



Foot Dribble, Pass & Kick

1. <u>I can</u> foot dribble changing speed, direction and pathway with all “body look-fors.”	6. I am working to develop evasive maneuvers while foot dribbling during game play.
2. <u>I created</u> an evasive maneuver to use during pursuit and evade games.	7. I am working to apply force principles to increase accuracy when kicking.
3. <u>I can</u> kick a ball with all “body look-fors.”	8. I am working to apply force principles to increase my ability to absorb force and settle a ball when sent to me.
4. <u>I can</u> punt a ball with all “body look-fors.”	9. I am working to apply force principles to increase accuracy when punting.
5. <u>I can</u> pass a ball to a partner or target using the inside and outside of my foot.	10. I am working to apply force principles to increase accuracy when passing.

Backboard Spot Kick PR

--	--	--	--	--	--	--	--	--	--

Box Settle PR

--	--	--	--	--	--	--	--	--	--

Backboard Punt PR

--	--	--	--	--	--	--	--	--	--

Pin Pass PR

--	--	--	--	--	--	--	--	--	--



Roll

1. I <u>can</u> roll a ball forward with all “body look-fors.”	2. I <u>am working to</u> apply force principles when rolling for increased speed and accuracy.
--	---

Bowling PR

--	--	--	--	--	--	--	--	--	--

Toss

1. I <u>can</u> toss a ball forward with all “body look-fors.”	2. I <u>am working to</u> apply force principles when tossing for increased accuracy
--	--

Barrel Toss PR

--	--	--	--	--	--	--	--	--	--

Throw

1. I <u>can</u> throw a ball forward with all “body look-fors.”	2. I <u>am working to</u> apply force principles when throwing for increased accuracy.
---	--

Target Throw PR

--	--	--	--	--	--	--	--	--	--

Catch

1. I <u>can</u> catch a ball with all “body look-fors.”	2. I <u>am working to</u> increase my ability to move to catch a ball tossed or thrown to me at different locations around my body.
---	---

Frisbee Throw

1. I can throw a Frisbee with all “body look-fors”	2. I am working to apply force principles when throwing a Frisbee to increase accuracy.
--	---

Partner Toss & Catch PR

--	--	--	--	--	--	--	--	--	--

Partner Throw & Catch PR

--	--	--	--	--	--	--	--	--	--



Jump, Juggle & Balance Objects

1. I can jump with a partner in a chain X 10.	7. I can perform the 1's with a partner X 20 without a miss.
2. Working with 2 friends, I can enter, jump X 10, and exit without missing.	8. I can turn double-dutch with a friend so a third person can enter and jump successfully.
3. I can jump 3 in 1 beaded rope X 20.	9. I can perform the wheel with one friend X 10 without a miss.
4. I can juggle 3 scarves in the columns X 10 without a drop.	10. I can juggle 3 scarves in the cascade pattern X 10 without a miss.
5. I can balance a tube or noodle on my open hand for 10 seconds.	11. I can balance a tube or noodle on my chin for 10 seconds.
6. I can balance a tube or noodle on one finger for 10 seconds.	12. I can balance a tube or noodle on my foot for 10 seconds.

Partner Jump PR

--	--	--	--	--	--	--	--	--	--

Cascade Juggle PR

--	--	--	--	--	--	--	--	--	--

Tube/Noodle Balance PR

--	--	--	--	--	--	--	--	--	--

--	--	--	--	--	--	--	--	--	--



Volley

<p>1. I <u>can</u> volley a light ball with my hands, using an underhand pattern while maintaining a ready position and moving to square to the ball (X 10)</p>	<p>5. I am working to apply force principles and my ready position when volleying with my hands to increase the number of times I can volley a ball in the air without missing.</p>
<p>2. I <u>can</u> drop a ball and strike it in a forward direction using an underhand pattern.</p>	<p>6. I am working to apply force principles to increase my ability to hit a target by using a drop hit.</p>
<p>3. I <u>can</u> continuously volley a ball with a partner allowing only one bounces between each hit (X 10).</p>	<p>7. I am working to apply force principles to increase my ability to volley a ball with a partner allowing only one bounce between each hit.</p>
<p>4. I <u>can</u> volley a ball using my instep, allowing for one bounce between contacts and keeping the ball below my knee (X10)</p>	<p>8. I am working to gain more control of my instep juggle so I can increase my ability to juggle a ball keeping it below my knee and allowing for no more than one bounce between contact.</p>

