balance on a variety of combinations of body parts

travel and stop in balanced positions

follow different pathways while moving forward and sideways on the ground or on low equipment

balance on different numbers of bases of support

balance using a variety of symmetrical and asymmetrical body shapes, either with or without a partner

balance using a variety of inverted symmetrical or asymmetrical body shapes

balance using different bases of support on low equipment

balance while traveling and changing directions and levels on low or medium level equipment

design and perform simple sequences involving balancing along with other skills, (weight transfers, rolling) or concepts (levels, shapes)

balance in a symmetrical or asymmetrical shape on large gymnastics equipment (e.g., beams, tables, and benches)

move slowly from one balanced position to another in a variety of ways

balance on a variety of moving and other balancing equipment (e.g., stilts, balance boards) (dynamic balance)

balance in inverted positions using the least number of bases of support possible

balance in a variety of positions using different bases of support and directions when on gymnastics equipment

cooperatively balance as a part of a small group by connecting with or supporting each others body weight

balance on low equipment (tables, benches) in positions using a variety of bases of support

balance with partners using the principle of counterbalance (pushing) and counter-tension (pulling)

teach and make straight, curved, and zigzag pathways

teach around stationary obstacles without touching them follow the pathway that their partner makes

follow the pathway that their partner makes

follow a fleeing partners pathway to catch or overtake them

flee from a partner as fast as possible at a signal

teach and change pathways as quickly as possible at a signal

teach and change directions as quickly as possible at a signal

quickly perform dodging skills at a signal

teach and dodge stationary opponents

use dodging skills in a small group situation to avoid a thrown soft, lightweight object

cooperatively devise strategies to keep opponents from reaching a specified area, person, or object

cooperatively play a designed or given small group game with opponents that involves throwing and catching with dodging and fleeing

use two hands to bounce and catch a large playground ball

use both hands to bounce and catch a ball while slowly traveling forward

dribble a ball in self-space using one, then the other hand

dribble a ball in self space while switching from one hand to the other

dribble a ball in self space at different levels

dribble while slowly traveling in different directions

dribble slowly while traveling on different pathways

dribble a ball in self space using one, then the other hand

dribble while moving to the right or left

dribble and change direction at the signal
DH11 dribble and change from one speed to another at the signal
DH12 dribble and change pathways at the signal
DH13 dribble the ball while keeping it away from stationary opponents
DH14 dribble, and chest pass, bounce pass to a stationary partner
DH15 dribble while traveling in a group (in a large boundaried area) without touching moving or stationary objects
DH16 dribble and smoothly change from one direction to another without stopping
DH17 dribble and change speeds from one to another without stopping
DH18 dribble continuously while stopping and starting at the signal
DH19 dribble and then throw a leading pass to a moving partner
DH20 travel, dribble, and pivot on one foot to begin dribbling in another direction
DH21 shoot toward an appropriate-height goal from different distances
DH22 dribble and keep the ball away from an opponent in a one-on-one situation
DH23 dribble and pass in a small group keep-away game
DH24 cooperate and play a small group game using passing, receiving, and shooting toward an appropriate height goal

JL1 jump and land using a variety of takeoff and landing patterns (two feet to two feet, one foot to two feet, etc.)
JL2 jump slowly to a long swinging rope using a two foot to two foot pattern
JL3 jump and land using a variety of takeoffs and landings in relation to various equipment (e.g., hoops, low hurdles)
JL4 jump a swinging rope with yielding landings
JL5 jump a self-turned rope with yielding landings
JL6 jump a self-turned rope both forward and backward with yielding landings
JL7 jump a self-turned rope in at least three different ways (e.g., fwd, bwd, skip step, running)
JL8 jump for distance
JL9 jump for height
JL10 jump a self-turned rope using buoyant landings
JL11 jump a self-turned rope using at least three different types of jumps
JL12 jump in and out of a turning long rope
JL13 jump a self-turned rope using as many different types of jumps as possible
JL14 perform jumping skills in 3/4 or 4/4 time using rope) tinkling sticks, etc.
JL15 design, refine, and perform a repeatable routine with a partner or small group using various jumping skills, other movements, and objects to 3/4 or 4,4 time

