

Physical Education Learning Target Progressions - 1

Goal - Build confidence and competence as skillful movers in a wide variety of physical activities (Focus – Motor Skills)

Locomotor Movements, Non-locomotor Movements, Traveling & Stopping	
	Run, Gallop, Skip, Slide, Hop, Jump (horizontal plane), Jump (vertical plane) & Leap with mature motor patterns.
	Travel & stop with balance and control
	Perform a variety of non-locomotor movements
	Perform a variety of locomotor movements executing a change of speed, direction & pathway
	Perform a jump stop with balance and control
	Combine locomotor movements in sequences with smooth transitions
	Combine locomotor & non-locomotor movements in sequences with smooth transitions
	Jump and land with efficient mechanics in a variety of physical activities
	Perform specialized jumps (i.e., long, triple, high) with efficient mechanics
	Combine traveling patterns to perform strategic maneuvers
	Combine traveling patterns to perform a variety of dance steps
	Run for distance with efficient mechanics
	Sprint with efficient mechanics

Roll	
	Progressing toward a mature motor pattern <ul style="list-style-type: none"> ✓ Body aligned with the target ✓ Hand swing down and back ✓ Simultaneously steps in opposition – bends knees to lower body – swings arm forward. ✓ Releases at a low level ✓ Follows through to a balanced end shape with the hand pointing to the target
	Roll in the desired direction with accuracy
	Roll to hit a large target with accuracy
	Apply the principle of force production to rolling to increase accuracy from different distances during target games
	Apply the principle of force production to rolling to increase accuracy from different distances during games of invasion

Toss	
	Making progress toward a mature motor pattern <ul style="list-style-type: none"> ✓ Swings arm down and back. ✓ Steps in opposition while swinging arm forward ✓ Releases object so it travels in a curved pathway. ✓ Follows through toward the target
	Toss in the desired direction with accuracy
	Toss to hit a large target with accuracy
	Toss with accuracy to a stationary partner
	Toss with accuracy to a moving partner partner
	Apply the principles of force production to toss with accuracy from different distances during target activities and games
	Apply the principles of force production to toss (to targets & teammates) with accuracy from different distances during games of invasion

Catch	
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	<p>Making progress toward developing a mature motor pattern</p> <ul style="list-style-type: none"> ✓ Faces oncoming object ✓ Knees bent in athletic ready with hands in front of the body with elbows flexed. ✓ Extends arms toward the oncoming object ✓ Catches with hands
	Bounce and catch with consistency
	Catch a self-tossed ball with consistency
	Successfully perform a variety of individual tossing & catching challenges.
	Toss & catch with a partner with accuracy while stationary.
	Consistently catch while traveling when the speed and trajectory are unpredictable during cooperative and competitive games & activities.
	Outmaneuver a defender to catch successfully
	Successfully catch with implements.

Throw	
	<p>Making progress toward a mature motor pattern</p> <ul style="list-style-type: none"> ✓ Side orientation to the target ✓ Initiates a wind-up ✓ Weight on the back foot ✓ Step in opposition to transferring weight forward with hip and spine rotation. ✓ Overhand motion ✓ Transfer of weight to follow through beyond the release of the ball
	Throw overhand to the desired location with increasing accuracy
	Throw overhand to a moving target or partner
	Throw for distance & power
	Apply principles of internal force production to throw with accuracy during target games
	Apply principles of internal force production to throw with accuracy during games of invasion
	Throw successfully against an opponent without being intercepted
	Throw successfully with implements

Hand Dribble	
	<p>Making progress toward an efficient mature motor pattern</p> <ul style="list-style-type: none"> ✓ Contacts and controls with finger pads spread on the ball. ✓ Wrists & elbows create the force to keep the ball below the waist. ✓ Maintains control without having to move to retrieve the ball
	Bounce & catch with control in self space
	Dribble with control in self space with the dominant hand
	Dribble with control in self space with the non-dominant hand
	Apply principles of force production to dribble with dominant and non-dominant hands at different levels and in different body positions
	Dribble with control while traveling at slow speeds
	Dribble with control while traveling at moderate speeds
	Able to travel, stop, and travel again while maintaining a dribble.
	Dribble while traveling and executing a change of speed, direction & pathway
	Dribble with either hand while traveling and executing a change of speed, direction & pathway in unpredictable environments
	Design and execute an evasive dribbling maneuver
	Dribble efficiently during pursue & evade games
	Dribble efficiently during games of invasions
	Demonstrate improvement (speed and accuracy) in a variety of body wraps & dribble wraps

