S1.M1.6

Demonstrates correct rhythm and pattern for one of the following dance forms: folk, social, creative, line or world dance.

S1.M2.6

Throws with a mature pattern for distance or power appropriate to the practice task (e.g., distance=outfield to home plate; power=2nd base to 1st base).

S1.M3.6

Catches with a mature

pattern from a variety of trajectories using different objects in varying practice tasks.

S1.M4.6

Passes and receives with hands in combination with locomotor pa erns of running and change of direction & speed with competency in invasion games such as basketball, ag football, speedball or team handball.

S1.M5.6

Throws, while stationary, a leading pass to a moving receiver.

S1.M6.6

Performs pivots, fakes and jab steps designed to create open space during practice tasks.

S1.M7.6

Performs the following offensive skills without defensive pressure: pivot, give & go, and fakes.

S1.M8.6

Dribbles with dominant hand using a change of speed and direction in a variety of practice tasks.

S1.M9.6

Foot-dribbles or dribbles with an implement with control, changing speed and direction in a variety of practice tasks.

S1.M10.6

Shoots on goal with power in a dynamic environment as appropriate to the activity.

S1.M11.6

Maintains defensive ready position, with weight on balls of feet, arms extended and eyes on midsection of the offensive player.

S1.M12.6

Performs a legal underhand serve with control for net/wall games such as badminton, volleyball or pickleball.

S1.M13.6

Strikes, with a mature overarm pattern, in a non-dynamic environment for net/wall games such as volleyball, handball, badminton or tennis.

S1.M14.6

Demonstrates the mature form of the forehand and backhand strokes with a short-handled implement in net games such as paddle ball, pickleball or short-handled racket tennis.

S1.M15.6

Transfers weight with correct timing for the striking pattern.

S1.M16.6

Forehand-volleys with a mature form and control using a short-handled implement.

S1.M17.6

Two-hand-volleys with control in a variety of practice tasks.

S1.M18.7

Executes consistently (70% of the time) a mature underhand pattern for target games such as bowling, bocci or horseshoes.

S1.M19.6

Strikes, with an implement, a stationary object for accuracy in activities such as croquet, shuffleboard or golf.

S1.M20.6

Strikes a pitched ball with an implement with force in a variety of practice tasks.

S1.M21.6

Catches, with a mature pattern, from different trajectories using a variety of objects in a varying practice tasks.

S1.M22.6

Demonstrates correct technique for basic skills in one self-selected outdoor activity.

S1.M25.6

Demonstrates correct technique for basic skills in one self-selected individual-performance activity.

S2.M1.6

Creates open space by using locomotor movements (e.g., walking, running, jumping & landing) in combination with movement (e.g., varying pathways; change of speed, direction or pace).

S2.M2.6

Executes at least one the following offensive tactics to create open space: moves to open space without the ball; uses a variety of passes, pivots and fakes; give & go.

S2.M3.6

Creates open space by using the width and length of the field/court on offense.

S2.M4.6

Reduces open space on defense by making the body larger and reducing passing angles.

S2.M5.6

Reduces open space by not allowing the catch (denial) or by allowing the catch but not the return pass.

S2.M6.6

Transitions from offense to defense or defense to offense by recovering quickly.

S2.M7.6

Creates open space in net/wall games with a short-handled implement by varying force and direction.

S2.M8.6

Reduces offensive options for opponents by returning to mid-court position.

S2.M9.6

Selects appropriate shot/club based on location of the object in relation to the target.

S2.M10.6

Identifies open space and attempts to strike object into that space.

S2.M11.6

Identifies the correct defensive play based on the situation (e.g., number of outs).

S2.M12.6

Varies application of force during dance or gymnastic activities.

S2.M13.6

Makes appropriate decisions based on the weather, level of difficulty due to conditions or ability to ensure safety of self

and others.

S3.M1.6

Describes how being physically active leads to a healthy body.

S3.M2.6

Participates in self-selected physical activity outside of physical education class.

S3.M3.6

Participates in a variety of aerobic fitness activities such as cardio kick, step aerobics and/or aerobic dance.

S3.M4.6

Participates in a variety

of aerobic fitness activities using technology such as Dance, Dance Revolution or Wii Fit.

S3.M5.6

Participates in a variety of life me recreational team sports, outdoor pursuits or dance activities.