Air Volley PR

--	--	--	--	--	--	--	--	--	--

Drop Hit Target PR

--	--	--	--	--	--	--	--	--	--

Partner One Bounce Volley PR

--	--	--	--	--	--	--	--	--	--

Instep One Bounce Volley PR

--	--	--	--	--	--	--	--	--	--



Strike (Rackets/Paddles)

1. I can strike an object using an underhand pattern with all “body look-fors.”	6. I can strike an object using an underhand pattern to high levels (X 10).
2. I can use an underhand motion to strike a self-tossed ball/birdie in a forward direction.	7. I can use an underhand motion to strike a self-dropped ball/birdie to a target (X4).
3. I can strike a ball in an upward direction eye high (X10).	8. I am working to apply force principles to strike a ball upward – eye high - for increasingly longer periods of time.
4. I can strike a ball downward – down dribble (X 10).	9. I am working to apply force principles to down dribble for increasingly longer periods of time.
5. I can use an underhand pattern; shake hands grip and ready position to strike an object back and forth with a partner (X6).	10. I am working to apply force principles to strike an object back and forth with a partner for increasingly longer periods of time.

Eye Highs PR

--	--	--	--	--	--	--	--	--	--

Down Dribble PR

--	--	--	--	--	--	--	--	--	--

Partner Striking PR

--	--	--	--	--	--	--	--	--	--

Buddy Bounce PR

--	--	--	--	--	--	--	--	--	--

--	--	--	--	--	--	--	--	--	--



Strike (Long Handled Implements)

1. <u>I can</u> strike a ball from a T with all “body look-fors.”	4. <u>I can</u> strike a self-tossed ball (fungo).
2. <u>I can</u> strike a ball that is tossed to me.	5. I am working to apply force principles to vary the amount of force when striking to deceive opponents.
3. <u>I can</u> strike/tap an object along the floor while executing change of speed, direction and pathway.	6. I am working to apply force principles to increase accuracy when striking an object from the floor in a desired direction.

Shots on Goal PR

--	--	--	--	--	--	--	--	--	--

Fungo PR

--	--	--	--	--	--	--	--	--	--

--	--	--	--	--	--	--	--	--	--

--	--	--	--	--	--	--	--	--	--



Ball Handle, Dribble & Shoot

1. <u>I can</u> dribble a ball in self-space with all “body look-fors.”	7. <u>I am working</u> to increasing control of my dribble by using dominant and non-dominant hands and change of speed, direction and pathway.
2. <u>I can</u> maintain control while wrapping the ball around my waist x 10.	8. <u>I am working</u> to increase speed when performing different body wraps.
3. <u>I can</u> maintain control when wrapping the ball in a figure 8 pattern around my legs x 10.	9. <u>I am working</u> to increase speed and control when performing different dribble wraps.
4. <u>I can</u> perform a set shot with all “body look-fors.”	10. <u>I am working</u> on performing a dominant hand “lay-up” with all “body look-fors”
5. <u>I can</u> perform the figure 8 dribble wrap without moving my feet.	11. <u>I am working</u> on performing a non-dominant hand “lay-up” with all “body look-fors”
6. <u>I can</u> perform a set shot with all “body look-fors.”	12. I am working to apply force principles and efficient mechanics to increase my accuracy when shooting.

Blindfold PR

--	--	--	--	--	--	--	--	--	--

Figure 8 Dribble Wrap PR

--	--	--	--	--	--	--	--	--	--

Spot Shot PR

--	--	--	--	--	--	--	--	--	--

Dominant Hand Lay-Up PR

--	--	--	--	--	--	--	--	--	--



Balance

1. I <u>can</u> hold symmetrical and nonsymmetrical balances with stillness for 10 seconds.	5. I <u>am working</u> to balance on the slack line for increasingly longer periods of time.
2. I <u>can</u> balance on the slackline for 3 seconds	6. I <u>am working</u> to balance on hands and knees on a stability ball for increasingly longer periods of time.
3. I <u>can</u> walk forward along the balance beam from one end to the other and back.	7. I <u>am working</u> to walk on the slack line for longer periods of time.
4. I <u>can</u> perform 3 different inverted balances and hold them with stillness for 3 seconds each.	8. I <u>am working</u> to balance on the bolo board for increasingly longer periods of time.