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Foot Dribble & Body Juggle	
	Making progress toward an efficient & mature motor pattern <ul style="list-style-type: none"> ✓ Uses different parts of the feet to tap the ball ✓ Uses light force to keep the ball close to the body
	Dribble with control while traveling at slow speeds
	Dribble with control while traveling at moderate speeds
	Dribble with control while executing a change in speed, pathway & direction
	Dribble with control using light force along pathways and around obstacles
	Dribble with control in unpredictable environments
	Dribble with control, using a change of speed, direction and pathway during pursuit and evade games.
	Perform a variety of individual footwork and ball control skills with increasing efficiency & control
	Design and perform an evasive maneuver against a defender
	Dribble with control during games of invasion
	Use the foot's instep to volley a light ball, allowing one bounce between hits, keeping the ball below the waist.
	Use the knees to volley a ball continuously, keeping the ball below head level.
	Use the instep to volley a ball continuously, keeping the ball below the waist.
	Use combinations of instep, knee, chest, and head to volley a ball with increasing accuracy continuously.

Kick	
	Making progress toward a and mature motor pattern <ul style="list-style-type: none"> ✓ Eyes focused on the ball. ✓ Plants non-kicking foot near the ball ✓ Backswing with knee bend ✓ Contact with instep ✓ Kicking leg follows through toward target after contact.
	Kick a ball along the ground & into the air
	Kick with accuracy to a large target area
	Kick with accuracy to a stationary partner
	Kick with accuracy to a moving partner
	Kick a moving ball with a moving partner – sending and receiving
	Apply the principle of force production to increase accuracy when kicking from different distances
	Kick with efficiency & accuracy during games of invasion

Punt	
	Making progress toward mature motor pattern <ul style="list-style-type: none"> ✓ Drops the ball with arms extended ✓ Plants non-dominant foot ✓ Times leg swing with the dropped ball for an optimal point of impact ✓ Makes contact with the instep ✓ Follows through with kicking leg
	Punt with accuracy to a large target
	Apply the principles of internal force production for increased accuracy when punting from different distances

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Volley	
	Making progress toward efficient and mature motor pattern <ul style="list-style-type: none"> ✓ Body and arms in athletic ready ✓ Makes contact at an optimal angle for the desired outcome ✓ Returns striking surface and body to ready
	Continuously volley a light object using a variety of body surfaces.
	Continuously volley an object with minimal traveling.
	Travel and volley light objects with hands and arms
	Volley to a target area with accuracy
	Maintain a ready position and square to the ball during practice activities
	Volley to maintain a rally with increasing accuracy
	Volley with control and increasing accuracy during game play
	Demonstrate efficient mechanics of specialized volleying skills (i.e., forearm pass, overhead set)
	Demonstrate efficient mechanics for either the overhand or underhand serve in volleyball.
	Volley with control and accuracy during practice and gameplay.

Striking (body, paddles & rackets)	
	Making progress toward a mature underhand striking pattern <ul style="list-style-type: none"> ✓ Knees bent in athletic ready. ✓ Controlled arm swing ✓ Changes in angle of striking surface come from the shoulder rotation, not change in grip. ✓ Contact is made at the optimal angle for the desired outcome.
	Continuously strikes light objects in self space.
	Strike a ball up and down for multiple contacts.
	Strike underhand to a target area with accuracy
	Strike at different positions in relation to the body
	Maintain a ready position and squares to the ball during practice activities
	Continuously strike underhand and overhead with a partner with minimum traveling.
	Strike to maintain a rally with increasing accuracy
	Apply principles of internal force production to strike with control and increasing accuracy during gameplay
	Demonstrate mature form and correctly timed weight transfer for specialized striking skills (i.e., tennis/pickleball serve, forehand, backhand & volley) (volleyball serve & spike) (handball)
	Use the specialized striking skills efficiently during cooperative practice activities.
	Use specialized striking skills efficiently during gameplay.

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Striking (Long Handled Implements)	
	Making progress toward a mature motor pattern <ul style="list-style-type: none"> ✓ Correct hand position – preferred hand on top ✓ Side to target ✓ Controlled backswing ✓ Steps toward the target with hip and shoulder rotation & weight transfer ✓ Has correct timing to make impact ✓ Follow through around body.
	Strike a ball from a T with correct mechanics
	Strike a gently tossed ball forward with correct mechanics
	Strike a self-tossed ball (fungo) with correct mechanics
	Apply force principles to strike to different distances with increasing accuracy
	Direct the placement of the object being struck with increased accuracy
	Strike a stationary ball on the floor.
	Travel slowly while striking an object along the floor.
	Travel while changing speed, direction, and pathway while striking to control a ball along the floor.
	Strike to a target or partner with increasing accuracy
	Apply principles of force production to strike from different distances
	Strike to score with power and accuracy during games of invasion
	Perform a less than full golf swing with correct mechanics
	Perform a full golf swing with correct mechanics
	Apply principles of force production to strike from different distances

