



Traveling & Stopping

1. I CAN Jump forward with all “body look fors.”	7. I CAN run and jump-stop in a hoop without traveling forward.
2. I CAN Hop with all “body look-fors.”	8. I CAN Jump & Hop the hopscotch pattern without stopping or missing.
3. I CAN Gallop with all “body look fors.”	9. I CAN travel the ladder without stopping or missing.
4. I CAN Run with all “body look fors.”	10. I CAN Skip backwards with all “body look fors.”
5. I CAN Slide with all “body look fors.”	11. I CAN grapevine step with all “body look fors.”
6. I CAN Skip with all “body look fors.”	



Foot Dribble

1. I CAN **travel and foot dribble** with light force using different parts of my feet.

2. I CAN **travel and foot dribble** around obstacles with light force using different parts of my feet.

3. I CAN **travel and foot dribble** in a zigzag pathway around the cones without knocking them over.

4. I CAN **do the taps** without stopping x 10.

5. I CAN **do the sweeps** along a line without stopping x 10.

Kick

1. I CAN **kick** a ball forward.

2. I CAN **run and kick** a ball forward.

3. I CAN **kick** a ball into the air making contact with my instep.

4. I CAN **run and kick** a ball into the air with my instep.



Roll

1. I CAN identify my dominant hand.
2. I CAN identify my non-dominant hand.
3. I CAN roll a ball at a target with all “body look-fors.”
4. I CAN roll a ball with my opposite foot forward and hit a target 3 times in a row.
5. I CAN roll a ball at a target with all “body look-fors.”

Toss, Throw & Catch

1. I CAN toss a ball up and catch with just my hands.	6. I CAN toss a yarn ball to a high level and catch 10 times in a row.
2. I CAN toss a ball over my head and catch 5 times in a row.	7. I CAN toss a beanbag to a high level and catch 10 times in a row.
3. I CAN toss a ball to a target with my opposite foot forward.	8. I CAN toss a ball forward with all “body look-fors.”
4. When the teacher tosses me a ball, I CAN catch it with my hands.	9. I CAN toss and catch a yarn ball with a partner 10 times in a row.
5. I CAN throw a ball with my opposite foot forward.	10. I CAN throw a ball with all “body look-fors.”



Jump Rope

Forward Jump Two Feet x 10	Forward Jump Right Foot x 10	Forward Jump Left Foot x 10	Forward 3 Skill Routine (2 Feet, Right Foot, Left Foot)
Moving Forward Two Feet x 10	Moving Sideways Right Two Feet x 10	Moving Sideways Left Two Feet x 10	Moving Backward Two Feet x 10
Backward Jump Two Feet x 10	Backward Right Foot x 10	Backward Left Foot x 10	Forward 3 Skill Routine (2 Feet, Right Foot, Left Foot)

Personal Bests

Forward Jumps In A Row _____

Backward Jumps In A Row _____

1. I CAN jump a long rope 6 times with 2 friends turning the rope.	5. I CAN partner jump with a friend face to face 10 times in a row.
2. I CAN turn a rope with my friend so that a third person can jump 6 times.	6. I CAN enter, jump, and exit a long rope with 2 friends turning the rope.
3. I CAN partner jump side by side 10 times in a row.	7. I CAN jump 3 in one with two friends x 10.
4. I CAN turn a rope with my friend so that a third person can jump 6 times.	8. I CAN create and perform a 2 in 1 jump rope sequence with my friend.



Juggle Scarves

<p>1. I CAN lift and snatch a juggling scarf with my right hand x 10.</p>	<p>3. I CAN right hand partner juggle with a friend x 10.</p>
<p>2. I CAN lift and snatch a juggling scarf with my left hand x 10.</p>	<p>4. I CAN left hand partner juggle with a friend x 10.</p>
<p>5. I CAN partner juggle with both hands keeping my feet on spots x 10.</p>	

Balance Objects

<p>1. I CAN balance a feather on my open hand for 10 seconds.</p>	<p>3. I CAN balance a feather on my arm for 10 seconds.</p>
<p>2. I CAN balance a feather on my finger for 10 seconds.</p>	<p>4. I CAN balance a feather on my chin for 10 seconds.</p>



