

**PHYSICAL EDUCATION COMPETENCY SKILLS
MATRIX GRADES K-8**

During the grade(s) indicated students should be able to demonstrate the following skills at the suggested level.

P - Presented - The grade level where the concept or skill is introduced.

P/D - Presented/ Developed - The grade level where the concept or skill is reintroduced and practiced, but mastery is not expected.

D - Developed - The grade level(s) where the concept or skill is practiced but mastery is not expected.

A - Accomplished - The grade level where at least 80% of students will demonstrate mastery of the concept or skill.

I - Integrated - The grade level(s) where the concept or skill is integrated into physical education activities.

		K	1	2	3	4	5	6	7
A.	MOTOR SKILLS								
	Locomotor								
A-1	Walk with proper arm/leg opposition, and correct foot alignment.	P	D	A	I	I	I	I	I
A-2	Jump in place	P	D	A	I	I	I	I	I
A-3	Jump forward, backward and to either side	P	D	A	I	I	I	I	I
A-4	Demonstrate soft landing when jumping	P	D	D	A	A	I	I	I
A-5	Hop in place (right or left foot)	P	D	A	I	I	I	I	I
A-6	Hop forward, backward and to either side	P	D	D	A	I	I	I	I
A-7	Hop over and around objects	P	D	D	A	I	I	I	I
A-8	Leap for distance		P	D	A	I	I	I	I
A-9	Leap for height			P	D	A	I	I	I

		K	1	2	3	4	5	6	7
A-10	Leap over obstacles		P	D	A	I	I	I	I
A-11	Demonstrate a slide by stepping to the side with one foot and closing with the other (right and left)	P	D	D	A	I	I	I	I
A-12	Change directions smoothly while sliding		P	D	D	A	I	I	I
A-13	Stop on command	P	D	A	I	I	I	I	I
A-14	Slide with a partner, face to face, while holding hands		P	D	D	A	I	I	I
A-15	Demonstrate a gallop by stepping with the same foot each time and closing with the other foot	P	D	A	I	I	I	I	I
A-16	Recognize a gallop as a forward slide		P	D	A	I	I	I	I
A-17	Gallop with a partner		P	D	A	I	I	I	I
A-18	Skip from one designated position to another	P	D	D	A	I	I	I	I
A-19	Skip changing direction and speed	P	D	D	A	I	I	I	I
A-20	Differentiate the following movements: running, jogging, jumping, hopping leaping, sliding, skipping, and galloping	P	D	D	A	I	I	I	I
A-21	Run with upright body position using the proper knee and arm bend		P	D	D	A	I	I	I
A-22	Move in space without collisions	P	D	D	A	I	I	I	I
A-23	Use movement to express feelings	P	D	A	I	I	I	I	I

	NON-LOCOMOTOR	K	1	2	3	4	5	6	7
A-24	Use movement imitatively: animals, personalities, machines and shapes	P	D	A	I	I	I	I	I
A-25	Raise and lower body with good balance using both feet		P	D	D	A	I	I	I
A-26	Raise and lower body with good balance using separate feet (one foot at a time)		P	D	D	A	I	I	I
A-27	Maintain balance in a variety of positions	P	D	D	A	I	I	I	I
A-28	Mirror movement of leader or partner		P	D	A	I	I	I	I
A-29	Move in direction opposite to leader		P	D	D	A	I	I	I
A-30	Bend, stretch, swing, sway, twist, rock, turn and curl total body and individual body parts in place with ease	P	D	D	A	I	I	I	I
A-31	Demonstrate the relationship between bending and straightening to pushing and pulling		P	D	A	I	I	I	I
A-32	Demonstrate pushing and pulling	P	D	D	A	I	I	I	I
A-33	Execute various non-locomotor skills with a partner		P	D	A	I	I	I	I
A-34	Distinguish between a non-locomotor movement and a locomotor movement				P	D	A	I	I
	MANIPULATIVE SKILLS								
A-35	Balance objects such as bean bags, koosh balls, etc., utilizing body parts	P	D	A	I	I	I	I	I