S3.M6.6

Participates in moderate to vigorous aerobic physical activity that includes intermittent or continuous aerobic physical activity of both moderate and vigorous intensity for at least 60 minutes per day.

S3.M7.6

Identifies the components of skill related fitness.

S3.M8.6

Sets and monitors a self-selected physical activity goal for aerobic and/ or muscle and bone strengthening activity based on current fitness level.

S3.M9.6

Employs correct techniques and methods of stretching.

S3.M10.6

Differentiates between aerobic and anaerobic capacity, and muscular strength and endurance.

S3.M11.6

Identifies each of the components of the overload principle (FITT formula) for different types of physical activity (aerobic, muscular fitness and flexibility).

S3.M12.6

Describes the role of warm ups and cool downs before and after physical activity.

S3.M13.6

Defines resting heart rate (RHR) and describes its relationship to aerobic fitness and the Borg Rating of Perceived Exertion (RPE) Scale.

S3.M14.6

Identifies major muscles used in selected physical activities.

S3.M15.6

Designs and implements a program of remediation for any areas of weakness based on the results of health-related fitness assessment.

S3.M16.6

Maintains a physical activity log for at least two weeks and reflects on activity levels as documented in the log.

S3.M17.6

Identifies foods within each of the basic food groups and selects appropriate servings and portions for his/ her age and physical activity levels.

S3.M18.6

Identifies positive and negative results of stress and appropriate ways of dealing with each.

S4.M1.6

Exhibits personal responsibility by using appropriate etiquette, demonstrating respect for facilities and exhibiting safe behaviors.

S4.M2.6

Identifies and uses appropriate strategies to self-reinforce positive fitness behaviors, such as positive self-talk.

S4.M3.6

Demonstrates self-responsibility by implementing specific corrective feedback to improve performance.

S4.M4.6

Accepts differences among classmates in physical development, maturation and varying skill levels by providing encouragement and positive feedback.

S4.M5.6

Cooperates with a small group of classmates during adventure activities, game play or team building activities.

S4.M6.6

Identifies the rules and etiquette for physical activities/games and dance activities.

S1.M7.6

Uses physical activity and fitness equipment appropriately and safely, with the teacher’s guidance.

S5.M1.6

Describes how being physically active leads to a healthy body.

S5.M2.6

Identifies components of physical activity that provide opportunities for reducing stress and for social interaction.

S5.M3.6

Recognizes individual challenges and copes in a positive way, such as extending effort, asking for help/feed-back and/or modifying the tasks.

S5.M4.6

Describes how moving competently in a physical activity setting creates enjoyment.

S5.M5.6

Identifies how self-expression and physical activity are related.

S5.M6.6

Demonstrates respect for self and others in activities and games by following the rules, encouraging others and playing within the spirit of the game or activity.

S1.M1.7

Demonstrates correct rhythm and pattern for a different dance form from among folk, social, creative, line and world dance.

S1.M2.7

Throws with a mature pattern for distance or power appropriate to the activity in a dynamic environment.

S1.M3.7

Catches with a mature pattern from a variety of trajectories using different objects in small-sided game play.

S1.M4.7

Passes and receives with feet

in combination with locomotor patterns of running and change of direction & speed with competency in invasion games such as soccer, socci or speed-ball.

S1.M5.7

Throws, while moving, a leading pass to a moving receiver.

S1.M6.7

Executes at least one of the following designed to create open space during small-sided game play: pivots, fakes, jab steps.

S1.M7.7

Perform the following offensive skills with defensive pressure: pivot, give & go, and fakes.

S1.M8.7

Dribbles with dominant and non-dominant hand using a change of speed and direction in a variety of practice tasks.

S1.M9.7

Foot-dribbles or dribbles with an implement combined with passing in a variety of practice tasks.

S1.M10.7

Shoots on goal with power and accuracy in small-sided game play.

S1.M11.7

Slides in all directions while on defense without crossing feet.

S1.M12.7

Executes consistently (at least 70% of the me) a legal underhand serve to a predetermined target for net/wall games such as badminton, volleyball or pickleball.

S1.M13.7

Strikes, with a mature overarm pattern, in a dynamic environment for net/wall games such as volleyball, handball, badminton or tennis.

S1.M14.7

Demonstrates the mature form of forehand and backhand strokes with a long-handled implement in net games such as badminton or tennis.

