

K	School Name		Student's Name Here	Current Classroom Teachers Name Here	Current Grade Level	School Year
	Skill Category	At Grade Level?	Expectation at Grade Level	Units in PE for this skill	How to practice	What will be expected in the 1st Grade
1st Semester	Locomotor Skills	Not Assessed	Hopping, galloping, running, sliding, skipping while maintaining balance	Everyday Movement in PE	Get out and move in different manners.	Hops, gallops, jogs and slides using a mature pattern.
	Throwing Under and Over Hand	Not Assessed	Throws underhand with opposite foot forward	Bowling and Throwing Unit	Step forward with opposite foot from the hand used to throw. Swing, Step, Point Cues.	Throws underhand, demonstrating two of the five critical elements of a mature pattern.
	Catching	Not Assessed	Drops a ball and catches it before it bounces twice. Catches a large ball tossed by a skilled thrower.	Throwing and Circus Arts Units	Start with a hug catch (catch ball with hands and body in a hug) and move to catching with just the hands.	Catches a soft object from a self-toss before it bounces. Catches various sizes of balls self-tossed/ tossed by a skilled thrower.
2nd Semester	Jump Rope	Not Assessed	Executes a single jump with self-turned rope.	Jump Rope Unit	Start rope behind student and practice turning and catching it under toes. When swing is consistent, have student jump as the rope passes the nose.	Jumps forward or backward consecutively using a self-turned rope.
		Not Assessed	Jumps a long rope with teacher-assisted turning.	Jump Rope Unit	Student faces the turners and tracks the rope as it comes around to time their jump.	Jumps a long rope up to five times consecutively with teacher-assisted turning.
	Striking w/ an implement	Not Assessed	Strikes a lightweight object with a paddle/ short-handled racket.	Badminton and Pickleball Units	Eyes on object you are striking. Keep a stiff wrist. Keep your side to the target. Follow through.	Strikes a ball with a short-handled implement, sending it upward.
	Striking w/out an implement	Not Assessed	Dribbles a ball with one hand, attempting the second contact.	Basketball Unit	Eyes Up. Finger Pads, At or Below the Waist. One Hand Only.	Dribbles continuously in self-space using the dominant hand.
		Not Assessed	Kicks a stationary ball from a stationary position, demonstrating two of the five elements of a mature kicking pattern.	Soccer Unit	Contact ball with shoelaces. Follow through with kicking leg extended forward.	Approaches a stationary ball and kicks it forward, demonstrating two of the five critical elements of a mature pattern.
		Not Assessed	Volleys a lightweight object (balloon), sending it upward.	Volleyball Unit	Get under the ball. Diamond with fingerpads. Push hands up.	Volleys an object with an open palm, sending it upward.

1st	School Name		Student's Name Here	Current Classroom Teachers Name Here	Current Grade Level	School Year
	Skill Category	At Grade Level?	Expectation at Grade Level	Units in PE for this skill	How to practice	What will be expected in the 2nd Grade
1st Semester	Locomotor Skills	At Grade Level 3/3/16	Hops, gallops, jogs and slides using a mature pattern.	Everyday Movement in PE	Get out and move in different manners.	Skips using a mature pattern.
	Throwing Under and Over Hand	Below Grade Level 3/3/16	Throws underhand, demonstrating two of the five critical elements of a mature pattern.	Bowling and Throwing Unit	Step forward with opposite foot from the hand used to throw. Swing, Step, Point Cues	Throws underhand using a mature pattern. Throws overarm demonstrating two of the five critical elements of a mature pattern.
	Catching	At Grade Level 3/3/16	Catches a soft object from a self-toss before it bounces. Catches various sizes of balls self-tossed/ tossed by a skilled thrower.	Throwing and Circus Arts Units	Start with a hug catch (catch ball with hands and body in a hug) and move to catching with just the hands.	Catches a self-tossed or well-thrown large ball with hands, not trapping or cradling against the body.
2nd Semester	Jump Rope	Not Assessed	Jumps forward or backward consecutively using a self-turned rope.	Jump Rope Unit	Start rope behind student and practice turning and catching it under toes. When swing is consistent, have student jump as the rope passes the nose.	Jumps a self-turned rope consecutively forward and backward, with a mature pattern.
		Not Assessed	Jumps a long rope up to five times consecutively with teacher-assisted turning.	Jump Rope Unit	Student faces the turners and tracks the rope as it comes around to time their jump.	Jumps a long rope five times consecutively with student turners.
