

# K-5 2024-2025 PE Map

Summer Break

Team Building Rec Games 2 weeks

Soccer 2 weeks

Throwing/Striking /Volleyball 3 weeks

Jump rope 2 weeks

Strength Training & Aerobics 2 weeks

Cup Stacking 1 Week

Basketball 3 weeks

August 2024

Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

September 2024

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October 2024

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November 2024

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December 2024

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Family Challenge Winter Break

January 2025

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February 2025

Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

March 2025

Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

April 2025

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

May 2025

Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

June 2025

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21

Mindfulness/Yoga/Yoyo 1 week

Rec Games 1 week

Dance & Rhythm 2 weeks

Rec Games 1 week

Pickleball 1 week

Badmitten 1 week

Wall Ball 1 week

Juggling 1 week

Parachute 1 week

Hula Hoop 1 week

Frisbee 1 week

Rec Games 1 week

Flag Football 2 weeks

Baseball/Softball 2 weeks

Track & Field Events 3 Weeks

Fitness Tests 1 week

Field Day Games 1 week

**Motor Skills & Movement Patterns**

S1.E1.K Performs locomotor skills (hopping, galloping, running, sliding, skipping) while maintaining balance.
S1.E3.K Performs jumping & landing actions with balance.
S1.E5.K Performs locomotor skills in response to teacher-led creative dance.
S1.E7.Ka Maintains momentary stillness on different bases of support.
S1.E7.Kb Forms wide, narrow, curled, & twisted body shapes.
S1.E9.K Rolls sideways in a narrow body shape.
S1.E10.K Contrasts the actions of curling & stretching.
S1.E13.K Throws underhand with opposite foot forward.
S1.E16.Ka Drops a ball & catches it before it bounces twice.
S1.E16.Kb Catches a large ball tossed by a skilled thrower.
S1.E17.K Dribbles a ball with one hand, attempting the second contact.
S1.E18.K Taps the ball using the inside of the foot, sending it forward.
S1.E21.K Kicks a stationary ball from a stationary position, demonstrating two of the five elements of a mature kicking pattern.
S1.E22.K Volleys a lightweight object (balloon), sending it upward.
S1.E24.K Strikes a lightweight object with a paddle or short-handled racket
S1.E27.Ka Executes a single jump with a self-turned rope.
S1.E27.Kb Jumps a long rope with teacher assisted turning.
S2.E1.Ka Differentiates between movement in personal (self-space) & general space.
S2.E1.Kb Moves in personal space to a rhythm.
S2.E2.K Travels in three different pathways.
S2.E3.K Travels in general space with different speeds.
S3.E1.K Identifies active-play opportunities outside of Physical Education class.
S3.E2.K Actively participates in Physical Education class.
S3.E3.K Recognizes that when you move fast, your heart beats faster & you breathe faster.
S3.E6.K Recognizes that food provides energy for physical activity.
S4.E1.K Follows directions in group settings (e.g. safe behaviors, following rules, taking turns).
S4.E2.K Acknowledges responsibility for behavior when prompted.
S4.E3.K Follows instruction/directions when prompted.
S4.E4.K Shares equipment & space with others.
S4.E5.K Recognizes the established protocols for class activities.
S4.E6.K Follows teacher directions for safe participation & proper use of equipment with minimal reminders.
S5.E1.K Recognizes that physical activity is important for good health.
S5.E2.K Acknowledges that some physical activities are challenging/difficult.
S5.E3.Ka Identifies physical activities that are enjoyable
S5.E3.Kb Discusses the enjoyment of playing with friends.

