

Physical Education Progressions

Demonstrate competency in a variety of motor skills & movement patterns

Locomotor Movements, Traveling, Non-locomotor Movements & Stopping	
	Making progress toward mature motor patterns of the following locomotor movements: Run, Gallop, Skip, Slide, Hop, Jump (horizontal plane), Jump (vertical plane), Leap
	Travel & stop with balance and control
	Perform a variety of non-locomotor movements in self space
	Differentiate between locomotor skills in response to movement tasks
	Differentiate between non-locomotor skills in response to movement tasks
	Perform a variety of locomotor movements executing change of speed, direction & pathway
	Perform a jump stop without traveling forward in a variety of activities
	Combine locomotor movements in sequences with smooth transitions
	Combine locomotor & non-locomotor movements in sequences with smooth transitions
	Combine jumping and landing patterns with efficient mechanics in a variety of physical activities
	Perform long jump and/or triple jump with efficient mechanics
	Use traveling patterns to design and perform strategic maneuvers
	Use traveling patterns to design and perform a variety of dance steps
	Run for distance with efficient mechanics
	Sprint with efficient mechanics
	Analyze running and jumping mechanics and identify changes to improve performance

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 10 and exit with proficient turners
	Create and perform a sequence with 3 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, jump 10 and exit with student turners
	Turn with another student so a 3 rd student can enter, jump 10 and exit a long rope
	Work with 2 other students so that all 3 can turn, enter, jump 10 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) - backwards
	Jumps a self-turned rope with a single bounce x 10
	Perform 3 different foot patterns x 10
	Create a perform a jump rope sequence with 3 different skills
	Perform 3 different rope-swing skills x 10
	Perform 3 different power move skills x 10

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Roll	
	Progressing toward a mature motor pattern <ul style="list-style-type: none"> ✓ Body aligned with 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 hand pointing to target
	Identify dominant hand and non-dominant (opposite foot)
	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 target
	Toss in the desired direction with accuracy
	Toss to hit a large target with increasing accuracy
	Toss with increasing accuracy to a partner or target
	Apply the principles of force production to tossing to increase accuracy from different distances during target games
	Apply the principles of force production to tossing to increase accuracy from different distances during games of invasion

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

Scarf Juggle	
	Demonstrate how to lift & snatch
	Right hand partner juggle x 10
	Left hand partner juggle x 10
	2 hand partner juggle x 10
	3 scarf cascade pattern x 10

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

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

Hand Dribble	
	Making progress toward an efficient mature motor pattern <ul style="list-style-type: none"> ✓ Contacts and controls with finger pads spread on ball ✓ Wrists & elbows create the force to keep 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 dominant hand
	Dribble with control in self space with 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 change of speed, direction & pathway
	Dribble with either hand while traveling and executing 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 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 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 instep of the foot 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 continuously volley a ball with increasing accuracy

Kick	
	Making progress toward a and mature motor pattern <ul style="list-style-type: none"> ✓ Eyes focused on 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 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 optimal angle for desired outcome ✓ Returns striking surface and body to ready
	Continuously volley a light objects 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 the volleyball forearm pass.
	Demonstrate efficient mechanics for the volleyball overhead set.
	Demonstrate efficient mechanics for either the overhand or underhand serve in volleyball.
	Volley with control and accuracy during practice and game play.
	Use an overhead or underhand serve with control and accuracy during game play.

Striking (paddles & rackets)	
	Making progress toward a mature underhand striking pattern <ul style="list-style-type: none"> ✓ Maintains shake hands grip ✓ Knees bent in athletic ready ✓ Controlled arm swing ✓ Changes in angle of striking surface comes from the shoulder rotation not change in grip ✓ Contact is made at the optimal angle for the desired outcome
	Continuously strikes a 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 game play
	Demonstrate mature form and correctly timed weight transfer for the forehand groundstroke
	Demonstrate mature form and correctly timed weight transfer for the backhand groundstroke
	Use the forehand and backhand groundstrokes efficiently during cooperative practice activities
	Use the forehand and backhand groundstrokes efficiently during game play

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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 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

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 3 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

Rhythmic Movement & Dance	
	Create movements that match a variety of different 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.