	Striking w/ an implement	Not Assessed	Strikes a ball with a short-handled implement, sending it upward.	Badminton and Pickleball Units	Eyes on object you are striking. Keep a stiff wrist. Keep your side to the target. Follow through.	Strikes an object upward with a short-handled implement, using consecutive hits.
	Striking w/out an implement	Not Assessed	Dribbles continuously in self-space using the dominant hand.	Basketball Unit	Eyes Up. Finger Pads, At or Below the Waist. One Hand Only.	Dribbles in self-space with preferred hand demonstrating a mature pattern.
		Not Assessed	Approaches a stationary ball and kicks it forward, demonstrating two of the five critical elements of a mature pattern.	Soccer Unit	Contact ball with shoelaces. Follow through with kicking leg extended forward.	Uses a continuous running approach and kicks a moving ball, demonstrating three of the five critical elements of a mature pattern.
		Not Assessed	Volleys an object with an open palm, sending it upward.	Volleyball Unit	Move to the ball. Swing your hand and arm upward.	Volleys an object upward with consecutive hits.

2nd	School Name		Student's Name Here	Current Classroom Teachers Name Here	Current Grade Level	School Year
	Skill Category	At Grade Level?	Expectation at Grade Level	Units in PE for this skill	How to practice	What will be expected in the 3rd Grade
1 s t S e m e s t e r 2 n d S e m e s t e r	<i>Balance and Weight Transfer</i>	Not Assessed	Balances in an inverted position with stillness and supportive base. Transfers weight from feet to different body parts.	Tumbling and Balancing	Move slowly. Use small movements. Have a strong base.	Balances on different bases of support. Transfers weight from feet to hands for weight support.
	<i>Throwing Under and Over Hand</i>	Not Assessed	Throws underhand using a mature pattern. Throws overarm demonstrating two of the five critical elements of a mature pattern.	Bowling and Throwing Unit	Step forward with opposite foot from the hand used to throw. Swing, Step, Point Cues	Throws underhand to a target with reasonable accuracy. Throws overarm, demonstrating three of the five critical elements of a mature pattern.
	<i>Catching</i>	Not Assessed	Catches a self-tossed or well-thrown large ball with hands, not trapping or cradling against the body.	Throwing and Circus Arts Units	Start with a hug catch (catch ball with hands and body in a hug) and move to catching with just the hands.	Catches a gently tossed hand-sized ball from a partner, demonstrating four of the five critical elements of a mature pattern.
	<i>Jump Rope</i>	Not Assessed	Jumps a self-turned rope consecutively forward with a mature pattern.	Jump Rope Unit	Start rope behind student and practice turning and catching it under toes. When swing is consistent, have student jump as the rope passes the nose.	Performs intermediate jump-rope skills (e.g., a variety of tricks) for short ropes.
		Not Assessed	Jumps a long rope five times consecutively with student turners.	Jump Rope Unit	Student faces the turners and tracks the rope as it comes around to time their jump.	Performs intermediate jump-rope skills (e.g., a variety of tricks, running in/ out of long rope) for long ropes.
	<i>Striking w/ an implement</i>	Not Assessed	Strikes an object upward with a short-handled implement, using consecutive hits.	Badminton and Pickleball Units	Eyes on object you are striking. Keep a stiff wrist. Keep your side to the target. Follow through.	Strikes a ball with a long-handled or short handled implement, sending it forward, while using proper grip for the implement (e.g., hockey stick, golf club, badminton racquet, pickleball racquet).
	<i>Striking w/out an implement</i>	Not Assessed	Dribbles using the dominant hand while walking in general space.	Basketball Unit	Eyes Up. Finger Pads, At or Below the Waist. One Hand Only.	Dribbles using the dominant hand while walking in general space.
		Not Assessed	Uses a continuous running approach and kicks a moving ball, demonstrating three of the five critical elements of a mature pattern.	Soccer Unit	Contact the ball behind the center of the ball. Contact ball with shoelaces. Follow through with kicking leg extended forward.	Uses a continuous running approach and kicks a moving ball, demonstrating three of the five critical elements of a mature pattern.
		Not Assessed	Volley an object upward with consecutive hits.	Volleyball Unit	Move to the ball. Swing your hand and arm upward.	Volley an object upward with consecutive hits.