		K	1	2	3	4	5	6	7
A-36	Perform various locomotor and non-locomotor skills using a variety of manipulatives(e.g., jump ropes, balls, rings, bean bags, etc.)	P	D	D	A	I	I	I	I
A-37	Turn rope in cooperation with a partner		P	D	D	A	I	I	I
A-38	Jump from side to side over a motionless rope held several centimeters from the floor by two people		P	D	D	A	I	I	I
A-39	Jump over a rope swung back and forth by two people		P	D	D	A	I	I	I
A-40	Jump a rope turned by two people		P	D	D	A	I	I	I
A-41	Run in, jump, and run out of a turning rope			P	D	D	A	I	I
A-42	Run through a turning rope without jumping			P	D	A	I	I	I
A-43	Jump an individual rope using any technique		P	D	A	I	I	I	I
A-44	Jump an individual rope turned backward		P	D	A	I	I	I	I
A-45	Demonstrate the single jump technique while turning an individual rope	P	D	D	D	A	I	I	I
A-46	Demonstrate the double jump technique while turning an individual rope		P	D	A	I	I	I	I
A-47	Alternate feet while jumping alone		P	D	D	A	I	I	I
A-48	Demonstrate various forward jump rope skills such as jogging, running, skipping, speed jump, criss-cross		P	D	D	A	I	I	I

	SENDING SKILLS	K	1	2	3	4	5	6	7
A-49	Keep a balloon in the air using different body parts	P	D	A	I	I	I	I	I
A-50	Toss an object straight up so that it lands within personal space	P	D	D	A	I	I	I	I
A-52	Show a one-hand toss using a large ball	P	D	A	I	I	I	I	I
A-53	Roll balls of various sizes and weights	P	D	A	I	I	I	I	I
A-54	Roll a ball with different amounts of force to a specific target		P	D	D	A	I	I	I
A-55	Roll a ball toward a target	P	D	D	A	I	I	I	I
A-56	Pass a ball to a partner so the partner can catch it		P	D	D	A	I	I	I
A-57	Toss a small object with one hand and catch with the other	P	D	D	A	I	I	I	I
A-58	Strike an appropriate object with a racket, paddle, bat, etc.		P	D	D	A	I	I	I
A-59	Control a ball with feet while moving around objects			P	D	D	A	I	I
A-60	Kick a ball rolled by a partner	P	D	D	A	I	I	I	I
A-61	Kick a stationary ball with right and left foot	P	D	D	A	I	I	I	I
A-62	Kick a ball with different amounts of force			P	D	A	I	I	I
A-63	Kick a ball with the side of the foot			P	D	A	I	I	I
A-64	Kick a ball through a goal or at a target		P	D	D	A	I	I	I
A-65	Kick a moving ball with the right and left foot			P	D	A	I	I	I

		K	1	2	3	4	5	6	7
A-66	Demonstrate underhand and overhand throws with a small object			P	D	A	I	I	I
A-67	Demonstrate underhand and overhand throws with a playground ball			P	D	A	I	I	I
A-68	Throw with different amounts of force			P	D	A	I	I	I
A-69	Demonstrate eye-hand coordination by accurately catching and throwing an object at varying distances		P	D	D	D	A	I	I
A-70	Demonstrate follow through as it applies to proper throwing technique			P	D	D	A	I	I
A-71	Keep light weight objects such as a balloon or beachball going back and forth over a net		P	D	A	I	I	I	I
A-72	Identify sports in which various passes are used				P	D	A	I	I
A-73	Dribble in general space controlling the ball with your hand		P	D	D	A	I	I	I
A-74	Demonstrate a controlled dribble while switching from one hand to the other hand (standing still)				P	D	A	I	I
A-75	Demonstrate a controlled dribble while switching from one hand to the other hand (moving)				P	D	D	A	I

