

WSD K-2 Physical Ed Curriculum Map

*Western School District utilizes the **State of Michigan benchmark-based Exemplary Physical Education Curriculum (EPEC)** ;
See this link for EPEC information: <http://www.michiganfitness.org/EPEC/default.htm>*

*See this link for **State of Michigan Physical Education Benchmarks** :
http://www.michigan.gov/documents/mde/PE_Stnds.Bench_FINAL_2.14.07_246701_7.pdf*

*See this link for **Grade 2 Physical Education Level Content Expectations** : http://www.michigan.gov/mde/0,1607,7-140-28753_38684_29234-162275--,00.html*

<u>Content Expectations</u>	<u>Pacing Guide</u>	<u>Student-Friendly Language (Clarification)</u>	<u>Instructional Strategies / Materials</u>	<u>Assessment</u>
Follow Directions (Personal/Social Skill)	Three day unit Quarter One		EPEC Personal/Social Curriculum	
Define following directions and tell why it is important to self and others	Step 1	Do What Someone Asks You to Do		Observation and Assessment Rubric
Listen to instructions; Ask questions if instructions are not understood; Comply with instructions	Step 2	Listen, Ask, Do		Observation and Assessment Rubric
Complies with rules for use of equipment and facilities; Responds accurately to authority figures; Recognizes the implications of not following directions.	Step 3	Use Equipment Correctly; Obey Your Leader; Think		Observation and Assessment Rubric

Demonstrates following directions by exhibiting the indicators when asked by the teacher to perform them while learning, practicing and participating in physical activities.	Step 4	All the above.		Observation and Assessment Rubric
Leap (Locomotor Skill)	Three day unit Quarter One		EPEC Leap Curriculum	
Demonstrate leaping off the front foot and landing on the opposite foot correctly, starting from a standing position.	Step 1	Stand, Bend, Push, Reach, Land softly		Observation & Skill Ass'm'nt Rubric
Demonstrate swinging the arm and leaning correctly when leaping from a standing position.	Step 2	Stand, Bend, Swing Arm and Leg, Lean, Reach		Observation & Skill Ass'm'nt Rubric
Demonstrate walking at a moderate speed, leaping correctly, then continuing to walk.	Step 3	Walk, Step and Bend; Push, Swing Arm and Leg; Reach; Walk		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form while running at a moderate speed, leaping, and then continuing to run at a moderate speed.	Step 4	Run, Step and Bend; Push, Swing Arm and Leg; Reach; Run		Observation & Skill Ass'm'nt Rubric
Body Parts, Actions, Planes (Knowledge, Activity and Fitness Skill)	Two day unit Quarter One		EPEC Body Parts, Actions, Planes Curriculum	

Correctly follows directions given by the teacher regarding body parts, planes and actions 70-100% of the time.	Step 3	Follow directions		Observation and Assessment Rubric
Correctly applies concepts related to body parts, planes and actions when communicating with classmates 70-100% of the time.	Step 4	Communicate with classmates		Observation and Assessment Rubric
Hip and Low Back Flexibility (Knowledge, Activity and Fitness Skill)	Eleven day unit throughout year		EPEC Hip and Low Back Flexibility Curriculum	
Demonstrate all elements of form while executing the Wall Stretch	Quarter One	Stick to Wall, Feet Flat, Point Toes-Straighten, Hold		Observation and Assessment Rubric
Demonstrate all elements of form while executing the Quad Stretch	Quarter One	Lie Flat, Bend Knee, Bend Other, Hold		Observation and Assessment Rubric
Demonstrate all elements of form while executing the Sit and Lean Stretch	Quarter One	Sit Straight, Arms Behind Head, Lean, Hold		Observation and Assessment Rubric
Maintain all elements of form for above 3 exercises and hold each stretch for at least 30 sec.	Quarter 1 (3x), Q 2 (3x), Q 3 (1x), Q 4 (2x)			Observation and Assessment Rubric

Aerobic Fitness (Knowledge, Activity and Fitness Skill)	Ten day unit throughout year		EPEC Aerobic Activity/Fitness Curriculum	
Sustain exercise at a moderately high intensity for two minutes.	Quarter One; Step 1	Run/Walk/Jog		Observation and Assessment Rubric
Sustain exercise at a moderately high intensity for three minutes.	Quarter One; Step 3	Run/Walk/Jog		Observation and Assessment Rubric
Sustain exercise at a moderately high intensity for four minutes.	Quarter Two; Step 4	Run/Walk/Jog		Observation and Assessment Rubric
Sustain exercise at a moderately high intensity for five minutes.	Quarter Two; Step 5	Run/Walk/Jog		Observation and Assessment Rubric
Sustain exercise at a moderately high intensity for six minutes. (Two days)	Quarter Two (2 x); Step 6	Run/Walk/Jog		Observation and Assessment Rubric
Sustain exercise at a moderately high intensity for seven minutes.	Quarter Three; Step 7	Run/Walk/Jog		Observation and Assessment Rubric
Sustain exercise at a moderately high intensity for eight minutes.	Quarter Four; Step 8	Run/Walk/Jog		Observation and Assessment Rubric
Sustain exercise at a moderately high intensity for nine minutes.	Quarter Four, (2 x); Step 9	Run/Walk/Jog		Observation and Assessment Rubric
Instep Kick (Object Control Skill)	Four day unit Quarter One		EPEC Instep Curriculum	