3rd	School Name		Student's Name Here	Current Classroom Teachers Name Here	Current Grade Level	School Year
	Skill Category	At Grade Level?	Expectation at Grade Level	Units in PE for this skill	How to practice	What will be expected in the 4th Grade
1 s t S e m e s t e r	Balance and Weight Transfer	At Grade Level 3/3/16	Balances on different bases of support. Transfers weight from feet to hands for support.	Tumbling and Balancing	Move slowly. Use small movements. Have a strong base.	Transfers weight from feet to hands varying speed and using large extensions (e.g., mule kick, handstand, cartwheel) Balances on different bases of support.
	Throwing Under and Over Hand	Below Grade Level 3/3/16	Throws underhand to a target with reasonable accuracy. Throws overarm, demonstrating three of the five critical elements of a mature pattern.	Bowling and Throwing Unit	Side to Target. Step Opposite. Follow Through.	Throws overarm to a target with accuracy at a reasonable distance.
	Catching	At Grade Level 3/3/16	Catches a gently tossed hand-sized ball from a partner, demonstrating four of the five critical elements of a mature pattern.	Throwing and Circus Arts Units	Extend Arms. Watch Ball. Catch with Hands. Pull ball into body.	Catches a thrown ball above the head, at chest/waist level and below the waist using a mature pattern.
	Jump Rope	Not Assessed	Performs intermediate jump-rope skills (e.g., a variety of tricks) for short ropes.	Jump Rope Unit	Jump Low. Bounce. Eyes ahead. Elbows In.	Performs intermediate jump-rope skills (e.g., a variety of tricks) for short ropes.
		Not Assessed	Performs intermediate jump-rope skills (e.g., a variety of tricks, running in/ out of long rope) for long ropes.	Jump Rope Unit	Follow the rope into the middle. Face a turner. Track the rope for your jump.	Performs intermediate jump-rope skills (e.g., a variety of tricks, running in/ out of long rope) for long ropes.
	Striking w/ an implement	Not Assessed	Strikes an object with a short-handled implement, sending it over a low net.	Badminton and Pickleball Units	Eyes on object you are striking. Keep a stiff wrist. Keep your side to the target. Follow through.	Strike an object with a short-handled implement, alternating hits with a partner over a low net.
		Not Assessed	Strikes a ball with a long-handled implement, sending it forward (e.g., hockey stick, bat, golf club).	Hockey and Golf Units	Dominant hand on the bottom of grip. Keep your side to the target. Controlled Swing. Follow Through.	Strikes an object with a long-handled implement (e.g., hockey stick, golf club, bat, tennis/badminton racket), while demonstrating three of the five critical elements of a mature pattern.
	Striking w/out an implement	Not Assessed	Dribbles using the dominant hand while walking in general space.	Basketball Unit	Eyes Up. Finger Pads, At or Below the Waist. One Hand Only.	Dribbles with both the preferred and the non-preferred hand using a mature pattern.
		Not Assessed	Uses a continuous running approach and kicks a moving ball, demonstrating three of the five critical elements of a mature pattern.	Soccer Unit	Contact the ball behind the center of the ball. Contact ball with shoelaces. Follow through with kicking leg extended forward.	Kicks along the ground and in the air, and punts using mature patterns
		Not Assessed	Volleys an object upward with consecutive hits.	Volleyball Unit	Get under the ball. Diamond with fingerpads. Push hands up.	Strikes/volleys with a two-hand overhead pattern, sending a ball upward while demonstrating four of the five critical elements of a mature pattern.
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4th	School Name		Student's Name Here	Current Classroom Teachers Name Here	Current Grade Level	School Year
	Skill Category	At Grade Level?	Expectation at Grade Level	Units in PE for this skill	How to practice	What will be expected in the 5th Grade
1 s t S e m e s t e r	Balance and Weight Transfer	At Grade Level 3/3/16	Transfers weight from feet to hands varying speed and using large extensions (e.g., mule kick, handstand, cartwheel). Balances on different bases of support.	Tumbling and Balancing	Move slowly. Use small movements. Have a strong base.	Combines balance and transferring weight in a gymnastics sequence.
	Throwing Under and Over Hand	Below Grade Level 3/3/16	Throws overarm to a target with accuracy at a reasonable distance.	Bowling and Throwing Unit	Side to Target. Step Opposite. Follow Through.	Throws (both underhand and overarm) to a large target with accuracy.
	Catching	At Grade Level 3/3/16	Catches a thrown ball above the head, at chest/waist level and below the waist using a mature pattern.	Throwing and Circus Arts Units	Extend Arms. Watch Ball. Catch with Hands. Pull ball into body.	Catches a ball above the head, at chest/waist level and along the ground using a mature pattern.