Slack line Balance PR

--	--	--	--	--	--	--	--	--	--

Hands & Knees Stability Ball PR

--	--	--	--	--	--	--	--	--	--

Slack line Walk PR

--	--	--	--	--	--	--	--	--	--

Bolo Board PR

--	--	--	--	--	--	--	--	--	--

--	--	--	--	--	--	--	--	--	--



Individual Jump Rope

Side Straddles x 10	Front Straddles x 10	X-to Straddle x 10	Bell x 10
Skier x 10	Sidesteps x 10	Toe Exchange x 10	Heel Exchange x 10
Side swings x 10	Side swing Jumps x 10	Side swing X x 10	Bionic Sideswings x 10
Crossies x 10	Atomic 1 Leg	Double Under	Continuous Cross

Consecutive Jumps PR

--	--	--	--	--	--	--	--	--	--

Crossies PR

--	--	--	--	--	--	--	--	--	--

Atomic 1 Leg PR

--	--	--	--	--	--	--	--	--	--

Consecutive Double Under PR

--	--	--	--	--	--	--	--	--	--

--	--	--	--	--	--	--	--	--	--

--	--	--	--	--	--	--	--	--	--



Strategies & Tactical Decisions

<p>1. In games of invasion I can maintain an athletic ready position, ready to move in any direction. (Defense)</p>	<p>7. In 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.</p>
<p>2. In games of invasion I can use change of speed, direction and pathway to create open passing or scoring lanes. (Offense)</p>	<p>8. In fielding games, when hitting, I can try to send the ball to the most open area.</p>
<p>3. In games of invasion 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 to set up. (Offense)</p>	<p>9. In net & wall games I can maintain an athletic ready position so I'm able to react quickly to where the ball goes.</p>
<p>4. In pursuit & evade games I can use my peripheral vision to see what is going on in front and to the sides.</p>	<p>10. In net & wall games After I send the object into my opponent's area I can begin in and return to the position that gives me the best coverage (home base).</p>
<p>5. In pursuit & evade games I can use quick changes of speed, direction & pathway to deceive and fake my opponent out.</p>	<p>11. In target games I can take my time and set up, stay relaxed and confident.</p>
<p>6. In pursuit & evade games when I'm pursuing I can use the boundary lines to help trap and when I'm evading I can stay out of the corners to avoid being trapped.</p>	<p>12. In target games I can concentrate, stay focused and execute the skill.</p>



Physical Activity & Physical Fitness

<p>1. I <u>can</u> describe positive feelings that come from participating in physical activities.</p>	<p>7. I <u>can</u> identify the difference between dynamic and static flexibility movements and demonstrate correct technique.</p>
<p>2. I <u>can</u> list 3 health benefits of being physically active every day.</p>	<p>8. I <u>can</u> identify the 3 planes of motion.</p>
<p>3. I <u>can</u> identify lifestyle habits that contribute to heart health – 5 heart helpers.</p>	<p>9. I <u>can</u> demonstrate a variety of dynamic warm-up movements.</p>
<p>4. I <u>can</u> demonstrate the ability to move at a moderate intensity for extended periods of time.</p>	<p>10. I <u>can</u> track improvement in a variety of health related fitness activities. Fitness Tracking</p>
<p>5. I <u>can</u> list the 5 components of health related fitness using the places in the room as a memory aid.</p>	<p>11. I can list the 5 components of health related fitness when I'm not inside the gym.</p>
<p>6. I <u>can</u> perform a variety of upper body and core muscular strength and endurance movements.</p>	<p>6. I <u>can</u> create a variety of upper body and core muscular strength and endurance movements using my body weight and sports equipment.</p>



Inline Skating Skills

1. <u>I can</u> demonstrate how to correctly put on protective equipment and skates.	10. <u>I can</u> smoothly Slalom Skate the Cones
2. <u>I can</u> demonstrate how to get up safely.	11. <u>I can</u> swizzle
3. <u>I can</u> demonstrate how to fall down safely	12. <u>I can</u> use the ATB Brake to Stop
4. <u>I can</u> V- March	13. <u>I can</u> crossover turn smoothly both left and right
5. <u>I can</u> V-Walk – Slow Roll with basic stop – Toes In	14. <u>I can</u> jump a small obstacle and land with balance
6. <u>I can</u> skate the length of the gym and stop before crossing the black end line.	15. <u>I can</u> smoothly duck and pop the obstacles with balance & control
7. <u>I can</u> turn corners by dropping the inside shoulder.	16. <u>I can</u> swizzle backwards.
8. <u>I can</u> turn corners smoothly both left and right.	17. <u>I can</u> skate backwards without stopping
9. <u>I can</u> turn my stride into a longer glide – bringing each skate to the midline and spending the same amount of time on both skate	