

# Kindergarten Physical Education Outcomes

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## *I Can Statements*

### *Motor Skills and Movement Patterns*

*I can.....*

- *try to jog, gallop, hop and slide. (S1.E1.K)*
- *jump and land on two feet with balance. (S1.E3.K)*
- *follow a teacher led dance. (S1.E3.K)*
- *maintain momentary stillness on different bases of support. (S1.E7.Ka)*
- *form wide, narrow, curled and twisted body shapes. (S1.E7.Kb)*
- *roll my body sideways in a narrow shape. (S1.E9.K)*
- *curl and stretch my body. (S1.E9.K)*
- *throw underhand with opposite foot forward. (S1.E13.K)*
- *drop a ball and catch it before it bounces twice. (S1.E16.Ka)*
- *catch a large ball tossed by a skilled thrower. (S1. E16.Kb)*
- *dribble a ball with one hand attempting the second contact. (S1.E17.K)*
- *move a ball forward with the inside of my foot. (S1.E18.K)*
- *kicks a stationary ball from a stationary position demonstrating 2 out of 5 elements (S1.E21.K)*
- *volley a balloon/light weight object and send it upward. (S1.E22.K)*
- *strike a lightweight object with a paddle. (S1.E24.K)*
- *jump a self-turned rope one or more times. (S1.E27.Ka)*
- *jump a long rope with teacher assisted turning. (S1.E27.Kb)*

# Kindergarten Physical Education Outcomes

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## *Movement Concepts*

*I can.....*

- *move without touching others or the walls. (S2.E1.Ka)*
- *move in personal space to a rhythm. (S2.E1.Kb)*
- *move my body with different speeds. (S2.E3.K)*
- *travel in 3 different pathways. (S2.E2.K)*

## *Physical Fitness*

*I can.....*

- *name active-play opportunities outside of Physical Education class, (S3.E1.K)*
- *actively participate in Physical Education class. (S3.E2.K)*
- *explain that when I move fast my heart beats faster and I breathe faster. (S3.E3.K)*
- *explain that food gives me energy to be active. (S3.E6.K)*

## *Social Behaviors*

*I can.....*

- *follow directions. (S4.E1.K)*
- *be safe. (S4.E1.K)*
- *take turns/share. (S4.E1.K)*
- *use equipment correctly. (S4.E4.K)*

## Kindergarten Physical Education Outcomes

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### *Values Physical Activity*

*I can.....*

- *tell why it is important to be active. (S5.E1.K)*
- *understand that some activities are challenging. (S5.E2.K)*

# First Grade Physical Education Outcomes

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## *I Can Statements*

### *Motor Skills and Movement Patterns*

#### *I can.....*

- *hop, gallop, jog and slide using the mature pattern. (S1.E1.1)*
- *Combine locomotor and non-locomotor skills in a teacher lead dance. (S1.E5.1)*
- *maintain stillness on different bases of support with my body in different shapes. (S1.E7.1)*
- *transfer my weight from one body part to another. (S1.E8.1)*
- *roll with a narrow or curled body shape. (S1.E9.1)*
- *twist, curl, bend and stretch my body. (S1.E10.1)*
- *can catch a self-tossed object before it bounces. (S1.E16.1a)*
- *dribble in self space continuously with my preferred hand. S1.E17.1)*
- *dribble a ball with the inside of my foot in general space. (S1.E18.1)*
- *volley an object upward with an open palm. S1.E22.1)*
- *strike a ball upward with a short handled implement. (S1.E24.1)*
- *jump rope forward or backward consecutively. S1.E27.1a)*

### *Movement Concepts*

#### *I can.....*

- *move to a beat/rhythm. (S2.E1.1)*
- *move demonstrating low, middle and high levels with my body. (S2.E2.1a)*
- *Move demonstrating a variety of relationships with objects. (S2.E2.1b)*
- *tell the difference between fast and slow. (S2.E3.1a)*
- *tell the difference between strong and light force. (S2.E3.1b)*

# First Grade Physical Education Outcomes

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## *Physical Fitness*

*I can.....*

- *talk with others about why it is important to be active. (S3.E1.1)*
- *actively participate in Physical Education class. (S3.E2.1)*
- *identify the heart as a muscle that gets stronger with physical activity. (S3.E3.1)*
- *identify the difference between healthy and unhealthy foods. (S3.E6.1)*

## *Social Behaviors*

*I can.....*

- *accept responsibility to use equipment and space safely. (S4.E1.1)*
- *follow the class rules. (S4.E2.1)*
- *respond appropriately to teacher feedback. (S4.E3.1)*
- *work independently with others in a variety of class environments. (S4.E4.1)*
- *follow directions for safe participation and proper use of equipment without reminders. (S4.E6.1)*

