

Traveling & Stopping

I CAN consistently jump forward
with all “body look-fors.”

Traveling & Stopping

I CAN consistently hop
with all “body look-fors.”

Traveling & Stopping

I CAN consistently gallop

with all “body look-fors.”

Traveling & Stopping

I CAN consistently run
with all “body look-fors.”

Traveling & Stopping

I CAN consistently slide left & right
with all “body look-fors.”

Traveling & Stopping

I CAN consistently skip
with all “body look-fors.”

Traveling & Stopping

I CAN consistently

run and jump stop in a hoop

with balance & control.

Traveling & Stopping

I **CAN** consistently jump & hop

the hopscotch pattern

with balance & control.

Traveling & Stopping

I CAN consistently

travel the ladder with

quick feet, balance & control.

Foot Dribble

I CAN consistently

foot dribble, using light force, while
traveling with all “body-look fors.”

Foot Dribble

I CAN consistently

travel & foot dribble in zigzag

pathways with balance & control.

Kick

I CAN consistently kick a ball forward
with all “body look-fors.”

Kick

I CAN consistently

run and kick a ball forward

with all “body look-fors”.

Roll

I CAN consistently

roll a ball forward,

stepping with my opposite foot.

Roll

I CAN consistently

roll a ball

with all “body look-fors.”

Toss & Catch

I CAN consistently

toss a ball over my head and catch
with my hands.

Toss

I CAN consistently

toss a ball forward and step

with my opposite foot.

Catch

When somebody tosses me a ball,

I CAN consistently

catch it with my hands.

Throw

I CAN consistently throw a ball
and step with my opposite foot.

Toss

I CAN consistently

toss a ball forward

with all “body look-fors.”

Toss & Catch

I CAN consistently

toss & catch a ball

with a partner.

Throw

I CAN consistently throw a ball
with all “body look-fors.”

Jump Rope

I CAN consistently jump a long rope
with all “body look-fors”

Jump Rope

I CAN consistently

jump a long rope smoothly

when two friends turn for me.

Jump Rope

I CAN consistently turn a rope

with my friend

so that a third person can jump.

Jump Rope

I CAN consistently

jump side-by-side with a partner

with all “body look-fors”

Jump Rope

I CAN consistently

jump face to face with a partner

with all “body look-fors.”

Jump Rope

I CAN consistently jump
side-by-side in one rope
with two friends.

Scarf Juggling

I CAN consistently lift and snatch

1 juggling scarf with my right hand

with all “body look-fors”

Scarf Juggling

I CAN consistently lift and snatch

1 juggling scarf with my left hand

with all “body look-fors”

Scarf Juggling

I CAN consistently

right-hand partner juggle

with a with all “body look-fors.”

Scarf Juggling

I CAN consistently

left-hand partner juggle

with a with all “body look-fors.”

Scarf Juggle

I CAN consistently partner juggle

with both hands

with all “body look-fors.”

Balancing Objects

I CAN consistently balance a feather
on my open hand
with all “body look-fors.”

Balancing Objects

I CAN consistently balance a feather
on my finger
with all “body look-fors.”

Balancing Objects

I CAN consistently balance a feather
on my arm
with all “body look-fors.”

Balancing Objects

I CAN consistently balance a feather

on my chin

with all “body look-fors.”

Volley

I CAN consistently volley

a balloon upward with two hands

with all “body look-fors.”

Volley

I CAN consistently volley a balloon

upward with one hand

with all “body look-fors.”

Volley

I CAN consistently volley a beach ball
upward with two hands
with all “body look-fors.”

Volley

I CAN consistently volley a beach ball
upward with one hand
with all “body look-fors.”

Strike - Paddles

I CAN consistently strike a balloon

upward with my paddle

with all “body look-fors.”

Strike - Paddles

I CAN consistently strike a fluff ball

upward with all “body look-fors.”

Dribble

I CAN consistently

bounce and catch a ball in self-space

with all “body look-fors.”

Dribble

I CAN consistently dribble a ball
with my dominant hand in self-space
with all “body look-fors.”

Dribble

I CAN consistently dribble a ball

with my non-dominant hand

in self-space with all “body look-fors.”

Dribble

I CAN consistently travel and dribble
a ball into open spaces
with all “body look-fors.”

Dribble

I CAN consistently jog and
dribble a ball into open spaces
with all “body look-fors.”

Shoot

I CAN consistently

push a ball toward the basket

with all “body look-fors.”

Body Balance

I CAN consistently

balance with stillness using different
body parts as my base of support.

Body Balance

I CAN balance with stillness
in 3 different body shapes.

Body Balance

I CAN balance with stillness

on my right foot.

Body Balance

I CAN balance with stillness

on my left foot.

Body Balance

I CAN balance with stillness on 3
different objects.

Body Balance

I CAN balance with stillness
on a narrow base of support.

Body Balance

I CAN balance with stillness

with my hands on the floor

and my knees on a ball.

Body Balance

I CAN balance with stillness

with my hands on the floor

and my feet on a ball.

Body Balance

I CAN balance with stillness
in and inverted position.

Body Balance

I CAN balance with stillness
with one point of contact
while extending my free parts away
from my core.

Physical Fitness & Physical Activity

I CAN list the parts of physical education classes I enjoy the most and explain why.

Physical Fitness & Physical Activity

I **CAN** list 2 benefits of being physically active every day.

Physical Fitness & Physical Activity

I CAN describe what the heart does.

Physical Fitness & Physical Activity

I CAN describe what the lungs do.

Physical Fitness & Physical Activity

I CAN describe what moving at a low intensity feels like.

Physical Fitness & Physical Activity

I **CAN** describe what moving at a moderate intensity feels like.

Physical Fitness & Physical Activity

I CAN describe what moving at a high intensity feels like.

Physical Fitness & Physical Activity

I CAN invent dynamic warm-up moves that challenge flexibility and balance while moving at a low intensity.

Physical Fitness & Physical Activity

I CAN consistently locate the major muscles of the body during class muscle up.

Physical Fitness & Physical Activity

I CAN demonstrate how I can use my body weight to make my muscles stronger.

Physical Fitness & Physical Activity

I CAN demonstrate how to hold a balanced plank position with my hands and feet on the floor.

Pursuit/Evade Games Strategy & Tactics

I CAN consistently stay in an athletic ready position so I am prepared to react and move in any direction.

Pursuit/Evade Games Strategy & Tactics

I CAN consistently use different fakes when trying to evade a tagger.

Pursuit/Evade Games Strategy & Tactics

I **CAN** consistently change my speed and direction to evade a tagger.

Pursuit/Evade Games Strategy & Tactics

I CAN consistently use my peripheral vision to see what's going on around me when playing tag.