**Strategies & Tactics related to Movement**

**Achieve & Maintain a healthy level of activity & fitness**

**Behavior that respects self & others**

**Recognize the value & benefit of P.E.**

**Motor Skills & Movement Patterns**

S1.E1.1 Hops, gallops, jogs, & slides using a mature pattern.
S1.E3.1 Demonstrates two of the five critical elements for jumping & landing in a horizontal plane using two-foot takeoffs & landings.
S1.E4.1 Demonstrates two of the five critical elements for jumping & landing in a vertical plane.
S1.E5.1 Combines locomotor and nonlocomotor skills in a teacher-designed dance.
S1.E7.1 Maintains stillness on different bases of support with different body shapes.
S1.E8.1 Transfers weight from one body part to another in self-space in dance and gymnastics environments.
S1.E9.1 Rolls with either a narrow or curled body shape.
S1.E10.1 Demonstrates twisting, curling, bending, and stretching actions.
S1.E13.1 Throws underhand demonstrating two of the five critical elements of a mature pattern.
S1.E16.1a Catches a soft object from a self-toss before it bounces.
S1.E16.1b Catches various sizes of balls self-tossed or tossed by a skilled thrower.
S1.E17.1 Dribbles continuously in self-space using the preferred hand.
S1.E18.1 Taps or dribbles a ball using the inside of the foot while walking in general space.
S1.E21.1 Approaches a stationary ball and kicks it forward, demonstrating two of the five elements of a mature kicking pattern.
S1.E22.1 Volleys an object with an open palm, sending it upward.
S1.E24.1 Strikes a ball with a short-handled implement, sending it upward.
S1.E27.1a Jumps forward or backward consecutively using a self-turned rope.
S1.E27.1b Jumps a long rope up to 5 times consecutively with teacher-assisted turning.
S2. E1.1 Moves in self-space and general space in response to designated beats/rhythms.
S2.E2.1a Travels demonstrating low, middle, and high levels.
S2.E2.1b Travels demonstrating a variety of relationships with objects (e.g. over, under, around, through).
S2.E3.1a Differentiates between fast and slow speeds.
S2.E3.1b Differentiates between strong and light force.
S3.E1.1 Discusses the benefits of being active and exercising and/or playing.
S3.E2.1 Actively engages in Physical Education class.
S3.E3.1 Identifies the heart as a muscle that grows stronger with exercise, play, and physical activity.
S3.E6.1 Differentiates between healthy and unhealthy foods.
S4.E1.1 Accepts personal responsibility by using equipment and space appropriately.
S4.E2.1 Follows the rules and parameters of the learning environment.
S4.E3.1 Responds appropriately to general feedback from the teacher.
S4.E4.1 Works independently with others in a variety of class environments (e.g. small and large groups).
S4.E5.1 Exhibits the established protocols for class activities.
S4.E6.1 Follows teacher directions for safe participation and proper use of equipment without teacher reminders.
S5.E1.1 Identifies physical activity as a component of good health.
S5.E2.1 Recognizes that challenge in physical activities can lead to success.
S5.E.2.1a Describes positive feelings that result from participating in physical activities.
S5.E3.1b Discusses personal reasons (i.e. the "why") for enjoying physical activities.