Scarf Juggle	
	Demonstrate how to lift & snatch
	Right-hand partner juggle x 10
	Left-hand partner juggle x 10
	Two hand partner juggle x 10
	Three scarf cascade pattern x 10

Ball Juggle	
	One ball scoop juggle pattern x 10
	Two ball scoop juggle pattern x 10
	Three ball cascade pattern x 10
	Woggle – 1 length of the gym
	Joggle – 1 length of the gym
	Perform a variety of 3 ball juggling patterns x 10

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Jump Rope – Long Rope	
	Jump with proficient turners
	Rhythmically jump with proficient turners x 5
	Rhythmically jump with proficient turners x 10
	Enter & jump 10 with proficient turners
	Enter, jump ten, and exit with proficient turners
	Create and perform a sequence with three jumping and landing patterns with proficient turners
	Jump 10 with student turners
	Turn with another student so a 3 rd student can jump 10
	Enter, jump10, and exit with student turners.
	Turn with another student so a 3 rd student can enter, jump ten, and exit a long rope.
	Work with two other students so that all three can turn, enter, jump ten, and exit double dutch.

Individual Jump Rope	
	Progressing toward the goal of rhythmically jumping a short rope: Knuckles – knuckles – circle – wait Knuckles – knuckles – circle – wait – trap Knuckles – knuckles – circle – wait – pop Knuckles – knuckles – circle – wait – pop- circle – wait – pop - continuous
	Jump a self-turns short rope x 4
	Rhythmically jump a self-turned short rope x 10 (double bounce)
	Rhythmically jump a self-turned short rope x 10 (double bounce) – right foot.
	Rhythmically jump a self-turned short rope x 10 (double bounce) – left foot.
	Rhythmically jump a self-turned short rope x 10 (double bounce) - backward
	Jumps a self-turned rope with a single bounce x 10
	Perform three different foot patterns x 10
	Create a perform a jump rope sequence with three different skills
	Perform three different rope-swing skills x 10
	Perform three different power move skills x 10

Balance Objects	
	Making progress toward mastering the basics of balancing objects <ul style="list-style-type: none"> ✓ Holds hand steady at waist level ✓ Focuses on the top of the object being balanced ✓ Shifts hand under the top of the object to maintain balance
	Balance a feather on an open hand x 10 seconds
	Balance a feather on a finger x 10 seconds
	Balance a feather on three different body parts x 10 seconds
	Balance larger objects on hands x 10 seconds
	Balance nonsymmetrical objects on hand x 10 seconds
	Combine body balance with balancing objects for increasing amounts of time
	Balance larger symmetrical objects on a variety of body parts for increasing amounts of time
	Balance nonsymmetrical objects on a variety of body parts for increasing amounts of time

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Rhythmic Movement & Dance	
	Create movements that match a variety of rhythms
	Perform non-locomotor skills to match a steady beat or rhythm
	Perform locomotor skills to match a steady beat or rhythm
	Create simple rhythmic sequences.
	Combines locomotor and non-locomotor skills to a variety of beats & rhythms
	Perform a variety of manipulative skills to a variety of beats & rhythms
	Uses movement to express an idea, attitude, feeling, theme, or subject.
	Create and perform an original movement sequence that meets a set of pre-determined criteria
	Perform a variety of dance steps to different rhythms and beats.
	Master a variety of dance moves requiring strength, balance, and coordination.

Body Balance	
	Maintains balance with stillness and muscular tension on/in a variety of: Body Shapes Bases of support Levels Inverted Positions Extensions Equipment
	Travel with balance along apparatus or obstacles
	Combine traveling with body balances to form an original movement sequence on the floor
	Combine traveling with body balances to form an original movement sequence on equipment
	Differentiate between symmetrical and nonsymmetrical balances
	Perform a variety of inline skating skills with balance & control
	Balance on a stability ball on hand and knees for increasing amounts of time
	Balance on a stability ball on knees for increasing amounts of time
	Balance/walk on a walking tube for increasing amounts of time
	Balance/walk on slack line for increasing amounts of time

Weight Transfer & Rolling	
	Transfer weight from feet to different body parts/bases of support for balances and/or travels
	Transfer weight across mats
	Transfer weight over low obstacles
	Transfer weight from feet to hands
	Transfer weight along apparatus
	Transfer weight over high obstacles
	Rock in a variety of ways
	Roll in a variety of directions
	Roll at different speeds
	Jump, land, and roll
	Jump over, land, and roll.
	Dive and roll
	Roll to recover, distributing weight to break a fall