	Jump Rope	Not Assessed	Performs intermediate jump-rope skills (e.g., a variety of tricks) for short ropes.	Jump Rope Unit	Jump Low. Bounce. Eyes ahead. Elbows In.	Performs intermediate jump-rope skills (e.g., a variety of tricks) for short ropes.
		Not Assessed	Performs intermediate jump-rope skills (e.g., a variety of tricks, running in/ out of long rope) for long ropes.	Jump Rope Unit	Follow the rope into the middle. Face a turner. Track the rope for your jump.	Performs intermediate jump-rope skills (e.g., a variety of tricks, running in/ out of long rope) for long ropes.
	Striking w/ an implement	Not Assessed	Strikes an object with a short- handled implement, alternating hits with a partner over a low net.	Badminton and Pickleball Units	Eyes on object you are striking. Keep a stiff wrist. Keep your side to the target. Follow through.	Strikes an object consecutively, with a partner, using a short-handled implement, over a net, in a game environment.
		Not Assessed	Strikes an object with a long- handled implement (e.g., hockey stick, golf club, bat, tennis/badminton racket), while demonstrating three of the five critical elements of a mature pattern.	Hockey and Golf Units	Dominant hand on the bottom of grip. Keep your side to the target. Controlled Swing. Follow Through.	Combines striking with a long implement (e.g., bat, hockey stick) with receiving and traveling skills in a small-sided game.
	Striking w/out an implement	Not Assessed	Dribbles with both the preferred and the non-preferred hand using a mature pattern.	Basketball Unit	Eyes Up. Finger Pads, At or Below the Waist. One Hand Only.	Combines hand dribbling with other skills during practice tasks.
		Not Assessed	Kicks along the ground and in the air, and punts using mature patterns.	Soccer Unit	Contact the ball behind the center of the ball. Contact ball with shoelaces. Follow through with kicking leg extended forward.	Demonstrates mature patterns in kicking and punting in small-sided practice tasks.
		Not Assessed	Strikes/volleys with a two-hand overhead pattern, sending a ball upward while demonstrating four of the five critical elements of a mature pattern.	Volleyball Unit	Get under the ball. Diamond with fingerpads. Push hands up.	Strikes/volleys a ball using a two-hand overhead pattern, sending it upward to a target.
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5th	School Name		Student's Name Here	Current Classroom Teachers Name Here	Current Grade Level	School Year
	Skill Category	At Grade Level?	Expectation at Grade Level	Units in PE for this skill	How to practice	What will be expected in the 6th Grade
1 s t S e m e s t e r 2 n d S e m e s t e r	Balance and Weight Transfer	At Grade Level 3/3/16	Combines balance and transferring weight in a gymnastics sequence.	Tumbling and Balancing	Move slowly. Use small movements. Have a strong base.	Combines balance and transferring weight in a gymnastics sequence.
	Throwing Under and Over Hand	Below Grade Level 3/3/16	Throws (both underhand and overarm) to a large target with accuracy.	Bowling and Throwing Unit	Side to Target. Step Opposite. Follow Through.	Throws with a mature pattern.
	Catching	At Grade Level 3/3/16	Catches a ball above the head, at chest/waist level and along the ground using a mature pattern.	Throwing and Circus Arts Units	Extend Arms. Watch Ball. Catch with Hands. Pull ball into body.	Catches with a mature pattern.
	Jump Rope	Not Assessed	Performs intermediate jump-rope skills (e.g., a variety of tricks) for short ropes.	Jump Rope Unit	Jump Low. Bounce. Eyes ahead. Elbows In.	Performs intermediate jump-rope skills (e.g., a variety of tricks) for short ropes.
		Not Assessed	Performs intermediate jump-rope skills (e.g., a variety of tricks, running in/ out of long rope) for long ropes.	Jump Rope Unit	Follow the rope into the middle. Face a turner. Track the rope for your jump.	Performs intermediate jump-rope skills (e.g., a variety of tricks, running in/ out of long rope) for long ropes.
	Striking w/ an implement	Not Assessed	Strikes an object consecutively, with a partner, using a short-handled implement, over a net, in a game environment.	Badminton and Pickleball Units	Eyes on object you are striking. Keep a stiff wrist. Keep your side to the target. Follow through.	Performs a legal underhand serve with control for net games such as badminton or pickleball. Strikes, with a mature overarm pattern for net games such as badminton or pickleball.