KP1 walk and roll the ball forward, using the inside of either foot
KP2 from a stationary position, kick a stationary ball using any part of the foot
KP3 move up to and kick a stationary ball, using any part of the foot
KP4 kick a slowly rolling ball by using the instep
KP5 run up to and kick a stationary ball, as far as possible with the instep
KP6 kick a stationary ball along the ground toward a stationary partner or target while using the inside of the foot
KP7 dribble and slowly jog while using the inside of the foot
KP8 dribble and slowly jog around obstacles while using the insides of each foot
KP9 trap a slowly moving ball rolling toward and away from them, contacting the ball with the ball of the foot
KP10 punt a ball into the air using the instep
run and kick a ball that is slowly moving toward and away from them using the instep
use the inside or outsides of the feet to slowly dribble the ball
dribble while changing pathways and directions at the signal
dribble in a group or boundaried area without losing control of the ball or colliding with others
dribble around stationary opponents and avoid losing the ball
dribble and then kick the ball to a large target area from a distance of choice, using the instep
dribble, then kick to a target or stationary partner while using the inside of the foot
use the inside of the foot to collect a ball coming toward them
punt a ball as far and as high as possible
dribble and change speeds at the signal
dribble with a group in a boundaried area, without losing control of the ball and while avoiding contact with others
use the inside of the foot to dribble and kick a leading pass to a moving partner
punt a ball using a two or three step approach
punt a ball to targets at varying distances
collect a thrown or kicked ball using the thigh and chest
defend a goal by catching or deflecting balls kicked to them with appropriate force
dribble and pass in a small group keep away situation
cooperate to play a designed or given small group game involving dribbling, passing, kicking or punting to keep the ball away from opponents and to reach a goal area
march in step to a rhythmical (even) beat
jump and hop in place and while traveling
gallop forward using a basic or rhythmical pattern
slide sideways using a basic or rhythmical pattern
skip forward using a basic or rhythmical pattern
leap from one foot to the other
travel and change from one locomotor movement to another at a signal
travel to a signal or music with an even rhythm (walk, run, hop, jump, and march)
travel to a signal or music with an uneven rhythm (gallop, slide, skip)
perform given or self-designed simple sequences that combine even and uneven locomotor movements into counted out-groups of 3, 4, or 8 beats
follow given sequences that combine locomotor and body movements to counted-out-groups of 3, 4, or 8 beats
practice leaping, using with either foot to lead
jump and hop in place, while traveling, and in relation to an object
design a simple sequence using locomotor and body movements and counted-out beats
leap a variety of distances, leading with either the right or left leg
run and hurdle a succession of low to medium level obstacles using either leg to lead
travel and smoothly change directions or movements to music with sets (measures) of three or four beats
combine two or more even locomotor movements into a pattern that can be repeated to music with three or four beat groupings
combine two or more even and uneven locomotor movements into a pattern that can be performed to music with three or four beat groupings
combine two or more movement patterns based on sets of either three or four beats into repeatable sequences of traveling, manipulating an object, and spatial awareness concepts (such as levels or pathways) to a counted out beat or music
run and leap as far, and as high as possible
run and leap a succession of medium level obstacles without stopping in between

design, refine, and perform small group sequences comprised of even and uneven rhythmic patterns of locomotor movements, body movements, and the use of an object to groups of three or four beat

Follow simple patterns of locomotor skills to 3/4 and 4/4 time from music of various cultures

strike a small playground ball off a tee or cone using the hand
strike a wiffle ball off a tee with a bat
use an underhand swing to strike a wiffle ball with a hockey stick and a golf club
travel slowly in different directions and dribble a wiffle ball with a hockey stick
strike a softly pitched ball with a bat as far as possible
dribble a wiffle ball with a hockey stick and change directions and pathways with a signal
strike a wiffle ball along the ground to a stationary partner using a hockey stick
strike a wiffle ball into the air using a golf club or hockey stick
strike a gently tossed ball using a bat
in a large group, use a hockey stick to control a ball so as not to collide with others or obstacles
use a hockey stick to dribble a ball around stationary obstacles without losing control of the ball
dribble then strike a ball to a stationary target or partner, using a hockey stick
strike a ball toward a large target area from an appropriate distance using a golf club or hockey stick
design and play small group keep away games involving dribbling and shooting with a hockey stick toward a goal area
roll sideways consecutively
on the back, rock back and forth and side to side
roll smoothly and consecutively in a sideways direction
roll smoothly and repeatedly back and forth on the back
roll forward smoothly
roll in at least two different directions
starting from a squatting position, rock backward, placing hands in the appropriate position behind
jump, and, and roll in any direction
roll, starting and ending in different shapes and using different speeds
roll forward over a low hurdle, starting with hands on or off the floor
jump off low equipment, land, and roll
design, refine, and perform (alone or with a partner) simple sequences involving rolling, weight transfers, balances, and concepts (levels, shapes, directions, and speeds)
roll smoothly in a forward and backward direction
use different shapes to begin and end rolls when rolling in different directions
balance in a variety of upright or inverted positions, move smoothly into a roll then balance again
tavel, jump over low equipment, land, and roll
tavel, jump, land, and roll over low equipment (starting the roll with feet or hands on the floor
jump off the ground or low equipment to catch an object thrown directly to them, land and roll
roll forward or backward on low equipment (bench, table, beam)
design, refine, and perform repeatable sequences (with a partner or small group) involving rolling and other skills (such as traveling, balancing, and weight transfers)
repeatedly strike a balloon upward using a hand or lightweight paddle
repeatedly strike a small suspended ball with a hand or lightweight paddle
strike a small, lightweight ball upward with the hand or lightweight paddle letting it bounce in between strikes
continuously strike a small, lightweight ball upward using the hand or lightweight paddle
continuously strike a suspended ball, using a forehand motion, using the hand or a lightweight paddle
bounce, then strike a lightweight ball using a hand or paddle
bounce, then strike a small object to a wall or across a low net using an underhand motion with a lightweight paddle or racquet
bounce then strike a small object using a forehand motion with a lightweight paddle or racquet
strike a small object with a forehand motion using both strong and light force
bounce, then strike a small object using a backhand motion; with a lightweight paddle or racquet
strike a rebounding object with a lightweight paddle or racquet using a forehand motion
strike a gently tossed ball from a partner, using a backhand motion
repeatedly strike a rebounding ball from a wall, using forehand and backhand strokes, moving back to a ready position between strokes
strike a self-dropped ball with a racquet over a low level net or rope to designated areas, using a forehand stroke
catch a softly rolled large ball
catch a self-tossed yarn or other soft ball
throw to a variety of large targets using an underhand throw
throw a soft ball using an overhand motion
catch a self-tossed yarn or other soft ball
catch a softly thrown ball at different levels
catch a ball thrown softly to different parts of the body
throw a variety of objects using an underhand motion
throw as far as possible using an overhand motion
throw underhand to themselves and catch using a scoop or implement
throw a variety of objects to a target area using a smooth underhand motion
throw as far as possible using a smooth overhand motion
throw balls of various sizes and weights to an appropriate target or partner using a smooth overhand motion
throw, using an underhand throw, so that the ball travels in different pathways in the air, and covers different distances
catch a ball thrown by themselves or others, at different levels
move in different directions to catch a ball thrown by a partner
move to catch an object in a small group keep away situation
throw to a partner or target, using varying degrees of force and speed
throw and catch a Frisbee
using a variety of objects, throw a leading pass overhand to a moving partner
catch objects of different sizes and weights while moving to a specified area
move in order to throw to a stationary partner while being guarded in a small group game situation
throw and catch in a self-designed or given small group game designed to keep the ball away from opponents or to reach a goal area
using both right and left hands, continuously push a ball upward keeping it off the floor
using the palm, strike a balloon upward continuously
strike a lightweight ball with at least three different body parts (e.g., knee, hands, elbow) keeping it in self space
underhand strike a soft lightweight ball or balloon upward with the hand, keeping it in self space
travel slowly and underhand strike a soft, lightweight ball or balloon upward with the hand or other body parts