**Strategies & Tactics related to Movement**

**Achieve & Maintain a healthy level of activity & fitness**

**Behavior that respects self & others**

**Recognize the value & benefit of P.E.**



## Motor Skills & Movement Patterns

## GRADE 2 2024-25 ACTIVITY TO GLO MAP

S1.E1.2 Skips using a mature pattern.
S1.E2.2a Runs with a mature pattern.
S1.E2.2b Travels showing differentiation between jogging & sprinting.
S1.E3.2 Demonstrates four of the five critical elements for jumping & landing in a horizontal plane using a variety of one & two-foot take-offs and landings.
S1.E4.2 Demonstrates four of the five critical elements for jumping & landing in a vertical plane.
S1.E5.2 Performs a teacher and/or student-designed rhythmic activity with correct response to simple rhythms.
S1.E7.2a Balances on different bases of support, combining levels & shapes.
S1.E7.2b Balances in an inverted position with stillness & supportive base.
S1.E8.2 Transfers weight from feet to different body parts/bases of support for balance &/or travel.
S1.E9.2 Rolls in different directions with either a narrow or curled body shape.
S1.E10.2 Differentiates among twisting, curling, bending, & stretching actions.
S1.E11.2 Combines balances & transfers into a 3-part sequence (i.e. dance, gymnastics).
S1.E13.2 Throws underhand using a mature pattern.
S1.E14.2 Throws overhand demonstrating two of five critical elements of a mature pattern.
S1.E16.2 Catches a self-tossed or well-thrown large ball with hands, not trapping or cradling against the body.
S1.E17.2a Dribbles in self-space with preferred hand demonstrating a mature pattern.
S1.E17.2b Dribbles using the preferred hand while walking in general space.
S1.E18.2 Dribbles with the feet in general space with control of ball & body.
S1.E21.2 Uses a continuous running approach & kicks a moving ball, demonstrating three of the five elements of a mature kicking pattern.
S1.E22.2 Volleys an object upward with consecutive hits.
S1.E24.2 Strikes an object upward with a short-handled implement, using consecutive hits.
S1.E25.2 Strikes a ball off tee or cone with a bat using correct grip & side orientation/proper body orientation.
S1.E27.2a Jumps a self-turned rope consecutively forward or backward with a mature pattern.
S1.E27.2b Jumps a long rope 5 times consecutively with student turners.
S2.E1.2 Combines locomotor skills in general space to a rhythm.
S2.E2.2 Combines shapes, levels & pathways into simple travel, dance and gymnastics sequences.
S2.E3.2 Varies time & force with gradual increases and decreases.
S3.E1.2 Describes large-motor &/or manipulative physical activities for participation outside Physical Education class (e.g. before and after school, at home, at the park, with friends, with the family).
S3.E2.2 Actively engages in Physical Education class in response to instruction & practice.
S3.E3.2a Recognizes the use of the body as resistance (e.g. holds body in plank position, animal walks) for developing strength.
S3.E3.2b Identifies physical activities that contribute to fitness.
S3.E6.2 Recognizes the "good health balance" of nutrition & physical activity.
S4.E1.2 Practices skills with minimal teacher prompting.
S4.E2.2 Accepts responsibility for class protocols with behavior & performance actions.
S4.E3.2 Accepts specific corrective feedback from the teacher.
S4.E4.2 Works independently with others in partner environments.
S4.E5.2 Recognizes the role of rules & etiquette in teacher-designed physical activities.
S4.E6.2a Works independently & safely in Physical Education.
S4.E6.2b Works safely with Physical Education equipment.
S5.E1.2 Recognizes the value of "good health balance."
S5.E2.2 Compares physical activities that bring confidence & challenge.
S5.E3.2 Identifies physical activities that provide self-expression (e.g. dance, gymnastics routines, practice tasks in game environments).

## Strategies & Tactics related to Movement

## Achieve & Maintain a healthy level of activity & fitness

## Behavior that respects self & others

## Recognize the value & benefit of P.E.

## Motor Skills & Movement Patterns

## GRADE 3 2024-25 ACTIVITY TO GLO MAP

S1.E1.3 Leaps using a mature pattern.
S1.E2.3 Travels showing differentiation between sprinting and running
S1.E3.3 Jumps and lands in the horizontal plane using a mature pattern.
S1.E4.3 Jumps and lands in the vertical plane using a mature pattern.
S1.E5.3 Performs teacher-selected and developmentally appropriate dance steps and movement patterns.
S1.E6.3 Performs a sequence of locomotor skills, transitioning from one skill to another smoothly and without hesitation.
S1.E7.3 Balances on different bases of support, demonstrating muscle tension & extensions of free body parts.
S1.E8.3 Transfers weight from feet to hands for momentary weight support.
S1.E10.3 Moves into and out of gymnastics balances with curling, twisting and stretching actions.
S1.E11.3 Combines locomotor skills and movement concepts (levels, shapes, extensions, pathways, force, time, flow) to create and perform a dance.
S1.E12.3 Combines balance and weight transfers with movement concepts to create and perform a dance.
S1.E13.3 Throws underhand to a partner or target with reasonable accuracy.
S1.E14.3 Throws overhand, demonstrating 3 of the 5 critical elements of a mature pattern, in non-dynamic environments (closed skills), for distance and/or force.
S1.E16.3 Catches a gently tossed hand-sized ball from partner, demonstrating 4 of the 5 critical elements of mature pattern.
S1.E17.3 Dribbles and travels in general space at slow to moderate jogging speed with control of ball & body.
S1.E18.3 Dribbles with the feet in general space at slow to moderate jogging speed with control of ball and body.
S1.E19.3 Receives and passes a ball with the inside of the foot to a stationary partner, "giving" on reception before returning the pass.
S1.E21.3a 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.E21.3b Uses a continuous running approach and kicks a stationary ball for accuracy.
S1.E22.3 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.E24.3a Strikes an object with a short-handled implement, sending it forward over a low net or to a wall.
S1.E24.3b Strikes an object with a short-handled implement while demonstrating 3 of 5 critical elements of a mature pattern.
S1.E25.3 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.E27.3 Performs intermediate jump-rope skills (e.g. variety of tricks, running in/ out of long rope) both long & short ropes.