		Not Assessed	Combines striking with a long implement (e.g., bat, hockey stick) with receiving and traveling skills in a small-sided game.	Hockey and Golf Units	Dominant hand on the bottom of grip. Keep your side to the target. Controlled Swing. Follow Through.	Strikes, with an implement, a stationary object for accuracy in activities such as golf or hockey.
	Striking w/out an implement	Not Assessed	Combines hand dribbling with other skills during practice tasks.	Basketball Unit	Eyes Up. Finger Pads, At or Below the Waist. One Hand Only.	Dribbles with dominant hand using a change of speed and direction in a variety of practice tasks.
		Not Assessed	Demonstrates mature patterns in kicking and punting in small-sided practice task.	Soccer Unit	Contact the ball behind the center of the ball. Contact ball with shoelaces. Follow through with kicking leg extended forward.	Demonstrates mature patterns in kicking and punting in small-sided practice task.
		Not Assessed	Strikes/volleys a ball using a two-hand overhead pattern, sending it upward to a target.	Volleyball Unit	Get under the ball. Diamond with fingerpads. Push hands up.	Strikes, with a mature overarm pattern for net games such as volleyball. Performs a legal underhand serve with control.

6th	School Name		Student's Name Here	Current Classroom Teachers Name Here	Current Grade Level	School Year
	Skill Category	At Grade Level?	Expectation at Grade Level	Units in PE for this skill	How to practice	What will be expected in the 7th Grade
1 s t S e m e s t e r	Balance and Weight Transfer	At Grade Level 3/3/16	Combines balance and transferring weight in a gymnastics sequence.	Tumbling and Balancing	Move slowly. Use small movements. Have a strong base.	Combines balance and transferring weight in a gymnastics sequence.
	Throwing Under and Over Hand	Below Grade Level 3/3/16	Throws with a mature pattern.	Bowling and Throwing Unit	Side to Target. Make an L with your arm. Step Opposite. Twist. Follow Through.	Throws with a mature pattern.
	Catching	At Grade Level 3/3/16	Catches with a mature pattern.	Throwing and Circus Arts Units	Extend Arms. Watch Ball. Catch with Hands. Pull ball into body.	Catches with a mature pattern.
	Jump Rope	Not Assessed	Performs intermediate jump-rope skills (e.g., a variety of tricks) for short ropes.	Jump Rope Unit	Jump Low. Bounce. Eyes ahead. Elbows In.	Performs intermediate jump-rope skills (e.g., a variety of tricks) for short ropes.
		Not Assessed	Performs intermediate jump-rope skills (e.g., a variety of tricks, running in/ out of long rope) for long ropes.	Jump Rope Unit	Follow the rope into the middle. Face a turner. Track the rope for your jump.	Performs intermediate jump-rope skills (e.g., a variety of tricks, running in/ out of long rope) for long ropes.
	Striking w/ an implement	Not Assessed	Performs a legal underhand serve with control for net games such as badminton or pickleball. Strikes, with a mature overarm pattern for net games such as badminton or pickleball.	Badminton and Pickleball Units	Eyes on object you are striking. Keep a stiff wrist. Keep your side to the target. Follow through.	Executes consistently a legal underhand serve to a target for net games such as badminton or pickleball. Strikes, with a mature overarm pattern for net games such as badminton or pickleball. Forehand and backhand volleys with a mature form.
Not Assessed		Strikes, with an implement, a stationary object for accuracy in activities such as golf or hockey.	Hockey and Golf Units	Dominant hand on the bottom of grip. Keep your side to the target. Controlled Swing. Follow Through.	Strikes, with an implement, a stationary object for accuracy and distance in activities such as hockey or golf.	
Striking w/out an implement	Not Assessed	Dribbles with dominant hand using a change of speed and direction in a variety of practice tasks.	Basketball Unit	Eyes Up. Finger Pads, At or Below the Waist. One Hand Only.	Dribbles with dominant and non-dominant hand using a change of speed and direction in a variety of practice tasks.	
	Not Assessed	Demonstrates mature patterns in kicking and punting in small-sided practice task.	Soccer Unit	Contact the ball behind the center of the ball. Contact ball with shoelaces. Follow through with kicking leg extended forward.	Demonstrates mature patterns in kicking and punting in small-sided practice task.	
	Not Assessed	Strikes, with a mature overarm pattern for net games such as volleyball. Performs a legal underhand serve with control.	Volleyball Unit	Get under the ball. Diamond with fingerpads. Push hands up.	Strikes, with a mature overarm pattern for net games such as volleyball. Two-hand-volleys with control.	

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