

Grade Level Outcome Critical Elements Defined for Assessments

Locomotor:

Galloping

1. Smooth, rhythmical pattern on the balls of feet, moderate tempo
2. Lead leg step-close actions without crossover
3. Hips facing forward
4. Momentarily airborne

Sliding

1. Smooth, rhythmical pattern on the balls of feet, moderate tempo
2. Lead leg step-close actions without crossover
3. Hips facing forward while side faces direction of travel
4. Momentarily airborne

Leaping

1. Take off on one foot and land on the opposite foot.
2. A period where both feet are off the ground (longer than running) •
3. Extend back leg (of take off foot) in flight
4. Able to leap with both right and left foot leading.

Horizontal Jumping

1. Swing arms back, then forcefully forward and upward above head.
2. Bend knees before jump and upon landing
3. Take off and land on both feet simultaneously.
4. Arms are brought downward on landing

Hopping

1. Body erect with head facing forward
2. Take off on one foot and land on the same foot while lifting knee of non-landing leg
3. Arms bent with upward motion
4. Momentarily airborne

Skipping

1. Displays a step-hop pattern
2. Uses both sides of body alternately
3. Swings arms in opposition to feet
4. Displays a rhythmical pattern
5. Eyes forward

Running

1. Heel-toe contact (toe-heel when sprinting)
2. Arm-leg opposition
3. High heel recovery
4. Elbow flexion

Manipulative

Mature Kicking Pattern

1. Ready Position – stand behind the ball and focus eyes on the ball
2. Step – step forward on the kicking foot to generate power for the kick
3. Plant - plant the non-kicking foot beside the ball while bringing the kicking leg forward.
4. Kick - contact the ball below its center with either the inside of the foot (for balls that will stay on the ground) or shoe laces (for balls that will go into the air).
5. Follow Through - kicking foot continues in the direction of the kick with the opposing arm stretched forward for balance.

Underhand Throw

1. Face the target in preparation for the throwing action
2. Arm back in preparation for action
3. Step with opposition as throwing arm moves forward
4. Release of ball between knee and waist level
5. Follow through to target

Overhand Throw

1. Stand with your opposite side aiming towards the intended target and the ball in your dominant hand.
2. Point non-dominant hand towards target, raise ball in dominant hand into an “L” position with upper arm in line with aiming arm.
3. Take a step and turn your toes on your non-dominant foot towards your intended target. Rotate your upper body and hips towards target.
4. Once your dominant hand reaches slightly in front of your head, release the ball. After you release your hand moves forward and your arm begins to straighten while traveling towards your non-dominant knee.
5. Do this in one fluid motion.

Catching

1. Feet shoulder width apart, weight on balls of feet, knees slightly bent. Palms facing out and fingers up, index fingers and thumbs be close together and should form a triangle (catching high). Fingers down, pinkies together (catching low).
2. Watch the ball and reach for it keeping your hands together.
3. Wrap hands around side of ball
4. Absorb the force and pull ball towards you (not trapping).

Dribbling (hands)

1. Contact with finger pads only
2. Firm contact using wrist flexion.
3. Hand contact slightly back on the ball.
4. Height of bounce maintained at or near waist level.
5. Eyes looking forward while only occasionally glancing at the ball.

Volleying

1. Body aligned and positioned under the ball
2. Knees and elbows bent in preparation for the volley
3. Hands rounded; thumbs and pointer finger make triangle (without touching).
4. Ball contacts only the finger pads; wrists stay firm
5. Extend arms upward on contact, follow through up and toward target resulting in an upward arc pathway over the net/rope

Striking with an Implement

1. Racket back and side to target in preparation for striking
2. Knees bent to contact ball at or just below waist level
3. Maintains adequate swing distance between body and ball (elbow away from body)
4. Steps into the swing or shifts weight onto opposite foot
5. Swing low to high following through to shoulder height

Assessments will include formative, summative and performance based throughout the year.