## Strategies & Tactics related to Movement

S2.E1.3 Recognizes the concept of open spaces in a movement context.
S2.E2.3 Recognizes locomotor skills specific to a wide variety of physical activities.
S2.E3.3 Combines movement concepts (direction, levels, force, time) with skills as directed by the teacher.
S2.E4.3a Employs the concept of alignment in gymnastics and dance.
S2.E4.3b Employs the concept of muscular tension with balance in gymnastics and dance.
S2.E5.3a Applies simple strategies/tactics in chasing activities.
S2.E5.3b Applies simple strategies/tactics in fleeing activities.

## Achieve & Maintain a healthy level of activity & fitness

S3.E1.3a Charts participation in physical activities outside Physical Education class.
S3.E1.3b Identifies physical activity as a way to become healthier.
S3.E2.3 Engages in the activities of Physical Education class without teacher prompting.
S3.E3.3 Describes the concept of fitness and provides examples of physical activity to enhance fitness.
S3.E4.3 Recognizes the importance of warm-up & cool-down relative to vigorous physical activity.
S3.E5.3 Demonstrates, with teacher direction, the health-related fitness components.
S3.E6.3 Identifies foods that are beneficial for pre- and post-physical activity.

## Behavior that respects self & others

S4.E1.3 Exhibits personal responsibility in teacher-directed activities.
S4.E2.3 Works independently for extended periods of time.
S4.E3.3 Accepts and implements specific corrective teacher feedback.
S4.E4.3a Works cooperatively with others.
S4.E4.3b Praises others for their success in movement performance.
S4.E5.3 Recognizes the role of rules and etiquette in physical activity with peers.
S4.E6.3 Works independently and safely in physical activity settings.

## Motor Skills & Movement Patterns

S1.E1.4	Uses various locomotor skills in variety of small-sided practice tasks, dance & educational gymnastics experiences.
S1.E2.4	Runs for distance using a mature pattern.
S1.E3.4	Uses spring-and-step take-offs and landings specific to gymnastics.
S1.E5.4	Combines locomotor movement patterns and dance steps to create and perform an original dance.
S1.E6.4	Combines travelling with manipulative skills of dribbling, throwing, catching and striking in teacher - and/or student-designed small-sided practice tasks.
S1.E7.4	Balances on different bases of support on apparatus, demonstrating levels and shapes.
S1.E8.4	Transfers weight from feet 2 hands varying speed & using large extensions(e.g. mule kick, handstand, cartwheel).
S1.E10.4	Moves into and out of balances on apparatus with curling, twisting and stretching actions.
S1.E11.4	Combines locomotors and movement concepts (levels, shapes, extensions, pathways, force, time, flow) to create and perform a dance with a partner.
S1.E12.4	Combines traveling w/balance & weight transfers to create a gymnastics sequence w/& w/o equip/apparatus.
S1.E14.4a	Throws overhand using a mature pattern in non-dynamic environments (closed skills).
S1.E14.4b	Throws overhand to a partner or at a target with accuracy at a reasonable distance.
S1.E15.4	Throws to a moving partner with reasonable accuracy in a non-dynamic environment (closed skills).
S1.E16.4	Catches a thrown ball above the head, at chest/waist level and below the waist using a mature pattern in a non-dynamic environment (closed skills).
S1.E17.4a	Dribbles in self-space with both the preferred and the non-preferred hand using a mature pattern.
S1.E17.4b	Dribbles in general space with control of ball and body while increasing and decreasing speed.
S1.E18.4	Dribbles with the feet in general space with control of ball and body while increasing and decreasing speed.
S1.E19.4a	Receives & passes a ball w/insides of feet to a moving partner in non-dynamic environment (closed skills).
S1.E19.4b	Receives & passes a ball w/outside & insides of feet to a stationary partner, "giving" on reception before returning pass.
S1.E20.4	Dribbles with hand/ feet in combination with other skills (e.g., passing, receiving, shooting).
S1.E21.4	Kicks along the ground and in the air, and punts using mature patterns.
S1.E22.4	Underhand-volleys, using a mature pattern, in a dynamic environment (e.g., 2 square, 4 square, handball).
S1.E23.4	Strikes/volleys w/2-hand overhead pattern, sending ball upward-demonstrating 4 of 5 critical elements of mature pattern.
S1.E24.4a	Strikes an object with a short- handled implement while demonstrating a mature pattern.
S1.E24.4b	Strikes an object w/ a short- handled implement, alternating hits w/partner over a low net or against a wall.
S1.E25.4	Strikes an object w/ a long-handled implement (e.g. hockey stick, golf club, bat, tennis/badminton racket) demonstrating 3 of 5 critical elements of mature pattern for the implement (grip, stance, body orientation, swing plane & follow-through).
S1.E26.4	Combines traveling with the manipulative skills of dribbling, throwing, catching and striking in teacher- and/ or student-designed small-sided practice task environments.
S1.E27.4	Creates a jump-rope routine with either a short or long rope.

