

## Jogging, Running (S1.E2)

Concerns	Criteria	Advanced
	Arm-leg opposition throughout running	
	Toes-point forward	
	Foot lands heel to toe	
	Arms swing forward and backwards-no crossing of the midline	
	Trunk leans slightly forward	

### Grade Level Outcomes

Kindergarten- Performs locomotor skills (hopping, gallop-ing, running, sliding, skipping) while main-taining balance. (S1.E1.K)

1st Grade-

2nd Grade- Runs with a mature pattern. (S1.E2.2a)

2nd Grade- Travels showing differentiation between jogging and sprinting. (S1.E2.2b)

3rd Grade- Travels showing differentiation between sprinting and running. (S1.E2.3)

4th Grade- Runs for distance using a mature pattern. (S1.E2.4)

5th Grade- Uses appropriate pacing for a variety of running distances. (S1.E2.5)

## Jumping and Landing-Horizontal (S1.E3)

Concerns	Criteria	Advanced
	Arms back, knees bend	
	Arm extend forward as body propels upward	
	Body extends forward and slightly upward while in flight	
	Hips, knees, and ankles bend on landing	
	Shoulder, knees and ankles align for balance after landing	

### Grade Level Outcomes

Kindergarten- Performs jumping/landing actions with balance. (S1.E3.K)

1st Grade- Demonstrates two of the five critical elements for jumping and landing in a horizontal plane using two-foot take-offs and landings. (S1.E3.1)

2nd Grade- Demonstrates four of the five critical elements for jumping and landing in a horizontal plane using a variety of one- and two-foot take-offs and landings. (S1.E3.2)

3rd Grade- Jumps and lands in the horizontal and vertical planes using a mature pattern. (S1.E3.3)

4th Grade- Uses spring-and-step take-offs and landings specific to gymnastics. (S1.E3.4)

5th Grade- Combines jumping and landing patterns with locomotors and manipulative skills in dance, gymnastics and small-sided practice tasks/games environments. (S1.E3.5)

## Jumping and Landing-Vertical (S1.E4)

Concerns	Criteria	Advanced
	Hips, knees, ankles bend	
	Arm extend upward as body propels upward	
	Body extends and stretches upward while in flight	
	Hips, knees, and ankles bend on landing	
	Shoulder, knees and ankles align for balance after landing	

### Grade Level Outcomes

Kindergarten- Performs jumping/landing actions with balance. (S1.E3.K)

1st Grade- Demonstrates two of the five critical elements for jumping and landing in a vertical plane. (S1.E4.1)

2nd Grade- Demonstrates four of the five critical elements for jumping and landing in a vertical plane. (S1.E4.2)

3rd Grade- Jumps and lands in the horizontal and vertical planes using a mature pattern. (S1.E3.3)

4th Grade- Uses spring-and-step take-offs and landings specific to gymnastics. (S1.E3.4)

5th Grade- Combines jumping and landing patterns with locomotors and manipulative skills in dance, gymnastics and small-sided practice tasks/games environments. (S1.E3.5)

## Underhand Throwing (S1.E13)

Concerns	Criteria	Advanced
	Face to target	
	Arm back	
	Step with opposite foot towards the target	
	Release the ball between knees and waist level.	
	Follow through towards target	

### Grade Level Outcomes

Kindergarten- Throws underhand with opposite foot forward. (S1.E13.K)

1st Grade- Throws underhand, demonstrating two of the five critical elements of a mature pattern. (S1.E13.1)

2nd Grade- Throws underhand using a mature pattern. (S1.E13.2)

3rd Grade- Throws underhand to a partner or target with reasonable accuracy. (S1.E13.3)

4th Grade- N/A

5th Grade- Throws (underhand and overarm) using a mature pattern in non-dynamic environments, with different sizes and types of objects. (S1.E13.5a)

5th Grade- Throws (both under-hand and overarm) to a large target with accuracy. (S1.E14.5b)

## Overhand Throwing (S1.E14)

Concerns	Criteria	Advanced
	Ready Position	
	Make a "T" (Arm back and extended/side to target)	
	Step with opposite foot towards the target	
	Trunk rotates while throwing	
	Follow through towards target and across body	

### Grade Level Outcomes

Kindergarten-

1st Grade-

2nd Grade- Throws overarm demonstrating two of the five critical elements of a mature pattern. (S1.E14.2)

3rd Grade- Throws overarm, demonstrating three of the five critical elements of a mature pattern, in non-dynamic environments, for distance and/or force. (S1.E14.3)

4th Grade- Throws overarm using a mature pattern in non-dynamic environments. (S1.E14.4a)

4th Grade- Throws overarm to a partner or at a target with accuracy at a reasonable distance. (S1.E14.4b)

5th Grade- Throws (underhand and overarm) using a mature pattern in non-dynamic environments, with different sizes and types of objects. (S1.E13.5a)

5th Grade- Throws (both under-hand and overarm) to a large target with accuracy. (S1.E14.5b)

## Catching (S1.E16)

Concerns	Criteria	Advanced
	Extend arms outward to reach the ball.	
	Thumbs in (above the Waist), pinkies in (below the waist)	
	Watch the ball into hands.	
	Catch with hands only.	
	Pull the ball into the body as the catch is made.	