Demonstrate correct backswing and kick action when kicking a ball so it travels a distance of 20 feet	Step 2	Stand; Watch Ball; Big Step; Shoelaces--Firm foot		Observation & Skill Ass'm'nt Rubric
Demonstrate correct posture and arm swing when kicking a ball so it travels a distance of 20 feet.	Step 3	Stand, Watch Ball; Big Step; Lift Back; Swing		Observation & Skill Ass'm'nt Rubric
Demonstrate following through correctly when kicking a ball so it travels a distance of 20 feet.	Step 4	Big Step, Lift Back; Straighten; Swing Leg; Swing Other hand		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form when kicking a ball in a smooth, continuous motion so it travels a distance of at least 20 feet in the air.	Step 5	Big Step, Lift Back, Swing Leg, Point and Land, Land Softly		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form when kicking a stationary ball after approaching it at a moderate speed, so it travels 30 feet and hits a 15-foot-wide by eight-foot-high target marked on the wall, three consecutive times.	Step 6	Approach, Lift Back; Kick Hard; Step Toward Target; Hit Target		Observation & Skill Ass'm'nt Rubric
Lift and Carry Posture (Object Control Skill)	Four day unit Quarter One		EPEC Lift and Carry Curriculum	

Demonstrate correct lift and lower form when lifting a five-pound box waist high, and then lowering it to the floor in response to teacher cues.	Step 1	Stand Close; Squat, Grab; Lift; Lower		Observation & Skill Ass'm'nt Rubric
Demonstrate correct lift and lower form when lifting a five-pound box waist high, and then lowering it to the floor without teacher cues.	Step 2	Stand Close; Squat, Grab; Lift; Lower		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form when lifting a five-pound box off the floor, carrying it at least 20 feet and lowering it to the floor.	Step 3	Stand Close; Lift; Carry Close; Lower		Observation & Skill Ass'm'nt Rubric
Foot Dribble (Object-Control Skill)	Four day unit Quarter One		EPEC Foot Dribble Curriculum	
Demonstrate dribbling a ball correctly using the medial sides of the feet when moving at a moderate speed for 40 feet.	Step 2	Ready You, Shift to One, Toe Out, Tap Ahead, Step, Tap Ahead.		Observation & Skill Ass'm'nt Rubric
Demonstrate dribbling a ball correctly using the medial and lateral sides of the feet as appropriate, when moving at a moderate speed for 40 feet.	Step 3 (Two days)	Shift to One, Toe Out Tap Ahead, Step Tap Ahead, Toe In Tap Ahead		Observation & Skill Ass'm'nt Rubric

Demonstrate mature form when dribbling a ball in a smooth, continuous motion at a moderate speed for 40 feet.	Step 4	Toe Out, Tap Ahead; Step, Tap Ahead; Toe In, Tap Ahead; Look Ahead		Observation & Skill Ass'm'nt Rubric
Best Effort (Personal/Social Skill)	Three day unit Quarter Two		EPEC Best Effort Curriculum	
Give a definition of best effort and tell why giving one's best effort is important to self and others.	Step 1	Try Your Hardest Why?		Observation and Assessment Rubric
Recall definition and demonstrate best effort by exhibiting the following 3 indicators: Learns willingly new and/or difficult tasks. Displays high levels of energy expenditure when learning, practicing and applying educational activities. Requires minimal encouragement from others to maintain high levels of energy expenditure on specified tasks.	Step 2: First Three Indicators	Learn New Things; Try Hard; Keep Trying		Observation and Assessment Rubric

<p>Recall definition and demonstrate best effort by exhibiting the remaining 3 indicators: Stays on task in the presence of distractions and/or disruptions. Sets realistic and challenging goals and adheres to effective strategies to achieve them. Asks for feedback and clarification when needed.</p>	<p>Step 3: Second Three Indicators</p>	<p>Pay Attention; Do a Good Job; Check Work</p>		<p>Observation and Assessment Rubric</p>
<p>Demonstrate best effort by exhibiting the indicators when asked by the teacher to perform them while learning, practicing and participating in physical activities.</p>	<p>Step 4</p>	<p>Try Your Hardest; Learn New Things, Try Hard; Keep Trying, Pay Attention; Do a Good Job, Check Work</p>		<p>Observation and Assessment Rubric</p>