## *Values Physical Activity*

*I can.....*

- *identify physical activity as a part of good health. (S5.E1.1)*
- *understand that physical challenges can lead to success. (S5.E5.1)*

# Second Grade Physical Education Outcomes

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## *I Can Statements*

### *Motor Skills and Movement Patterns*

*I can.....*

- *skip with a mature pattern. (S1.E1.2)*
- *run. (S1.E1.2)*
- *move my body showing the difference between jogging and sprinting. (S1.E2.2b)*
- *balance on different bases of support combining levels and shapes. (S1.E7.2a)*
- *try an inverted balance. (S1.E7.2b)*
- *transfer my weight from my feet to other body parts. (S1.E8.2)*
- *roll in different directions with a narrow or curved body shape. (S1. E9.2)*
- *demonstrate the difference between twisting, curling, bending and stretching. (S1.E10.2)*
- *perform a 3 part sequence combining balance and transfer. (S1.E11.2)*
- *throw underhand with a mature pattern. (S1.E13.2)*
- *catch a ball without it contacting my body. (S1.E16.2)*
- *dribble a ball using my hands with a mature pattern. (S1.E17.2a)*
- *dribble a ball using my hands while walking in general space. (S1.E17.2b)*
- *dribble a ball using my feet controlling my body and the ball. (S1.E18.2)*
- *volley an object upwards consecutive times. (S1.E22.2)*
- *strike an object upwards consecutively using a short racquet/paddle. (S1.E24.2)*
- *strike a ball off a batting T showing proper body positioning. (S1.E25.2)*
- *jump rope forward and backward consecutively with a mature pattern. (S1.E27.2a)*
- *jump a long rope 5 times consecutively. (S1.E27.2b)*

## Second Grade Physical Education Outcomes

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### *Movement Concepts*

*I can.....*

- *move in general space using many movements. (S2.E1.2)*
- *show how time and force can change gradually. (S2.E3.2)*

### *Physical Fitness*

*I can.....*

- *describe options for physical activity options outside of school. (S3.E1.2)*
- *actively participate in Physical Education. (S3.E2.2)*
- *use my body as resistance for developing strength (push-up plank/animal walks). (S3.E3.2a)*
- *identify activities that help my fitness level. (S3.E3.2b)*

### *Social Behaviors*

*I can.....*

- *practice skills with a little teacher assistance. (S4.E1.2)*
- *accept responsibility for my behavior and action. (S4.E2.2)*
- *accept teacher feedback. (S4.E3.2)*
- *work with a partner. (S4.E4.2)*
- *recognize why rules and procedures are important. (S4.E5.2)*
- *work safely by myself and with others. (S4.E6.2a)*
- *work with the equipment safely. (S4.E6.2b)*

### *Values Physical Activity*

*I can.....*

- *recognize the importance of nutrition and activity. (S3.E6.2)*

# Third Grade Physical Education Outcomes

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## *I Can Statements*

### *Motor Skills and Movement Patterns*

*I can.....*

- *leap using a mature pattern. (S1.E1.3)*
- *travels showing the difference between sprinting and running. (S1.E2.3)*
- *jump and land horizontally and vertically using a mature pattern. (S1.E3.3)*
- *balance on different bases of support demonstrating muscular tension and extension of free body parts. (S1.E7.3)*
- *transfer my body weight from feet to hands for momentary weight support. (S1.E8.3)*
- *move into gymnastics balances demonstrating curling, twisting and stretching. (S1.E10.3)*
- *throw underhand to a target or a partner with reasonable accuracy. (S1.E13.3)*
- *catch a tossed ball from a partner. (S1.E16.3)*
- *dribble with my hands in general space jogging while controlling both ball and my body. (S1.E17.3)*
- *dribble with my feet in general space jogging while controlling both ball and body. (S1.E18.3)*
- *pass and receive a ball with the insides of my feet to a stationary partner. (S1.E19.3)*
- *using a continuous running approach, I can kick a ball for accuracy. (S1.E21.3b)*
- *volley an object with an underhand/sidearm pattern, sending it forward. (S1.E22.3)*
- *strike an object with a short-handled implement sending forward over a net. (S1.E24.3)*



## Third Grade Physical Education Outcomes

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- *strike a ball with a long-handled implement while using proper grip. (S1.E25.3)*
- *perform intermediate jump rope skills. (S1.E27.3)*

### **Motor Concepts**

*I can.....*

- *recognize open space. (S2.E1.3)*
- *combine shapes, levels and pathways into sequences while travelling. (S2.E2.3)*
- *combine movement concepts (directions, levels, force and time) with skills. (S2.E3.3)*