Volley

<p>1. I CAN volley a balloon upward with two hands and catch it.</p>	<p>4. I CAN volley a beach ball upward with two hands and catch it.</p>
<p>2. I CAN volley a balloon upward with one hand 6 times in a row and then catch it.</p>	<p>5. I CAN volley a beach ball upward with one hand 2 times in a row and catch it.</p>
<p>3. I CAN create and perform a volley pattern with a balloon using 4 different body parts for 30 seconds.</p>	<p>6. I CAN volley a beach ball upward with one hand 6 times in a row then catch it.</p>

Strike - Paddles

<p>5. I CAN show you what the shake-hands grip looks like.</p>	
<p>1. I CAN strike a balloon upward with my paddle 6 times in a row.</p>	<p>3. I CAN strike a fluff ball upward with my paddle 4 times in a row.</p>
<p>2. I CAN create and perform a striking pattern with a balloon using different surfaces of the paddle for 30 seconds.</p>	<p>4. I CAN create and perform a striking pattern with a ball using both surfaces of the paddle.</p>



Dribble

<p>1. I CAN bounce and catch in self-space 10 times in a row.</p>	<p>6. I CAN dribble and walk in curvy pathways x 20.</p>
<p>2. I CAN dribble with my favorite hand in self-space x. 10.</p>	<p>7. I CAN dribble with my non-dominant hand in self-space x 10.</p>
<p>3. I CAN dribble and walk into open spaces x 20.</p>	<p>8. I CAN dribble and jog in zigzag pathways through the cones changing hands across the gym and back.</p>
<p>4. I CAN dribble and jog into open spaces x 10.</p>	<p>9. I CAN dribble the 3's into open space for 30 seconds without losing control of the ball.</p>

Shoot

<p>5. I CAN show where I place my hands on the ball when practicing shooting a ball toward a basket.</p>	<p>10. I CAN push a ball toward the basket and create backspin using L-I - Goodbye.</p>
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Balance & Control

<p>1. I CAN balance with stillness using different body parts as my base of support for 5 seconds.</p>	<p>7. I CAN balance with stillness on my right foot and my left hand for 5 seconds.</p>
<p>2. I CAN balance with stillness in 3 different body shapes for 5 seconds.</p>	<p>8. I CAN balance with stillness with my hands on the floor and my knees on a ball for 5 seconds.</p>
<p>3. I CAN balance with stillness on my right foot & my left foot for 10 seconds.</p>	<p>9. I CAN balance with stillness with my hands on the floor and my feet on a ball for 5 seconds.</p>
<p>4. I CAN balance with stillness in low, medium and high levels for 5 seconds.</p>	<p>10. I CAN perform an inverted balance with stillness for 3 seconds.</p>
<p>5. I CAN balance with stillness on 3 different objects for 5 seconds.</p>	<p>11. I CAN balance with stillness with one point of contact.</p>
<p>6. I CAN balance with stillness on a narrow base of support.</p>	<p>12. I CAN balance with stillness with one point of contact and extend my free parts away from my core.</p>



Physical Fitness & Physical Activity

<p>1. I CAN tell you the parts of physical education classes I enjoy the most and why.</p>	<p>7. I CAN name the major muscles by looking at pictures.</p>
<p>2. I CAN identify 2 benefits of being physically active every day.</p>	<p>8. I CAN show how I can use my body weight to make my muscles stronger.</p>
<p>3. I CAN describe what the heart does.</p>	<p>9. I CAN demonstrate how to hold a balanced plank position with my hands and feet on the floor.</p>
<p>4. I CAN describe what the lungs do.</p>	<p>10. I CAN tell you what makes cardiorespiratory fitness activities different from muscular endurance activities.</p>
<p>5. I CAN describe what moving at a moderate intensity feels like.</p>	
<p>6. I CAN perform flexibility exercises when my teacher calls the muscles.</p>	



Roll & Transfer Weight

1. I CAN		7. I CAN
2. I CAN		8. I CAN
3. I CAN		9. I CAN
4. I CAN		10. I CAN
5. I CAN		11. I CAN
6. I CAN		12. I CAN



Strategy & Tactics – Pursuit & Evade Games

1. I CAN		7. I CAN
2. I CAN		8. I CAN
3. I CAN		9. I CAN
4. I CAN		10. I CAN
5. I CAN		11. I CAN
6. I CAN		12. I CAN

Strategy & Tactics

Pursuit/Evade

I can maintain an athletic position and be ready to move in any direction.

I can use a variety of fakes when trying to evade a tagger.

I can change my speed and direction quickly with balance to evade a tagger.

I can use my peripheral vision to see what's going on around me.