

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

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

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

<p>Movement Concepts, Principles and Knowledge 1.2.1.1</p> <p>Travel at different levels differentiating between movement in personal space (self-space) and general space. For example: low, middle, high.</p>	<p>Movement Concepts, Principles and Knowledge 1.2.1.2</p> <p>Travel in different relationships to others and objects. For example: over, under, through, around, behind.</p>
<p>Movement Concepts, Principles and Knowledge 1.2.1.3</p> <p>Travel using strong and light forces.</p>	

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

<p>Safety 1.4.5.1</p> <p>Move safely in general space with minimal reminders.</p>	<p>Personal Responsibility 1.4.1.1</p> <p>Follow class rules and protocols related to self, space and equipment with minimal teacher prompting.</p>
<p>Feedback 1.4.2.1</p> <p>Consistently use feedback from the teacher.</p>	<p>Working With Others 1.4.3.1</p> <p>Work respectfully with a partner while sharing equipment and space.</p>

	<p>Health 1.5.1.1</p> <p>Identify physical activities that can enhance good health.</p>
<p>Challenge 1.5.2.1</p> <p>Recognize that learning something new can be challenging, but practice and effort can lead to success.</p>	<p>Self-Expression/Enjoyment 1.5.3.1</p> <p>Identify physical activities that can be played alone and with others that are personally enjoyable.</p>