S1.M15.7

Transfers weight with

correct timing using low to high striking pattern with a short-handled implement on the forehand side.

S1.M16.7

Forehand and backhand volleys with a mature form and control using a short-handled implement.

S1.M17.7

Two-hand-volleys with control in a dynamic environment.

S1.M18.7

Executes consistently (70% of the time) a mature underhand pa ern for target games such as bowling, bocci or horseshoes.

S1.M19.7

Strikes, with an implement, a stationary object for accuracy and distance in activities such as croquet, shuffleboard or golf.

S1.M20.7

Strikes a pitched ball with an implement to open space in a variety of practice tasks.

S1.M21.7

Catches, with a mature pattern, from different trajectories using a variety of objects in small-sided game play.

S1.M22.7

Demonstrates correct technique for a variety of skills in one self-selected outdoor activity.

S1.M25.7

Demonstrates correct technique for a variety of skills in one self-selected individual-performance activity.

S2.M1.7

Reduces open space by using locomotor movements (e.g., walking, running, jumping & landing, changing size and shape of the body) in combination with movement concepts (e.g., reducing the angle in the space, reducing distance between player and goal).

S2.M2.7

Executes at least two of the following offensive tactics to create open space: uses a variety of passes, pivots and fakes; give & go.

S2.M3.7

Creates open space by staying spread on offense, and cutting and passing quickly.

S2.M4.7

Reduces open space on defense by staying close to the opponent as he/ she nears the goal.

S2.M5.7

Reduces open space by not allowing the catch (denial) or anticipating the speed of the object or person for the purpose of interception or deflection.

S2.M6.7

Transitions from offense to defense or defense to defense by recovering quickly and communicating with teammates.

S2.M7.7

Creates open space in net/wall games with a long-handled implement by varying force, direction and moving opponent from side to side.

S2.M8.7

Selects offensive shot based on opponent’s location (hit where opponent is not).

S2.M9.7

Varies the speed and/or trajectory of the shot based on location of the object in relation to the target.

S2.M10.7

Uses a variety of shots (e.g., slap & run, bunt, line drive, high arc) to hit to open space.

S2.M11.7

Selects the correct defensive play based on the situation (e.g., number of outs).

S2.M12.7

Identifies and applies Newton’s laws of motion to various dance or movement activities.

S2.M13.7

Analyzes the situation and makes adjustments to ensure the safety of self and others.

S3.M1.7

Identifies barriers related to maintaining a physically active lifestyle and seeks solutions for eliminating those barriers.

S3.M2.7

Participates in a physical activity twice a week outside of physical education class.

S3.M3.7

Participates in a variety of strength and endurance fitness activities such as Pilates, resistance training, body weight training and/or light free weight training.

S3.M4.7

Participates in a variety of strength and endurance fitness activities such as weight or resistance training.

S3.M5.7

Participates in a variety of life me dual and individual sports, martial arts or aquatic activities.

S3.M6.7

Participates in moderate to vigorous muscle and bone strengthening physical activity at least three times a week.

S3.M7.7

Distinguishes between health-related and skill-related fitness.

S3.M8.7

Adjusts physical activity based on quantity of exercise needed for a minimal health standard and/or optimal functioning based on current fitness level.

S3.M9.7

Describes and demonstrates the difference between dynamic and static stretches.

S3.M10.7

Describes the role of exercise and nutrition in weight management.

S3.M12.7

Designs a warm-up/cool-down regimen for a self-selected physical activity.

S3.M13.7

Defines how the RPE Scale can be used to determine the perception of the work effort or intensity of exercise.

S3.M14.7

Describes how muscles pull on bones to create movement in pairs by relaxing and contracting.

S3.M15.7

Designs and implements a program of remediation for two areas of weakness based on the results of health-related fitness assessment.

S3.M16.7

Maintains a physical activity and nutrition log for at least two weeks and reflects on activity levels and nutrition as documented in the log.

S3.M17.7

Develops strategies to balance healthy food, snacks and water intake, along with daily physical activity.

S3.M18.7

Practices strategies for dealing with stress, such as deep breathing, guided visualization and aerobic exercise.

S4.M1.7

Exhibits responsible social behaviors by cooperating with classmates, demonstrating inclusive behaviors and supporting classmates.