### Grade Level Outcomes

Kindergarten- Drops a ball and catches it before it bounces twice. (S1.E16.Ka)

Kindergarten- Catches a large ball tossed by a skilled thrower. (S1.E16.Kb)

1st Grade- Catches a soft object from a self-toss before it bounces. (S1.E16.1a)

1st Grade- Catches various sizes of balls self-tossed/tossed by a skilled thrower. (S1.E16.1b)

2nd Grade- Catches a self-tossed or well-thrown large ball with hands, not trapping or cradling against the body. (S1.E16.2)

3rd Grade- Catches a gently tossed hand-sized ball from a partner, demonstrating four of the five critical elements of a mature pattern. (S1.E16.3)

4th Grade- Catches a thrown ball above the head, at chest/waist level and below the waist using a mature pattern in a non-dynamic environment. (S1.E16.4)

5th Grade- Catches a batted ball above the head, at chest/waist level and along the ground using a mature pattern in a non-dynamic environment. (S1.E16.5a)

5th Grade- Catches with accuracy, both partners moving. (S1.E16.5b)

5th Grade- Catches with reasonable accuracy in dynamic, small-sided practice tasks. (S1.E16.5c)

## Dribbling with Hands (S1.E17)

Concerns	Criteria	Advanced
	Knees slightly bent.	
	Opposite foot forward when dribbling in self-space.	
	Contact ball with fingers.	
	Eyes looking forward.	
	Demonstrates control with locomotor movements.	

### Grade Level Outcomes

Kindergarten- Dribbles a ball with one hand, attempting the second contact. (S1.E17.K)
1st Grade- Dribbles continuously in self-space using the dominant hand. (S1.E17.1)
2nd Grade- Dribbles in self-space with preferred hand demonstrating a mature pattern. (S1.E17.2a)
2nd Grade- Dribbles using the dominant hand while walking in general space. (S1.E17.2b)
3rd Grade- Dribbles and travels in general space at slow to moderate jogging speed with control of ball and body. (S1.E17.3)
4th Grade- Dribbles in self-space with both the preferred and the non-preferred hand using a mature pattern. (S1.E17.4a)
4th Grade- Dribbles in general space with control of ball and body while increasing and decreasing speed. (S1.E17.4b)
5th Grade- Combines hand dribbling with other skills during one-on-one practice tasks. (S1.E17.5)

## Dribbling with Feet (S1.E18)

Concerns	Criteria	Advanced
	Keeps ball close to body.	
	Applies small amounts of force with inside and outside parts of the foot.	
	Eyes looking forward.	
	Maintains body control while dribbling.	
	Demonstrates proper locomotor movement.	

### Grade Level Outcomes

Kindergarten- Taps a ball using the inside of the foot, sending it forward. (S1.E18.K)

1st Grade- Taps/dribbles a ball using the inside of the foot while walking in general space. (S1.E18.1)

2nd Grade- Dribbles with the feet in general space with control of ball and body. (S1.E18.2)

3rd Grade- Dribbles with the feet in general space at slow to moderate jogging speed with control of ball and body. (S1.E18.3)

4th Grade- Dribbles with the foot in general space with control of ball and body while increasing and decreasing speed. (S1.E18.4)

5th Grade- Combines foot dribbling with other skills in one-on-one practice tasks. (S1.E18.5)

## Dribbling/Ball Control with an Implement (S1.E18. S1.E20. S1.E26)

Concerns	Criteria	Advanced
	Applies small amount of force to control movement of object.	
	Moves in a forward direction.	
	Moves safely in general space.	
	Demonstrates proper grip and position while moving in general space.	
	Combines dribbling with an implement with other skills in small sided games.	

### Grade Level Outcomes

Kindergarten-

1st Grade-

2nd Grade-

3rd Grade- Applies small amounts of force to an object to create controlled reactions.

4th Grade- Dribbles an object using an implement moving forward in general space.

5th Grade- Dribbles an object with an implement at a slow to moderate jogging speed with control. Combines dribbling with an implement with other skills in small sided games.

## Kicking (S1.E21)

Concerns	Criteria	Advanced
	Place non-dominant foot on side of ball.	
	Trunk coils back with slight turn, dominant foot back.	
	Contact behind center of ball.	
	Contact with inside or top of the foot.	
	Follow through with kicking leg extending forward and upward toward targets.	