### **Physical Fitness**

*I can.....*

- *actively engages in Physical Education class without teacher encouragement. (S3.E2.3)*
- *describe the concepts of fitness with examples of activity to improve my fitness. (S3.E3.3)*
- *recognize the importance of a warm-up and cool down. (S3.E4.3)*
- *demonstrate the health related fitness components. (S3.E5.3)*
- *name foods that help me before and after physical activity. (S3.E6.3)*

### **Social Behaviors**

*I can.....*

- *exhibit personal responsibility. (S4.E1.3)*
- *work independently and safely for extended periods of time. (S4.E2.3)*
- *accept feedback and try to make corrections. (S4.E3.3)*
- *work cooperatively with others. (S4.E4.3a)*
- *complement my peers for their success. (S4.E4.3b)*

## Third Grade Physical Education Outcomes

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- *recognize the role of rules and proper behavior in activity with my peers. (S4.E5.4)*
- *work independently and safely in class. (S4.E6.3)*

### *Values of Physical Activity*

*I can.....*

- *discuss the relationship between physical activity and good health. (S5.E1.3)*
- *discuss the challenge that comes from learning a new activity. (S5.E2.3)*

# Fourth Grade Physical Education Outcomes

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## I Can Statements

### Motor Skills and Movement Patterns

#### I can.....

- run for distance. (S1.E1.4)
- combine traveling with manipulative skills small sided practice tasks. (S1.E6.4)
- transfer my weight from my feet to my hands using large extensions (e.g. cart-wheel, hand stand). (S1.E8.4)
- move into and out of balance on apparatus with curling, twisting and stretching actions. (S1.E10.4)
- combine traveling with balance and weight transfers to create a gymnastics sequence. (S1.E12.4)
- throw overhand using a mature pattern in a nondynamic environment. (S1.E14.4a)
- throw overhand accurately to a partner/target at a reasonable distance. (S1.E14.4b)
- throw to a moving partner in a nondynamic environment. (S1.E15.4)
- catch a ball at different levels using a mature pattern in a nondynamic environment. (S1.E16.4)
- dribble a ball with my hands traveling at various speeds while keeping ball and body in control. (S1.E17.4b)
- dribble a ball with my feet traveling at various speeds while keeping ball and body in control. (S1.E18.4)
- pass and receive a ball with the inside of my foot while my partner is moving in a nondynamic environment. (S1.E19.4a)
- pass and receive with both the outside and inside of my foot while my partner is stationary. (S1.E19.4b)
- dribble with either my hand or foot in combination with other skills. (S1.E20.4)
- kick along the ground, in the air and punt using mature patterns. (S1.E21.4)
- volley underhand using a mature pattern in a dynamic environment (2/4square). (S1.E22.4)

## Fourth Grade Physical Education Outcomes

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- volley a ball using a 2 hand overhead pattern sending ball upward to a target. (S1.E23.4)
- strike a ball with a short handled implement alternating hit with a partner or against a wall using a mature pattern. (S1.E24.4a)
- combine traveling with manipulative skills in small sided practice environments. (S1.E26.4)
- create a jump rope routine with a short or long rope. (S1.E27.4)

### **Movement Concepts**

**I can.....**

- apply the concept of open space to combination skills involving traveling. (S2.E1.4a)
- apply to concept of closing space in small sided practice tasks. (S2.E1.4b)
- dribble in general space with changes in direction and speed. (S2.E1.4c)
- apply the concepts of speed, endurance and pacing while running. (S2.E3.4a)
- apply the concepts of force and directions when striking an object with a short handled implement. sending it toward a target. (S2.E3.4b)
- apply simple offensive and defensive strategies in chasing and fleeing activities. (S2.E5.4a)
- recognizes the types of kicks needed for different games/sports. (S2.E5.4c)

### **Physical Fitness**

**I can.....**

- actively engage in Physical Education class. (S3.E2.4)
- identify the components of health-related fitness. (S3.E3.4)
- demonstrate warm-up and cool down relative to the cardiorespiratory fitness assessment. (S3.E4.4)
- discuss the importance of hydration. (S3.E6.4)

### **Social Behaviors**

**I can.....**

## Fourth Grade Physical Education Outcomes

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- *exhibit responsible behavior in independent and group situations. (S4.E1.4)*
- *reflect on my social behavior in physical activity. (S4.E2.4)*
- *listen respectfully to corrective feedback from peers. (S4.E3.4)*
- *praise others. (S4.E4.4a)*
- *accept players of all abilities into the physical activity. (S4.E4.4b)*
- *exhibit etiquette and follow the rules. (S4.E5.4)*
- *work safely with peers and with the equipment. (S4.E6.4)*

### **Values Physical Activity**

**I can.....**

- *examine the health benefits of participating in physical activity. (S5.E1.4)*