S4.M2.7

Demonstrates both intrinsic and extrinsic motivation by selecting opportunities to participate in physical activity outside of class.

S4.M3.7

Provides corrective feedback to a peer, using teacher-generated guidelines, and incorporating appropriate tone and other communication skills.

S4.M4.7

Demonstrates cooperation skills by establishing rules and guidelines for resolving conflicts.

S4.M5.7

Problem solves with a small group of classmates during adventure activities, small-group initiatives or game play.

S4.M6.7

Demonstrates knowledge of rules and etiquette by self-officiating modified physical activities/games or following parameters to create or modify a dance.

S4.M7.7

Independently uses physical activity and exercise equipment appropriately and safely.

S5.M1.7

Identifies different types of physical activities and describes how each exerts a positive impact on health.

S5.M2.7

Identifies positive mental and emotional aspects of participating in a variety of physical activities.

S5.M3.7

Generates positive strategies such as offering suggestions/assistance, leading/following others and/or providing possible solutions when faced with a group challenge.

S5.M4.7

Identifies why self-selected physical activities create enjoyment.

S5.M5.7

Explains the relationship between self-expression and lifelong enjoyment through physical activity.

S5.M6.7

Demonstrates the importance of social interaction by helping and encouraging others, avoiding trash talk and providing support to classmates.

S1.M1.8

Exhibits command of rhythm and timing by creating a movement sequence to music as an individual or in a group.

S1.M2.8

Throws with a mature pattern for distance or power appropriate to the activity during small-sided game play.

S1.M2.8

Catches using an implement in a dynamic environment or modified game play.

S1.M4.8

Passes & receives with an implement in combination with locomotor patterns of running, change of direction, speed and/or level with competency in invasion games such as lacrosse or hockey

(floor, field, ice).

S1.M5.8

Throws a lead pass to a moving partner off a dribble or pass.

S1.M6.8

Executes at least two of the following to create open space during modified game play: pivots, fakes, jab steps, screens.

S1.M7.8

Executes the following offensive skills during small-sided game play: pivot, give & go, and fakes.

S1.M8.8

Dribbles with dominant and non-dominant hand using a change of speed and direction in small-sided game play.

S1.M9.8

Foot-dribbles or dribbles with an implement with control, changing speed and direction during small-sided game play.

S1.M10.8

Shoots on goal with a long-handled implement for power and accuracy in modified invasion games such as hockey (floor, field, ice) or lacrosse.

S1.M11.8

Drop steps in the direction of the pass during player-to-player defense.

S1.M12.8

Executes consistently (at least 70% of the time) a legal underhand serve for distance and accuracy for net/wall games such as badminton, volleyball or pickleball.

S1.M13.8

Strikes, with a mature overarm pattern in a modified game for net/wall games such as volleyball, handball, badminton or tennis.

S1.M14.7

Demonstrates the mature form of fore-hand and backhand strokes with a short- or long-handled implement with power and accuracy in net games such as pickleball, tennis, badminton or paddle ball.

S1.M15.8

Transfers weight with correct timing using low to high striking pa ern with a long-handled implement on the backhand side.

S1.M16.8

Forehand and backhand volleys with a mature form and control using a short-handled implement during modified game play.

S1.M17.8

Two-hand volleys with control in a small-sided game.

S1.M18.8

Performs consistently (70% of the time) a mature underhand pattern with accuracy and control for one target game such as bowling or bocci.

S1.M19.8

Strikes, with an implement, a stationary object for accuracy and power in such activities as croquet, shuffleboard or golf.

S1.M20.8

Strikes a pitched ball with an implement for power to open space in a variety of small-sided games.

S1.M21.8

Catches, using an implement, from different trajectories and speeds in a dynamic environment or modified game play.

S1.M22.8

Demonstrates correct technique for basic skills in at least two self-selected outdoor activities.

S1.M25.8

Demonstrates correct technique for basic skills in at least two self-selected individual performance activities.

S2.M1.8

Opens and closes space during small-sided game play by combining locomotor movements with movement concepts.

S2.M2.8

Executes at least three of the following offensive tactics to create open space: moves to create open space on/off the ball; uses a variety of passes, fakes & pathways; give & go.

S2.M3.8

Creates open space by staying spread on offense, cutting and passing quickly, and using fakes off the ball.

S2.M4.8

Reduces open space on defense by staying on the goal side of the offensive player and reducing the distance to him/ her (third-party perspective).