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A-76	Demonstrate a moving waist high and knee high dribble				P	D	A	I	I
A-77	Demonstrate that an object rebounds according to the amount of force applied to it				P	D	D	A	I
	RECEIVING SKILLS								
A-78	Demonstrate catching a large rolling ball with two hands	P	D	D	A	I	I	I	I
A-79	Drop and catch a large ball with two hands	P	D	D	A	I	I	I	I
A-80	Absorb force on a catch				P	D	A	I	I
A-81	Move into position to catch a rolling ball		P	D	D	A	I	I	I
A-82	Bounce and catch a small ball with one hand				P	D	A	I	I
A-83	Catch objects of a variety of sizes thrown or tossed underhand by a partner		P	D	D	A	I	I	I
A-84	Catch a ball thrown overhand by a partner			P	D	D	A	I	I
A-85	Catch a ball bounced by a partner		P	D	D	A	I	I	I
A-86	Catch small objects in a pail, box or scoop, etc.		P	D	D	A	I	I	I
B.	BODY AWARENESS								
B-1	Demonstrate the ability to lead a group or follow a leader	P	D	D	A	I	I	I	I
B-2	Perform directional movements on verbal commands (forward, backward, up, down, and sideways- left/right)	P	D	D	A	I	I	I	I
B-3	Identify right side and left side	P	D	D	A	I	I	I	I

		K	1	2	3	4	5	6	7
B-4	Demonstrate understanding of directions such as: backward/forward/sideways, high/low, in front/in back, into/out of, on/off, on top/underneath, top/bottom, over/under, up/down, upper/lower, around/through/across, right/left, upside down/right side up	P	D	D	A	I	I	I	I
B-5	Demonstrate understanding of directions such as: above/below/along, toward, away, beside, to the side of, sideways, inside/outside, between, behind/ahead, before/after	P	D	D	A	I	I	I	I
B-6	Demonstrate understanding of relationships between self and others: face to face, back to back, side by side, close together, far apart, separate, together	P	D	D	A	I	I	I	I
B-7	Demonstrate contrasting movements such as: round/straight/square, short/long/tall, smooth/rough/jerky, sudden/sustained, swift/slow, tight/loose, tiny/big/large, wide/narrow/thin, zig zag/straight, curved/flat/straight, graceful/awkward, light/heavy, near/far	P	D	D	A	I	I	I	I
B-8	Demonstrate understanding of concepts of force, speed and time: sudden movements, slow movements, exploding, pushing and pulling				P	D	A	I	I

		K	1	2	3	4	5	6	7
B-9	Recognize, name, and demonstrate body parts and large muscle groups; i.e. forearm, thigh, calf, trunk, instep	P	D	D	A	I	I	I	I
B-10	Differentiate between one's own personal space and that of another	P	D	D	A	I	I	I	I
B-11	Demonstrate knowledge of clockwise and counter-clockwise			P	D	A	I	I	I
B-12	Have basic knowledge of bone and muscle groups			P	D	D	A	I	I
C.	RHYTHMIC MOVEMENT								
C-1	Perform traditional dance steps in various ethnic, cultural and recreational dances	P	D	D	A	I	I	I	I
C-2	Use self-expressive movements in response to rhythmical accompaniments, imagery and stories	P	D	D	A	I	I	I	I
C-3	Perform locomotor and non-locomotor skills in singing games	P	D	D	A	I	I	I	I
C-4	Perform basic locomotor movements in response to different time and tempo of music	P	D	D	A	I	I	I	I
C-5	Demonstrate light and heavy movements	P	D	D	A	I	I	I	I
C-6	Demonstrate stiff and smooth movements	P	D	D	A	I	I	I	I
C-7	Move to music in basic formations: partners, scattered, line, circle, etc.	P	D	D	A	I	I	I	I