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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, lands, and rolls
	Jump over, lands and rolls
	Dive and rolls
	Roll to recover, distributing weight to break a fall

Physical Education Progressions

Apply knowledge of concepts, principles, strategies and tactics related to movement and performance

Movement Concepts & Principles of Movement	
	Demonstrate an understanding of personal and general space by responding appropriately to movement challenges.
	Apply an understanding of space to refine movement, create movement sequences, and improve/enhance performance in a variety of physical activities.
	Demonstrate an understanding of level, direction, pathway, extensions and body shapes by responding appropriately to movement challenges.
	Apply an understanding of level, direction, pathway, extensions and body shapes to refine movement, create movement sequences, and improve/enhance performance in a variety of physical activities.
	Demonstrate an understanding of effort concepts & principles (time, force and flow) by responding appropriately to movement challenges.
	Apply an understanding of effort concepts and principles (time, force and flow) to refine/enhance movement, create movement sequences, and improve performance in a variety of physical activities.
	Demonstrate an understanding of relationships (Over/Under, On/Off, Near/Far, In Front Of/Behind, Along/Through, Meeting/Parting, Surrounding, Around, Alongside, Leading/Following, Mirroring Matching, Unison/Contrast) by responding appropriately to movement challenges.
	Apply an understanding of relationships (Over/Under, On/Off, Near/Far, In Front Of/Behind, Along/Through, Meeting/Parting, Surrounding, Around, Alongside, Leading/Following, Mirroring Matching, Unison/Contrast) to refine movement, create movement sequences and improve performance in a variety of physical activities.

Pursue & Evade Games	
	Pursue
	Use an athletic ready position and is prepared to react
	Use boundaries to help trap opponents
	Is aware and uses peripheral vision to see what is going on to the sides
	Evade
	Use change of speed direction and pathway to gain an advantage
	Use a variety of fakes to force opponent off balance and gain an advantage

Target Games	
	Take time to develop and use a set up ritual
	Stay relaxed and confident
	Apply force principles to increase accuracy from different distances
	Able to concentrate and stay focused when there are distractions

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Games of Invasion	
	Offense – In possession of the ball
	Create personal space with pivots, fakes and jab steps
	Executes evasive maneuvers to create open passing and shooting lanes (distributes & relocates)
	Limit the amount of time holding the ball to make it more difficult for the defense
	Follow priority rules 1. Try to score if probability is high 2.Pass to an open teammate in a better position to score. 3.Move and control the ball while looking for an open teammate
	Use space, change of speed, direction and pathway to cut and re-cut to create open passing lanes to support teammates
	Defense
	Maintain an athletic ready position
	Move closer to an opponent as he/she gets closer to scoring position
	Position self in relation to opponent, the position of other offensive players and the location of the ball
	Accurately judge where and when to move in order to intercept with out fouling
	Guard opponents to interfere with their movement or object manipulation (Stay close when an opponent has the ball to cause offensive difficulty or to prevent him/her from getting the ball)
	Transition
	Transitions quickly between offense and defense
	Communication
	Communicate with and use teammates effectively by using verbal messages and visual messages

Net & Wall Games	
	Offense
	Hits and recovers to optimal defensive positioning (body & location)
	Vary shot selection & placement with the intent of forcing opponent to move
	Select shots based on the opponents location on the court
	Reposition to back up teammates
	Defense
	Maintain an athletic ready position
	Start in and returns to the point of best coverage
	Adjust location based on where opponents are on the court

Fielding & Striking Games	
	Offense
	Attempt to send the object to an open space
	Defense
	Maintain an athletic ready position
	Make appropriate defensive decisions based on the situation
	Communicate with teammates regarding how to effectively share the space
	Move to support teammates

Physical Education Progressions

Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness and recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Health Related Fitness, Skill Related Fitness, FITT Formula, Warm-Up & Cool Down	
	List the components of health related fitness
	List the components of skill related fitness
	Define the components of health related fitness
	Define the components of skill related fitness
	Track improvement in a variety of health related fitness components
	Track improvement in a variety of skill related fitness components
	Analyze physical activities and sports in terms of their health and skill related fitness components
	Develop a dynamic warm-up that includes movements in all planes targeting balance, range of motion, gradual increase in body temperature and gradual increase in heart rate
	Design & use a cool down routine

Physical Activity for Health & Enjoyment	
	Identify physical activities students enjoy outside of class
	Give examples of physical activities that are enjoyable
	Identify parts of physical education that are enjoyable
	Identify positive feelings they get from being physically active
	Identify physical activities that provide a means of self-expression
	Describe how physical activity is a part of good health
	List the health benefits of being physically active
	Compare health benefits of different physical activities
	Make choices in physical education based on enjoyment and identify the reasons
	Describe the relationship between physical activity and stress management
	Describe the physical, social and emotional benefits of physical activities students participate in
	Identify the criteria for selecting physical activities for enjoyment
	Explain the relationship between optimal levels of daily physical activity and overall physical and mental health