## Strategies & Tactics related to Movement

S2.E1.4a	Applies the concept of open spaces to combination skills involving traveling, (e.g., dribbling and traveling).
S2.E1.4b	Applies the concept of closing spaces in small-sided practice tasks.
S2.E1.4c	Dribbles in general space with changes in direction and speed.
S2.E2.4	Combines movement concepts with skills in small-sided practice tasks, gymnastics and dance environments.
S2.E3.4a	Applies the movement concepts of speed, endurance and pacing for running.
S2.E3.4b	Applies concepts direction & force when striking an object w/short-handled implement, sending it to a designated target.
S2.E5.4a	Applies simple offensive strategies/ tactics in chasing and fleeing activities.
S2.E5.4b	Applies simple defensive strategies/ tactics in chasing and fleeing activities.
S2.E5.4c	Recognizes the type of kicks needed for different games/ sports situations.

## Achieve & Maintain a healthy level of activity & fitness

S3.E1.4	Analyzes opportunities for participating in physical activity outside Physical Education class.
S3.E2.4	Actively engages in the activities of Physical Education class, both teacher-directed and independent.
S3.E3.4	Identifies the components of health-related fitness.
S3.E4.4	Demonstrates warm-up & cooldown relative to the cardio-respiratory fitness assessment.
S3.E5.4a	Completes fitness assessments (pre- & post-).
S3.E5.4b	Identifies areas of needed remediation from personal test and, with teacher assistance, identifies strategies for progress in those areas.
S3.E6.4	Discusses the importance of hydration and hydration choices relative to physical activities.

## Behavior that respects self & others

S4.E1.4	Exhibits responsible behavior in independent group situations.
S4.E3.4	Reflects on personal social behavior in physical activity.
S4.E4.4	Listens respectfully to corrective feedback from others (e.g., peers, adults).
S4.E4.4a	Praises the movement performance of others both more and less-skilled.
S4.E4.4b	Accepts "players" of all skill levels into the physical activity.
S4.E5.4	Exhibits etiquette and adherence to rules in a variety of physical activities.
S4.E6.4	Works safely with peers and equipment in physical activity settings.

## Recognize the

S5.E1.4	Examines the health benefits of participating in physical activity.
S5.E2.4	Rates the enjoyment of participating in challenging and mastered physical activities.

