exhibits responsible personal and social behavior that respects self and others.

THIRD GRADE

Physical Readiness:

- Skips and runs using a mature pattern.
- Travels demonstrating the difference between jogging and sprinting.
- Demonstrates 4 out of 5 critical elements for jumping and landing in a horizontal/vertical plane using a variety of 1 and 2 foot take offs and landings.
- Performs a teacher and/or student designed rhythmic activity with correct response to simple rhythms.

- Demonstrates various non-locomotor stability skills (balancing, rolling, twisting, curling, bending, stretching) leading to a 3 part sequence
- Throws underhand in a mature pattern and demonstrates beginning overhand critical elements.
- Catches a self tossed or well thrown ball with hands, not cradling or trapping against body.
- Dribbles continuously in self-space and while walking using the preferred hand, including using the feet in general space with control of ball and body.
- Uses a continuous running approach and kicks a moving ball, demonstrating critical elements of a mature pattern.
- Volleys an object, sending it upward with consecutive hits
- Strikes a ball with a short-handled implement, sending it forward using consecutive hits (racket)
- Strikes a ball off a tee or cone with a bat, using correct grip and side orientation/proper body orientation.
- Jumps a self-turned consecutively forward and backward. Uses a long rope 5 times consecutively with student turners.
- Varies time and force with gradual increases and decreases.
- Describes large- motor and/or manipulative physical activities for participation outside P.E.
- Uses own body as resistance for developing strength (holds body in plank position, animal walks)
- Recognizes the “good health balance” of good nutrition with physical activity.
- Identifies physical activities that provide self- expression and that bring confidence and challenge.
- Exhibits responsible personal and social behavior that respects self and others, recognizes the role of rules and etiquette in teacher-designed activities.

FOURTH GRADE

Physical Readiness:

- Travels showing differentiation between sprinting and running.
- Performs teacher-selected and developmentally appropriate dance steps and movement patterns.
- Performs a sequence of locomotor skills, transitioning from one skill to another smoothly and without hesitation.
- Demonstrates various non-locomotor stability skills and can move into and out of gymnastics balances with curling, twisting, and stretching actions.
- Combines locomotor skills and movement concepts to create and perform a dance.
- Throws underhand to a partner or target with reasonable accuracy.
- Throws overhand demonstrating mature pattern for distance and/or force.
- Catches a gently tossed hand-size ball from a partner.
- Dribbles and travels in general space at slow to moderate jogging speed, with control of ball and body.
- Passes and receives a ball to a stationary partner.
- Uses a continuous running approach and intentionally performs a kick along the ground, and in the air
- Volleys an object with an underhand or sidearm striking pattern, sending it over the net to the wall or over a line to a partner
- Strikes an object with a short-handled implement and long handed implement while using proper grip, sending it forward over a low net or to a wall.
- Performs intermediate jump-rope skills for both long and short ropes.
- Combines movement concepts with skills as directed by teacher.
- Employs the concepts of alignment in gymnastics and dance.
- Applies simple strategies and tactics in chasing and fleeing activities.
- Charts participation in physical activities outside of physical education class.
- Identifies physical activity benefits as a way to become healthier.
- Engages in the activities of physical education class without teacher prompting.
- Describes the concept of fitness and provides examples of physical activity to enhance fitness.
- Identifies foods that are beneficial for before and after physical activity.

- Discusses the relationship between good activity and physical health.
- Discusses challenge that comes from learning a new activity and reflects on the reasons for enjoying selected activity.
- Describe the positive social interactions that come when engaged with others in physical activity.

FIFTH GRADE

Physical Readiness:

- Demonstrates mature patterns of locomotor skills in tasks, gymnastics, and dance.
- Runs for distance using a mature pattern.
- Transfers weight in gymnastics and dance environments.
- Throws underhand using a mature pattern with different sizes and types of objects.
- Throws overhand using a mature pattern with different sizes and types of objects.
- Catches a batted ball above the head, at chest or waist level, and along the ground.
- Combines hand dribbling with other skills.
- Kicks along the ground and in the area, and punts using mature patterns.
- Volleys a ball using a 2-hand overhead pattern, sending it upward to a target.
- Strikes an object using a short-handed/long-handed implement, over a net, or against a wall in either a competitive or coop game.
- Combines manipulative skills and traveling for execution to a target
- Creates a jump rope routine using either short or long rope.
- Applies movement concepts of speed, endurance, and pacing for running.
- Applies simple offensive and defensive strategies in chasing and fleeing activities.
- Completes fitness assessments and identifies areas of needed remediation from personal test and identifies strategies for progress in those areas.
- Discusses the importance of hydration and hydration choices relative to physical activity.
- Examines the health benefits of food choices relative to physical activity.
- Ranks the enjoyment of participating in various activities.
- Describes and compares the positive social benefits gained from participating in a physical activity.

SIXTH GRADE

Physical Readiness:

- Demonstrates mature patterns of locomotor skills in dynamic small sided practice tasks, gymnastics and dance.
- Combines traveling with manipulative skills for execution to a target (e.g., scoring in soccer, hockey and basketball).
- Uses appropriate pacing for a variety of running distances.
- Combines locomotor skills in cultural as well as creative dances (self and group) with correct rhythm and pattern
- Transfers weight in gymnastics and dance environments.
- Performs curling, twisting and stretching actions with correct application in dance, gymnastics and small-sided practice tasks/games environments.
- Combines locomotor skills and movement concepts (levels, shapes, extensions, pathways, force, time, flow) to create and perform a dance with a group.
- Combines actions, balances and weight transfers to create a movement sequence with a partner on equipment/ apparatus.

- Throws (underhand and overhand) using a mature pattern in non-dynamic environments, with different sizes and types of objects.
- Throws (both underhand and overhand) to a large target with accuracy.
- Throws with accuracy, both partners moving.
- Throws with reasonable accuracy in dynamic, small sided practice tasks.
- Catches a batted ball above the head, at chest/waist level and along the ground using a mature pattern in a non-dynamic environment.
- Catches with reasonable one-on-one practice tasks.
- Catches with consistent control with both partners moving. Consistency in dynamic, small-sided practice tasks.
- Combines hand dribbling with other skills.
- Combines foot dribbling with other skills in one-on-one practice tasks.
- Passes with the feet, using a mature pattern, as both partners travel.
- Receives a pass with the feet, using a mature pattern, as both partners travel.
- Hand/foot-dribbles with mature patterns in a variety of small sided game forms.
- Demonstrates mature patterns in kicking and punting.
- Strikes/volleys a ball using a two-hand overhead pattern, sending it upward to a target.
- Strikes an object consecutively, with a partner, using a short-handled implement, over a net or against a wall, in either a competitive or cooperative game environment.
- Strikes a pitched ball with a bat using a mature pattern.
- Creates a jumprope routine with a partner, using either a short or long rope.