### Grade Level Outcomes

- Kindergarten- Kicks a stationary ball from a stationary position, demonstrating two of the five elements of a mature kicking pattern. (S1.E21.K)
- 1st Grade- Approaches a stationary ball and kicks it forward, demonstrating two of the five critical elements of a mature pattern. (S1.E21.1)
- 2nd Grade- Uses a continuous running approach and kicks a moving ball, demonstrating three of the five critical elements of a mature pattern. (S1.E21.2)
- 3rd Grade- Uses a continuous running approach and intentionally performs a kick along the ground and a kick in the air, demonstrating four of the five critical elements of a mature pattern for each. (S1.E21.3a)
- 3rd Grade- Uses a continuous running approach and kicks a stationary ball for accuracy. (S1.E21.3b)
- 4th Grade- Kicks along the ground and in the air, and punts using mature patterns. (S1.E21.4)
- 5th Grade- Demonstrates mature patterns in kicking and punting in small-sided practice task environments. (S1.E21.5)

## Volleying Underhand (S1.E22)

Concerns	Criteria	Advanced
	Face the target	
	Step in opposition towards the target.	
	Flat surface with hand.	
	Contact ball between waist and knee level.	
	Follow through upward towards target	

### Grade Level Outcomes

Kindergarten- Volleys a lightweight object (balloon), sending it upward. (S1.E22.K)

1st Grade- Volleys an object with an open palm, sending it upward. (S1.E22.1)

2nd Grade- Volleys an object upward with consecutive hits. (S1.E22.2)

3rd Grade- Volleys an object with an underhand or sidearm striking pattern, sending it forward over a net, to the wall or over a line to a partner, while demonstrating three of the five critical elements of a mature pattern. (S1.E22.3)

4th Grade- Underhand-volleys, using a mature pattern, in a dynamic environment (e.g., 2 square, 4 square, handball). (S1.E22.4)

5th Grade- Application of Skill

## Volleying Overhand (S1.E23)

Concerns	Criteria	Advanced
	Body aligned and positioned under the ball.	
	Knee, arms and ankles slight bend.	
	Thumbs and index fingers make a window.	
	Ball contacts only fingers; fluid movement of the ball.	
	Arms follow through upward and slightly towards target.	

### Grade Level Outcomes

Kindergarten- N/A

1st Grade- N/A

2nd Grade- N/A

3rd Grade- N/A

4th Grade- Strikes/volleys with a two-hand overhead pattern, sending a ball upward while demonstrating four of the five critical elements of a mature pattern. (S1.E23.4)

5th Grade- Strikes/volleys a ball using a two-hand overhead pattern, sending it upward to a target. (S1.E23.5)

## Striking with Short Handled Implement (S1.E24)

Concerns	Criteria	Advanced
	Racket back in preparation for striking.	
	Step on opposite foot as contact is made.	
	Swing racket or paddle low to high.	
	Coil and uncoil the trunk for preparation and execution of the striking action.	
	Follow through for completion of the striking action.	

### Grade Level Outcomes

Kindergarten- Strikes a lightweight object with a paddle/short-handled racket. (S1.E24.K)
1st Grade- Strikes a ball with a short-handled implement, sending it upward. (S1.E24.1)
2nd Grade- Strikes an object upward with a short-handled implement, using consecutive hits. (S1.E24.2)
3rd Grade- Strikes an object with a short-handled implement, sending it forward over a low net or to a wall. (S1.E24.3a)
3rd Grade- Strikes an object with a short-handled implement while demonstrating three of the five critical elements of a mature pattern. (S1.E24.3b)
4th Grade- Strikes an object with a short-handled implement while demonstrating a mature pattern. (S1.E24.4a)
5th Grade- Strikes an object consecutively, with a partner, using a short-handled implement, over a net or against a wall, in either a competitive or cooperative game environment. (S1.E24.5)

## Striking with Long Handled Implement (S1.E25)

Concerns	Criteria	Advanced
	Racket/Bat/Club/Stick up and back in preparation for striking.	
	Step on opposite foot as contact is made.	
	Rotates and uncoils the trunk throughout motion.	
	Swings the implement forward with force.	
	Follow through for completion of the striking action.	

### Grade Level Outcomes

Kindergarten- N/A

1st Grade- N/A

2nd Grade- Strikes a ball off a tee or cone with a bat, using correct grip and side-orientation/proper body orientation. (S1.E25.2)

3rd Grade- Strikes a ball with a long-handled implement, sending it forward, while using proper grip for the implement (e.g., hockey stick, bat, golf club). Note: Use batting tee or ball tossed by teacher for batting. (S1.E25.3)

4th Grade- Strikes an object with a long- handled implement (e.g., hockey stick, golf club, bat, tennis/badmin-ton racket), while demonstrating three of the five critical elements of a mature pattern for the implement (grip, stance, body orientation, swing plane and fol-low-through). (S1.E25.4)

5th Grade- Strikes a pitched ball with a bat using a mature pattern. (S1.E25.5a)

5th Grade- Combines striking with a long imple-ment with receiving and traveling skills in a small-sided game. (S1.E25.5b)