		K	1	2	3	4	5	6	7
C-8	Respond to changes in patterns and rhythmic tempos while handling objects, i.e., jump rope, balls, lummi sticks, etc.		P	D	D	A	I	I	I
D.	HEALTH & SKILL RELATED FITNESS								
D-1	Participate in at least one physical fitness test item	P	D	D	A	I	I	I	I
D-2	Associate results of fitness testing to personal health status and ability to perform various activities	P	P/D	D	A	I	I	I	I
D-3	Begin to learn how to measure and evaluate performance and improvement: accuracy distance, speed and time		P	D	D	A	I	I	I
D-4	Perform exercises that will increase strength and power	P	D	D	A	I	I	I	I
D-5	Perform exercises that will increase flexibility	P	D	D	A	I	I	I	I
D-6	Perform exercises that will increase speed, agility and coordination	P	D	D	A	I	I	I	I
D-7	Perform tests that will increase cardiovascular efficiency	P	D	D	A	I	I	I	I
D-8	Identify at least one activity associated with each component of health-related physical activity and one from a skill related physical activity.	P	P/D	D	A	I	I	I	I

		K	1	2	3	4	5	6	7
D-9	Develop and implement a strategy for personal fitness components and/ or goals				P	D	D	A	I
D-10	Recognize the necessity of warmups of body muscles before strenuous exercise	P	D	D	A	I	I	I	I
D-11	Recognize the necessity of slow cool down period after strenuous activity				P	D	A	I	I
D-12	Understand that breathing rate varies before and after exercise	P	D	D	A	I	I	I	I
D-13	Locate pulse				P	D	A	A	I
D-14	Observe increase in respiration during exercise and a return during rest					P	D	A	I
D-15	Know a target heart rate						P	D	A
D-16	Observe increase in body temperature with increase in heart rate					P	D	A	I
D-17	Recognize that abdominal exercises strengthen weak abdominal muscles which are a major cause of lower back pain				P	D	A	I	I
D-18	Distinguish body fat and body weight						P	D	A
D-19	Know the importance of and benefits derived from regular physical activity	P	D	D	A	I	I	I	I
D-20	Relate good nutrition and sleep habits to physical fitness	P	D	D	A	I	I	I	I
D-21	Know the importance of basic first aid	P	D	D	A	I	I	I	I

		K	1	2	3	4	5	6	7
D-22	Demonstrate appropriate first aid measures for emergency situations. (e.g. hypothermia, heat exhaustion, heat stroke, hyperventilating)								P
D-23	Recognize the importance of seeking out factual information related to health, to become an intelligent consumer								P
D-24	Understand the causes of stress and the resultant fatigue and tension. Develop effective ways of overcoming stress without the use of drugs, tobacco, or alcohol								P
D-25	Improve and maintain appropriate body composition								P
D-26	Participate in an individualized fitness program								P
D-27	Evaluate the role of exercise and other factors in weight control								P
D-28	Understand how to balance food intake with physical activity	P	P/PD	P/D	P/D	A	A	I	I
E.	ATTITUDINAL GROWTH								
E-1	Know and observe safety rules related to class	P	D	A	I	I	I	I	I
E-2	Wear proper clothes and shoes for physical activities	P	D	A	I	I	I	I	I
E-3	Learn proper usage of equipment	P	D	A	I	I	I	I	I

		K	1	2	3	4	5	6	7
E-4	Demonstrate cooperation skills necessary for successful participation	P	D	A	I	I	I	I	I
E-5	Demonstrate sportsmanship and emotional control	P	D	A	I	I	I	I	I
E-6	Develop the characteristics/ skills that lead to trust and teamwork	P	D	A	I	I	I	I	I
E-7	Show respect and appreciation for individual differences	P	D	A	I	I	I	I	I
E-8	Demonstrate simple problem solving skills (decide whose turn it is)	P	D	A	I	I	I	I	I
E-9	Participate daily in activities outside of P.E. class that require physical exertion	P	D	A	I	I	I	I	I
E-10	Identify personal interests in regards to one's exercise capabilities		P	D	D	I	I	I	I
E-11	Demonstrate positive self-image by willingness to try new physical activities								P
E-12	Accept and respect the decisions made by game officials; whether they are students,								P
E-13	Perform leadership skills - captain, referee, timer, scorekeeper								P
E-14	Participate in physical activity opportunities in the community (cancer walks, marathons).	P	P	P	D	D/A	A	I	I

