

Quarter				Strand	Objectives	The Student is Expected To:
1	2	3	4			
				Skilled Movement and Movement Principles		
				1.1 The student will continue to demonstrate critical elements (isolated, small parts of whole skill or movement) locomotor, non-locomotor and manipulative skills	a) Demonstrate critical elements used in all locomotor skills	Practice moving in various directions and levels in large groups using different locomotor skills such as sliding, crawling, walking, hopping, etc without bumping into others or falling
					b) Demonstrate critical elements used in manipulative skills performed alone	Perform activities such as toss and catch, dribble with hand in general space, dribble with foot, kick and strike with hand or equipment, throw under hand or overhand, and volley
					c) Demonstrate critical elements for manipulative skills while moving	Practice movement skills using a variety of equipment
					d) Demonstrate basic tumbling sequences, on a mat, when appropriate, that contain a variety of balance, roll, transfer of weight, and flight	Perform rolling sideways without hesitating including right and left (pencil and log roll), backwards and forwards (rocking chair) and egg roll using various mats/wedges/tumbling aids
					e) Demonstrate moving to a rhythm by keeping time to a simple beat, using a variety of locomotor and non-locomotor skills	Express themselves with creative movement to music such as through stories and shadowing, mimicking animals, shapes, and letters
					f) Demonstrate critical elements used in non-locomotor skills	Perform activities such as bending, pushing, pulling, stretching, turning, twisting, swinging, swaying, balancing and rolling
				1.2 The student will demonstrate improvement in locomotor, non-manipulative, and manipulative skills while applying movement concepts	a) Demonstrate pathways, levels, tempo, force, directions, and relationships when performing locomotor, non-locomotor, and manipulative skills	Participate in partner activities such as lead and following movements, mirroring, fleeing and chasing, tagging, and performing skills with/without signals that may or may not use a freeze component
				Personal Fitness		
				1.3 The student will participate in sustained, moderate to vigorous physical activity that cause increased heart and respiration rates		Participate in moderate to vigorous physical activity on a daily basis that cause increased heart rate, breathing rate, and perspiration
				1.4 The student will identify changes in the body that occur during moderate to vigorous physical activity		Identify how regular physical activity strengthens the heart, lungs, and muscular system; the need for rest on the body; and identify healthy foods that enhance a healthy heart
				Responsible Behaviors		
				1.5 The student will apply, independently, safe and cooperative behaviors in physical activity settings		Use equipment and space safely and properly, treat others with respect, while following directions and resolve conflicts in socially acceptable ways
				Physically Active Lifestyle		
				1.6 The student will participate regularly in physical activities that require physical exertion and skill		Describe and select physical activities in the community or at home that provide opportunity for enjoyment and challenge