S2.M5.8

Reduces open space by not allowing the catch (denial) and anticipating the speed of the object or person for the purpose of interception or deflection.

S2.M6.8

Transitions from offense to defense or defense to offense by recovering quickly, communicating with teammates and capitalizing on an advantage.

S2.M7.8

Creates open space in net/wall games with either a long or short handled implement by varying force or direction, or moving opponent side to side and/or forward and back.

S2.M8.8

Varies placement, force and timing of return to prevent anticipation by opponent.

S2.M9.8

Varies the speed, force and trajectory of the shot based on location of the object in relation to the target.

S2.M10.8

Identifies sacrifice situations and attempt to advance a teammate.

S2.M11.8

Reduces open spaces in the field by working with teammates to maximize coverage.

S2.M12.8

Describes and applies mechanical advantage(s) for a variety of movement patterns.

S2.M13.8

Implements safe protocols in self-selected outdoor activities.

S3.M1.8

Identifies the five components of health-related fitness (muscular strength, muscular endurance, flexibility, CV endurance, body composition) & explains the connections between fitness & overall physical & mental health.

S3.M2.8

Participates in physical activity three times a week outside of physical education class.

S3.M3.8

Participates in a variety of self-selected aerobic fitness activities outside of school such as walking, jogging, biking, skating, dancing and/or swimming.

S3.M4.8

Plans and implements a program of cross training to include aerobic, strength & endurance and flexibility.

S3.M5.8

Participates in a self-selected life me sport, dance, aquatic or outdoor activity outside of the school day.

S3.M6.8

Participates in moderate to vigorous aerobic and/or muscle & bone strengthening physical activity for at least 60 minutes per day at least five times a week.

S3.M7.8

Compares and contrasts health-related fitness components.

S3.M8.8

Uses available technology to self-monitor quantity of exercise needed for a minimal health standard and/or op mal functioning based on current fitness level.

S3.M9.8

Employs a variety of appropriate static stretching techniques for all major muscle groups.

S3.M10.8

Describes the role of flexibility in injury prevention.

S3.M11.8

Uses the overload principle (FITT formula) in preparing a personal workout.

S3.M12.8

Designs and implements a warm-up/ cool-down regimen for a self-selected physical activity.

S3.M13.8

Defines how the RPE Scale can be used to adjust workout intensity during physical activity.

S3.M14.8

Explains how body systems interact with one another (e.g., blood transports nutrients from the digestive system, oxygen from the respiratory system) during physical activity.

S3.M15.8

Designs and implements a program of remediation on for three areas of weakness based on the results of health-related fitness assessment.

S3.M16.8

Designs and implements a program to improve levels of health-related fitness and nutrition.

S3.M17.8

Describes the relationship between poor nutrition and health risk factors.

S3.M18.8

Demonstrates basic movements used in other stress-reducing activities such as yoga and Tai Chi.

S4.M1.8

Accepts responsibility for improving one’s own levels of physical activity and fitness.

S4.M2.8

Uses effective self-monitoring skills to incorporate opportunities for physical activity in and outside of school.

S4.M3.8

Provides encouragement and feedback to peers without prompting from the teacher.

S4.M4.8

Responds appropriately to participants’ ethical and unethical behavior during physical activity by using rules and guidelines for resolving conflicts.

S4.M5.8

Cooperates with multiple classmates on problem-solving initiatives including adventure activities, large-group initiatives and game play.

S4.M6.8

Applies rules and etiquette by acting as an official for modified physical activities/games and creating dance routines within a given set of parameters.

S1.M7.8

Independently uses physical activity and fitness equipment appropriately, and identifies specific safety concerns associated with the activity.

S5.M1.8

Identifies the five components of health-related fitness (muscular strength, muscular endurance, flexibility, cardiovascular endurance & body composition) & explains the connections between fitness & overall physical & mental health.

S5.M2.8

Analyzes the empowering consequences of being physical active.

S5.M3.8

Develops a plan of action on and makes appropriate decisions based on that plan when faced with an individual challenge.

S5.M4.8

Discusses how enjoyment could be increased in self-selected physical activities.

S5.M5.8

Identifies and participates in an enjoyable activity that prompts individual self-expression.

S5.M6.8

Demonstrates respect for self by asking for help and helping others in various physical activities.