Flexibility, FITT, Principles of Training	
	Demonstrate the ability to stretch in a variety of directions
	Perform stretches cued by the major muscle groups
	Demonstrate correct stretching technique
	Demonstrate dynamic warm up movements for the whole body that challenge balance and flexibility
	Explain the role of flexibility in injury prevention
	Describe and demonstrate the difference between dynamic and static flexibility
	Describe the role of warm-up and cool down
	Identify and define the 3 planes of motion
	Apply the FITT formula and principle of overload to a personal plan to improve flexibility
	Explain the relationship between optimal levels of flexibility and overall physical and mental health

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Cardiorespiratory Endurance, RPE, FITT, Principles of Training	
	Identify the physiological response to cardiorespiratory activities
	Describe what the heart does
	Describe what the lungs do
	Describe the long term effect of cardiorespiratory exercise on the heart muscle
	Identify lifestyle habits that contribute to heart health
	Differentiate between low, moderate and vigorous intensity
	Describe what moving at a moderate intensity feels like
	Demonstrate the ability to move at a moderate intensity for increasingly longer periods of time
	Identify the parts of the circulatory and respiratory systems and describe how they work together
	Calculate Target Heart Rate
	Differentiate between aerobic and anaerobic capacity
	Describe how Rate of Perceived Exertion can be used to determine how hard you're working
	Use RPE to adjust work intensity
	Demonstrate the ability to move at a moderate to vigorous intensity for increasingly longer periods of time
	List the components of the FITT Principle
	Define the components of the FITT Principle
	Apply the FITT formula and principle of overload to a personal cardiorespiratory fitness improvement plan
	Explain the relationship between optimal levels of cardiorespiratory fitness and overall physical and mental health

Muscular Strength & Endurance, FITT, Principles of Training	
	Identify major muscles as part of a group muscle identification movement sequence
	Individually Identify the major muscles of the body
	Demonstrate a variety of ways you can use body weight to improve muscular endurance
	Create a variety of upper body, core and lower body muscular endurance activities using body weight and sports equipment
	Create and perform a variety of upper body, core and lower body muscular strength and endurance movements using a variety of sports and fitness equipment
	Design and perform an interval training workout designed to target muscular strength and endurance of the major muscle groups
	Explain how the muscular and skeletal systems work together
	Apply the FITT formula and principle of overload to a personal plan to improve muscular strength and endurance
	Explain the relationship between optimal levels of muscular strength and endurance and overall physical and mental health

Physical Education Progressions

Exhibit responsible personal and social behavior that respects self and others while working to build character strengths

Zest																			
Actively participates in all class activities from start to finish																			
Shows enthusiasm for learning																			
Invigorate and encourage others by recognizing their effort and/or success and providing positive feedback																			

Grit																			
Finish what I start by keeping up to date accurate portfolio records and completing reflections																			
Keep a growth mindset and try hard when faced with a challenge or after failure																			
Work independently, with partners and groups with focus and resist distractions & side conversations																			

SC	S.W.																		
Come to class prepared with sneakers on - ready to move and learn																			
Pay attention, resist distractions and eliminate side conversations during instruction and group discussions																			
Remember and follow directions, class routines and safety protocols																			
Walk through the gym door and get right to work without procrastinating																			

SC	I.																		
Remain calm even when criticized or provoked by a classmate, keep my temper in check and choose to respond using established conflict resolution routines																			
Share action and air time allowing others to speak without interruption																			
Respond appropriately to stressful situations or disappointments by keeping temper in check and employing stress management techniques																			

Optimism																			
Use positive self-talk and gets over frustrations and setbacks quickly by recognizing that sometimes learning is difficult																			
Seek out and accept feedback, believing that my effort to make changes and improve performance can improve my future performance																			

Gratitude																			
Show appreciation with my words and actions for the efforts, success, contributions and/or kindnesses others make during class with words and actions																			
Show appreciation for opportunities and respect for equipment and facilities																			

Social I.																			
Recognize that conflicts are a normal part of life and respond appropriately when they occur by using established conflict resolution guidelines																			
Choose helpful words and actions that demonstrate respect for the feelings of others																			
Accept differences and demonstrate inclusive behaviors so that everyone is supported regardless of mistakes and differences in skill levels																			

Curiosity																			
Show an eagerness to improve or explore new things																			
Demonstrate engagement in the topic by asking questions to deepen understanding																			
Demonstrate the ability to actively listen by paying full and careful attention and responding appropriately																			

4 – Always 3 – Usually 2 – Sometimes 1 - Seldom