Volley a lightweight ball in succession using at least two different body parts, keeping it in self space

Volley a lightly tossed ball back to a partner using a variety of body parts

Volley a lightweight ball back and forth across a line or low net to a partner after one bounce

Overhand volley a self tossed lightweight ball to a wall or partner

Bump pass a lightly tossed lightweight ball back to a partner

Cooperate with a group to strike a lightweight ball with various body parts while keeping it off the ground

Underhand strike a lightweight ball over a medium level net or rope

Overhead volley a lightweight ball back and forth across a medium level net or rope

Move to bump or overhand pass a lightweight ball back to partner

Bump a lightweight ball back to a partner across a medium level net or rope

Use underhand and overhead passes to cooperatively keep a ball in play over a medium level net or rope with a small group

Use underhand and overhead passes in a given or self designed game

Transfer weight from one body part to another in a variety of ways, using rocking, rolling, and feet-to-hand actions with small extensions

Transfer weight momentarily onto the hands by transferring weight from feet-to-hands with large extensions

Transfer weight from one set of body parts to another in a variety of ways (e.g. twist, roll, turn)

Transfer weight over low equipment (e.g., hurdles, hoops, mats) in a variety of ways, beginning with hands on the opposite side of the hurdle

Transfer weight from feet-to-hands in a variety of ways

Transfer weight from feet-to-hands, making the legs land in different places around the body

Transfer weight across a mat in as many ways as possible

Transfer weight by traveling into a spring takeoff

Transfer weight from one body part to another (hands, knees, feet) in a variety of ways when on a large apparatus (climbing apparatus, bars)

Use safe methods to recover from unstable feet-to-hand transfers of weight

Use a variety of body actions to move into and out of a variety of transfers of weight from feet-to-hands with large extensions (e.g., stretching legs wide, torso twisting, rolling, curving over feet to and on one or more feet)

Step into transfers of weight from feet-to-hands over low equipment or apparatus

Transfer weight in various ways off low equipment or apparatus

Use balance to move smoothly into and out of different transfers of weight

Travel into a spring takeoff and then transfer weight from the feet-to-hands on to medium level equipment (e.g., bench, tire, beam, and table)

Transfer weight onto low to medium level equipment or apparatus by placing hands or equipment and springing off from two feet (land on hands and feet or knees)

Travel, land move smoothly into transfers of weight from feet to hands

Travel into a spring takeoff and then transfer weight onto a large apparatus

Transfer weight off low apparatus using a variety of body actions, starting with hands and feet stationary on the apparatus (e.g., stretching, twisting, turning)

Transfer weight in a variety of ways along low to medium level apparatus in a variety of ways, using changes in directions, levels, speeds, and body shapes