Locomotor 1.1.1.1	Locomotor 1.1.1.2	
Hop, gallop, and slide using a maturing pattern.	Jump and land in the horizontal plane demonstrating two of the five critical elements, while taking off and landing with two feet	
Locomotor 1.1.1.3	Locomotor 1.1.1.4	
Jump and land in the vertical plan demonstrating two of the five critical elements, while taking off and landing with two feet.	Combine locomotor and non-locomotor skills in educational dance while maintaining balance.	
Non-Locomotor 1.1.2.1	Non-Locomotor 1.1.2.2	
Maintain balance on different bases of support with different body shapes.	Transfer weight from one body part to another in personal space (self-space).	
Non-Locomotor 1.1.2.3	Non-Locomotor 1.1.2.4	
Roll forward or backward with a curled body shape. For example: rocker, egg roll.	Perform non-locomotor skills with the body in a variety of stationary positions. For example: different levels, shapes, sizes.	







		T	
Manipulative	1.1.3.1	Manipulative	1.1.3.2
Roll and throw underhand demonstrating two of the five critical elements of a maturing pattern.		Throw overhand with opposite foot forward.	
Manipulative	1.1.3.4	Manipulative	1.1.3.5
Catch a self-tossed ball adjust and arms to the location of t	_	Dribble with preferred har remaining in personal spa	
Manipulative	1.1.3.6	Manipulative	1.1.3.7
Dribble with inside of the foot while remaining in personal space (self-space).		Pass with the feet to a stationary target, while maintaining balance.	
Manipulative	1.1.3.9	Manipulative	1.1.3.11
Kick a stationary ball demonstrating two of the five critical elements of a maturing pattern.		Volley individually using various body parts making multiple contacts, while maintaining balance.	







Manipulative	1.1.3.13	Manipulative	1.1.3.16
Strike using a short-handled while maintaining balance.	implement,	Consecutively jump forward using a self-turned rope.	ard or backward
Manipulative Consecutively jump a long reteacher assisted turning.	1.1.3.17 ope with		







Movement Concepts, Principl Knowledge	es and 1.2.1.1	Movement Concepts, Principle Knowledge	es and 1.2.1.2
Travel at different levels different lev	nal space	Travel in different relationship and objects. For example: ove through, around, behind.	
Movement Concepts, Principl Knowledge Travel using strong and light f	1.2.1.3		







Physical Activity Knowledge 1.3.1.1	Engages in Physical Activity 1.3.2.1	
Identify basic benefits of being physically active outside of physical education class, both indoors and outdoors.	Actively participates in physical activities with minimal teacher prompting.	
Fitness Knowledge 1.3.3.1 Identify the heart as a muscle that grows stronger with exercise, play and physical activity.	Fitness Knowledge 1.3.3.2 Describe the connection between muscles and one's ability to move.	
Nutrition 1.3.5.1 Differentiate between foods to eat often, foods to eat some of the time, and foods to eat in moderation.		







Safety Move safely in general space minimal reminders.	1.4.5.1 e with	Personal Responsibility Follow class rules and protoco self, space and equipment with teacher prompting.	
Feedback Consistently use feedback fr teacher.	1.4.2.1 om the	Working With Others Work respectfully with a partn sharing equipment and space.	1.4.3.1 er while







Health 1.5.1.1

Identify physical activities that can enhance good health.

Challenge 1.5.2.1

Recognize that learning something new can be challenging, but practice and effort can lead to success.

Health 1.5.1.1

Identify physical activities that can be played alone and with others that are personally enjoyable.





