

Inline Skating

I CAN consistently skate the perimeter safely - with balance & control.

(Learning Ladder)

Foot Dribble

I CAN consistently control a ball with my feet, while moving quickly, changing speed, direction, and pathway.

(Learning Ladder)

Foot Dribble

I CAN consistently dribble, using my feet and body to perform evasive maneuvers against a defender during class activities.

(Learning Ladder)

Kick

I CAN consistently kick a ball
into the air using efficient mechanics
(a.k.a. “body look-fors”).
(Personal Records)

Kick

I CAN consistently
punt a ball into the air
using efficient mechanics
(a.k.a. “body look-fors”).
(Personal Records)

Pass

I CAN consistently pass a ball with my feet to a partner using efficient mechanics (a.k.a. “body look-fors”).

Receive

I CAN consistently
use my body to absorb force, settle
and control a ball.

Roll

I CAN consistently roll a ball forward
using efficient mechanics
(a.k.a. “body look-fors”).
(Personal Records)

Catch

I CAN consistently
catch a ball using efficient mechanics
(a.k.a. “body look-fors”).
(Personal Records)
(Move It & Prove It)

Toss

I CAN consistently
toss a ball using efficient mechanics
(a.k.a. “body look-fors”).
(Personal Records)

Throw

I CAN consistently throw a ball using efficient mechanics (a.k.a. “body look-fors”).
(Personal Records)

Throw - Frisbee

I CAN consistently throw a Frisbee
using a backhand motion
using efficient mechanics
(a.k.a. “body look-fors”).
(Personal Records)

Scarf Juggle

I CAN consistently lift and snatch scarves in a variety of ways using efficient mechanics (a.k.a. “body look-fors”).
(Learning Ladder)

Jump Rope

I CAN consistently perform a variety of individual jump rope skills using efficient mechanics (a.k.a. body look-fors”).
(Move It & Prove It)

Jump Rope

Using 1 or 2 beaded rope(s)
I CAN consistently perform a variety
of partner jump rope skills using
efficient mechanics
(a.k.a. body look-fors”).
(Move It & Prove It)

Jump Rope

While working in a group
I CAN consistently
perform a variety of skills in a long
rope using efficient mechanics (a.k.a.
body look-fors”).
(Move It & Prove It)

Volley

I CAN consistently volley a light ball
with my hands using efficient
mechanics
(a.k.a. “body look-fors”).
(Personal Records)

Volley

I CAN consistently volley a light ball with my instep allowing only one bounce between touches using efficient mechanics (a.k.a. “body look-fors”).
(Personal Records)

Volley

I CAN consistently drop a ball and strike it forward using an underhand pattern using efficient mechanics (a.k.a. “body look-fors”).
(Personal Records)

Striking - Paddles

I CAN consistently drop a ball and strike it forward using an underhand pattern using efficient mechanics (a.k.a. “body look-fors”).
(Personal Records)

Strike - Paddles

I CAN consistently use a ready position while working to improve my ability to continuously strike an object using efficient mechanics (a.k.a. “body look-fors”).
(Learning Ladder)

Strike - LHI

I CAN strike a ball from a T, a self-tossed ball or one that is tossed to me using efficient mechanics (a.k.a. body look-fors”).

Strike - LHI

I CAN strike an object along the floor while changing speed, direction and pathway using efficient mechanics (a.k.a. body look-fors”).

Strike - LHI

I CAN strike an object forward from the floor using efficient mechanics (a.k.a. body look-fors”).

Hand Dribble

I CAN consistently dribble while traveling, changing speed, direction, and pathway with balance and control, using efficient mechanics (a.k.a. “body look-fors”).

Hand Dribble

I CAN consistently dribble and control a ball while performing evasive maneuvers against a defender during class activities.

Ball Handling

Quick Hands

I CAN perform a variety of quick hands - dribbling challenges in self-space using efficient mechanics (a.k.a. “body look-fors”).

(Time Trials)

Ball Handling Body Wraps

I **CAN** perform a variety of body wrap maneuvers
in self-space using efficient mechanics
(a.k.a. “body look-fors”).
(Time Trials)

Shoot

I CAN consistently shoot a ball from a variety of locations within my range using efficient mechanics (a.k.a. all “body look-fors”).
(Personal Best)

Body Balance

I CAN balance with stillness on a small base of support in a variety of symmetrical and asymmetrical body shapes.

(Creative Routine)

Body Balance

I CAN balance with body control on a variety of unstable surfaces.
(Personal Records)

Body Balance

I CAN balance with stillness in
several inverted positions.
(Creative Routine)

Balance Objects

I CAN balance a tube or noodle on my body in a variety of ways for increasing periods of time.
(Creative Routine)

Pursuit & Evade

I CAN use my peripheral vision to see what is going on in front and to the sides.

I CAN use quick changes of speed, direction & pathway to deceive and fake my opponent out.

When I'm pursuing **I CAN** use the boundary lines to help trap my opponent.

When I'm evading **I CAN** stay out of the corners to avoid being trapped.

Games Of Invasion

When on defense **I CAN** maintain an athletic ready position, prepared to move in any direction.

When on offense, **I CAN** use change of speed, direction and pathway to create open passing or scoring lanes.

When on offense **I CAN** limit the time in which I hold onto the ball in order to create an advantage and make it more difficult for the defense.

Fielding Games

I CAN maintain an athletic ready position and think about what I will need to do after the ball is hit into the field.

When hitting, **I CAN** make my intention to send the ball to the most open area.

Net & Wall Games

I CAN always be in an athletic ready position so I am prepared to move in any direction.

I CAN begin in, and return to the position that gives me the best coverage (my home base).

As I move to play the object, **I CAN** prepare my striking surface so I am ready when I get there.

Target Games

I CAN take my time to set up, stay relaxed, and be confident.

I CAN concentrate, stay focused and execute the skill.

Physical Fitness

I CAN list the 5 components of health related fitness.

I CAN identify activities that contribute to each of those 5 components.

Physical Fitness

I CAN list 3 physical benefits of choosing 60 minutes of physical activity every day.

I CAN identify lifestyle habits that contribute to heart health – 5 heart helpers.

I CAN demonstrate the ability to move at a moderate intensity for increasingly longer periods of time.

Physical Fitness

I CAN perform a variety of upper body and core muscular strength and endurance movements.

I CAN create a variety of upper body and core muscular strength and endurance movements using my body weight and sports equipment.

Physical Fitness

I CAN explain the differences between dynamic and static flexibility movements.

I CAN demonstrate a variety of dynamic warm-up movements that challenge flexibility and balance.

Interactions

I CAN Identify the character strengths that contribute to positive personal and social interactions.

I CAN consistently demonstrate the ability to set character strength goals that contribute to positive personal and social interactions.

I CAN identify the character strengths necessary for success in a variety of class activities.