		K	1	2	3	4	5	6	7
E-15	Explain and demonstrate the difference in compliance and non-compliance of game rules	P	D	D	A	I	I	I	I
F.	GAMES/SPORTS (GENERAL)								
F-1	Participate in low organizational games (including those from other countries)	P	D	A	I	I	I	I	I
F-2	Learn activities which will be of value in life-long recreational pursuits	P	D	D	A	I	I	I	I
F-3	Participate in lead-up and modified games	P	D	D	A	I	I	I	I
F-4	Use correct terminology								P
F-5	Analyze offensive and defensive strategies in games and sports								P
G.	GYMNASTICS (STUNTS/TUMBLING)								
	Optional depending on equipment and teacher expertise								
G-1	Perform individual and partner balances	P	D	D	D	A	I	I	I
G-2	Perform individual and partner stunts	P	D	D	D	A	I	I	I
G-3	Demonstrate the proper positioning of the hands and knees in individual support activities			P	D	D	A	I	I
G-4	Control body balance on increasingly smaller base of support	P	D	D	D	A	I	I	I
G-5	Know how to fall safely	P	D	A	I	I	I	I	I

		K	1	2	3	4	5	6	7
G-6	Demonstrate the effect of vision on balance	P	D	D	A	I	I	I	I
G-7	Perform forward and backward rolls	P	D	D	A	I	I	I	I
G-8	Demonstrate various tumbling positions such as pike, tuck, straddle, etc.				P	D	A	I	I
G-9	Perform cartwheels and round offs				P	D	A	I	I
G-10	Perform headstands		P	D	A	I	I	I	I
G-11	Perform handstands				P	D	A	I	I
G-12	Perform simple routine with a variety of tumbling stunts				P	D	A	I	I
G-13	Demonstrate the proper positioning of the hands and knees in partner support activities			P	D	D	A	I	I
G-14	Demonstrate the proper care and use of mats		P	D	A	I	I	I	I
H.	BASKETBALL								
H-1	Know the rules for playing basketball				P	D	A	I	I
H-2	Develop skill in dribbling with both right and left hand				P	D	A	I	I
H-3	Develop skill in bounce, chest and overhead passing				P	D	A	I	I
H-4	Develop skill in pivoting					P	D	A	I
H-5	Develop skill in guarding				P	D	A	I	I
H-6	Develop skill in shooting					P	D	A	I

		K	1	2	3	4	5	6	7
H-7	Develop skill in lay-up					P	D	A	I
H-8	Develop skill in set shot					P	D	A	I
H-9	Develop skill in free throw					P	D	A	I
H-10	Develop skill in rebounding					P	D	A	I
H-11	Develop knowledge of offensive and defensive strategies								P
I.	SOCCER								
I-1	Know soccer rules			P	D	A	I	I	I
I-2	Develop ability to kick a stationary ball	P	D	D	A	I	I	I	I
I-3	Develop ability to kick a moving ball		P	D	A	I	I	I	I
I-4	Use right and left instep to kick			P	D	A	I	I	I
I-5	Punt a ball for distance				P	D	A	I	I
I-6	Pass a soccer ball to a partner			P	D	A	I	I	I
I-7	Pass a soccer ball to a partner with both both right and left foot				P	D	A	I	I
I-8	Trap a soccer ball with feet			P	D	A	I	I	I
I-9	Trap a soccer ball with legs				P	D	A	I	I
I-10	Trap a soccer ball with chest				P	D	A	I	I
I-11	Throw a ball overhead using two hands, keeping both feet on the ground			P	D	A	I	I	I
I-12	Dribble a soccer ball with the inside of the right and left foot			P	D	A	I	I	I

		K	1	2	3	4	5	6	7
K-7	Know technique used in blocking							P	D
K-8	Know offensive and defensive volleyball strategies					P	D	A	I

LIFETIME ACTIVITIES (4-8)

These activities may be added according to local school guidelines and objectives, expertise and available equipment and facilities.

Aerobics

Badminton

Bowling

Croquet

Flag Football

Frisbee

Golf

Handball

Hockey

Lacrosse

Racquetball

Speedball

Swimming

Team Handball

Tennis

Track and Field

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