

Power Standard 1 : The student will be able to demonstrate a variety of manipulative skills and movement patterns for lifetime wellness.

	Kindergarten	1st	2nd	3rd	4th	5th
Locomotor	I can skip in personal space.					
Manipulative						
*Throwing/Catching I can pass/throw a ball using proper form	I can throw using TLC method.	I can throw at a stationary object.	I can catch a ball with my hands.	I can catch while moving continuously.	I can throw to a moving target.	I can move to an open space and catch.
*Dribbling		I can dribble a basketball under control.	I can dribble a basketball while moving.			I can dribble a basketball in multiple pathways.



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*Striking		I can underhand strike an object with a paddle.	I can underhand strike an object to a target.	I can underhand volley with an implement.	I can forehand and backhand strike a ball using an implement.	I can volley using a forehand or backhand strike.
Rhythm		I can jump rope single beat consecutively.		I can demonstrate a double-beat jump rope pattern.		
Kicking	I can kick a soccer ball.		I can trap and kick a soccer ball.	I can dribble while under control.	I can dribble and kick a ball toward a target.	
Fitness					I can achieve a healthy level of cardiovascular endurance.	I can achieve a healthy level of cardiovascular endurance.
Other Skills	I can climb across the rock wall.					

Power Standard 2: The student will be able to explore a variety of fitness and nutrition concepts.						
Health	Kindergarten	1st	2nd	3rd	4th	5th
Nutrition	<p>I can recognize that food provides energy for physical activity.</p> <ul style="list-style-type: none"> calories= energy 	<p>I can differentiate between healthy and unhealthy foods.</p>	<p>I can identify the food groups.</p> <ul style="list-style-type: none"> Dairy Protein Grains Fruits Vegetables 	<p>I can match food to the food groups.</p> <ul style="list-style-type: none"> Dairy Protein Grains Fruits Vegetables 	<p>I can create a balanced meal plan including each food group.</p> <ul style="list-style-type: none"> 1 meal 	<p>I can explain the impact of food choices on the body.</p> <ul style="list-style-type: none"> Grains: energy Protein: muscle building Dairy: bone strength Fruits & Vegetables: minerals and vitamins
Fitness	<p>I can tell what it means to be fit.</p>	<p>I can tell why it is important to be physically active every day.</p>	<p>I can identify the definition of health-related fitness.</p>	<p>I can explain the difference between an exercise and a sport skill.</p>	<p>I can name the components of health related fitness.</p> <ul style="list-style-type: none"> Cardio respiratory endurance Muscular strength and endurance Flexibility 	<p>I can associate activities related to the components of health related fitness.</p> <ul style="list-style-type: none"> Cardio respiratory endurance Muscular strength and

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					<ul style="list-style-type: none"> • Body Composition 	<p>endurance</p> <ul style="list-style-type: none"> • Flexibility • Body Composition
<p>Reproductive System</p> <p><i>(Non-assessed target)</i></p>						<p>I can research and analyze the physical, emotional, social, and intellectual changes occurring during puberty. (growth and development video)</p>