# GRADE 4 2024-25 ACTIVITY TO GLO MAP

## Motor Skills & Movement Patterns

## GRADE 5 2024-25 ACTIVITY TO GLO MAP

S1.E1.5a Demonstrates mature patterns of locomotor skills in dynamic small-sided practice tasks, gymnastics and dance.
S1.E1.5b Combines locomotor and manipulative skills in a variety of small-sided practice tasks/game environments.
S1.E1.5c Combines travelling with manipulative skills for execution to a target (e.g. scoring in soccer, hockey and basketball).
S1.E2.5 Uses appropriate pacing for a variety of running distances.
S1.E3.5 Combines jumping and landing patterns with locomotor and manipulative skills in dance, gymnastics and small-sided practice tasks in game environments.
S1.E5.5 Combines locomotor skills in cultural as well as creative dances (self and group) with correct rhythm and pattern.
S1.E7.5 Combines balance and transferring weight in a gymnastics sequence or dance with a partner.
S1.E8.5 Transfers weight in gymnastics and dance environments.
S1.E10.5 Performs curling, twisting & stretching w/correct app. in dance, gymn. & small-sided practice tasks/games environs.
S1.E11.5 Combines locomotor skills & movement concepts (levels, shapes, extensions, pathways, force, time, flow) to create & perform a dance with a group.
S1.E12.5 Combines actions, balances, weight transfers to create a gymnastics sequence with a partner on equipment/apparatus.
S1.E13.5a Throws underhand using mature pattern in non dynamic environments(closed skills), w/different sizes & types of objects.
S1.E13.5b Throws underhand to a large target with accuracy.
S1.E14.5a Throws overhand using mature pattern in non dynamic environments(closed skills), w/ different sizes & types of objects.
S1.E14.5b Throws overhand to a large target with accuracy.
S1.E15.5a Throws with accuracy, both partners moving.
S1.E15.5b Throws with reasonable accuracy in dynamic, small-sided practice tasks.
S1.E16.5a Catches batted ball above head, at chest/waist level & along ground using a mature pattern in non-dynamic environment.
S1.E16.5b Catches with accuracy, both partners moving.
S1.E16.5c Catches with reasonable accuracy in dynamic, small-sided practice tasks.
S1.E17.5 Combines hand dribbling with other skills during one-on-one practice tasks.
S1.E18.5 Combines foot dribbling with other skills in one-on-one practice tasks.
S1.E19.5a Passes with the feet, using a mature pattern, as both partners travel.
S1.E19.5b Receives a pass with the feet, using a mature pattern, as both partners travel.
S1.E20.5 Hand/foot-dribbles with mature patterns in a variety of small-sided game forms.
S1.E21.5 Demonstrates mature patterns in kicking and punting in small-sided practice task environments.
S1.E23.5 Strikes/volleys a ball using a two-hand overhead pattern, sending it upward to a target.
S1.E24.5 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.E25.5a Strikes a pitched ball with a bat using a mature pattern.
S1.E25.5b Combines striking with a long implement (e.g., bat, hockey stick) w/ receiving & traveling skills in a small-sided game.
S1.E26.5 Combines manipulative skills and traveling for execution to a target (e.g., scoring in soccer, hockey and basketball).
S1.E27.5 Creates a jump rope routine with a partner, using either a short or long rope.

## Strategies & Tactics related to Movement

S2.E1.5 Combines spatial concepts w/locomotor & non locomotor movements 4 small groups in gym, dance & games environs.
S2.E2.5 Combines movement concepts w/skills in small-sided pract. tasks/games environments, gymn. & dance w/self-direction.
S2.E3.5a Applies movement concepts to strategy in game situations.
S2.E3.5b Applies the concepts of direction and force to strike an object with a long-handled implement.
S2.E3.5c Analyzes movement situations and applies movement concepts (e.g., force, direction, speed, pathways, extensions) in small-sided practice task/game environments, dance and gymnastics.
S2.E5.5a Applies basic offensive and defensive strategies/ tactics in invasion small-sided practice tasks.
S2.E5.5b Applies basic offensive and defensive strategies/ tactics in net/wall small-sided practice tasks.
S2.E5.5c Recognizes the type of throw, volley or striking action needed for different games/sports situations.
S3.E1.5 Charts and analyzes physical activity outside Physical Education class for fitness benefits of activities.
S3.E2.5 Actively engages in all the activities of Physical Education.
S3.E3.5 Differentiates between skill-related and health-related fitness.6
S3.E4.5 Identifies the need for warm-up & cool-down relative to various physical activities.
S3.E5.5b Designs a fitness plan to address ways to use physical activity to enhance fitness.
S3.E6.5 Analyzes the impact of food choices relative to physical activity, youth sports & personal health.

## Achieve & Maintain a healthy level of activity & fitness

S4.E1.5 Engages in physical activity with responsible interpersonal behavior (e.g., peer/peer, student/teacher, student/referee).
S4.E2.5a Participates with responsible personal behavior in a variety of physical activity contexts, environments and facilities.

## Behavior that respects self & others