Vertical Jump (Locomotor Skill)	Four day unit Quarter Two		EPEC Vertical Jump Curriculum	
<p>Preparation Phase, (from a standing position): Side orientation to target, focus eyes on target. Feet shoulder-width, weight on balls of feet. Flex hips & knees 80-100 degrees. Simultaneously extend arms down & behind body.</p>	Step 1	Stand, Look Up; Crouch; Point Down; Weight on Toes		Observation & Skill Ass'm'nt Rubric
<p>Jump Action (at half speed): Flex hips & knees; Simultaneously extend arms down & behind body; Swing both arms forward, then upward while simultaneously extending ankles, knees & hips so body parts form a straight line, resulting in jumper <u>standing on toes</u> with eyes focused in the direction of the jump.</p>	Step 2	Crouch; Push, Reach Up; Straight as a Rocket; Look Up		Observation & Skill Ass'm'nt Rubric

<p>Action Phase (at full speed) Demonstrate correctly all above, also take-off trajectory is nearly perpendicular to the ground. Take off from both feet simultaneously. Reach directly overhead with one arm, extending elbow & shoulder until legs, trunk & reaching arm are in vertical alignment. Other arm swings down after reaching head height.,</p>	<p>Step 3</p>	<p>Crouch; Jump; Straight as a Rocket; Reach Up</p>		<p>Observation & Skill Ass'm'nt Rubric</p>
<p>Mature Form (from a standing position) Demonstrate correctly both the Preparation Phase and the Action Phase and then the Completion Phase: Absorb the force of landing by landing on both feet and then flexing the ankles, knees and hips.</p>	<p>Step 4</p>	<p>Stand, Crouch; Jump; Straight as a Rocket, Reach Up; Land Two</p>		<p>Observation & Skill Ass'm'nt Rubric</p>
<p>Demonstrate mature form when executing a vertical jump six times in a row without stopping.</p>	<p>Step 5</p>	<p>Stand, Crouch; Straight as a Rocket; Jump 1. 2. 3; Jump 4, 5, 6</p>		<p>Observation & Skill Ass'm'nt Rubric</p>

Demonstrate mature form when executing a vertical jump that meets or exceeds age/grade performance standards.	Step 6	Stand, Crouch; Straight as a Rocket, Reach Up; Jump High; Jump Higher		Observation & Skill Ass'm'nt Rubric

Underhand Throw (Object Control Skill)	Four day unit Quarter Two		EPEC Underhand Throw Curriculum	
Demonstrate mature form in a smooth, continuous motion when throwing a ball underhand at least 20 feet.	Step 5	Grip, Square to Target; Step Toward Target, Arm/Wrist Back; Rock Forward, Arm Forward; Flip Wrist, Finish High		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form when throwing a ball underhand so it hits a four-foot-square target, centered three feet above the ground, from at distance of fifteen feet, three consecutive times.	Step 6	Step Toward Target, Arm/Wrist Back; Rock Forward, Arm Forward; Finish High; Hit Target		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form when throwing a ball underhand so it hits a four-foot-square target, centered three feet above the ground, from at distance of 25 feet, three consecutive times.	Step 7	Step Toward Target, Arm/Wrist Back; Rock Forward, Arm Forward; Finish High; Hit Target		Observation & Skill Ass'm'nt Rubric
Hop (Locomotor Skill)	Four day unit Quarter Two		EPEC Hop Curriculum	
Demonstrate mature form in a smooth, continuous motion while hopping on each foot.	Step 4	Bend; Push, go Forward; Swing Knee; Bend Elbows, Balance with Arms		Observation & Skill Ass'm'nt Rubric

Demonstrate mature form while hopping, changing feet every four hops.	Step 5	Push, Swing Knee, Go Forward; Four Times Right; Push, Swing Knee, Go Forward; Four Times Left		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form when hopping in time to music of moderate tempo, changing feet every four hops.	Step 6	Bend; Push, go Forward; Swing Knee; Land on Beat		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form when hopping in time to slow, moderate and fast tempos, eight consecutive times on each foot.	Step 7	Push, Swing Knee, Go Forward; Hop in Time, Slow; Hop in Time, Medium; Hop in Time, Fast		Observation & Skill Ass'm'nt Rubric
Catch Rolling Balls (Object-Control Skill)	Four day unit Quarter Two		EPEC Catch Rolling Balls Curriculum	
Demonstrate mature form when catching a ball that is rolled directly to the student at a moderate speed from a distance of 15-20 feet.	Step 4	Ready; Crouch; Catch In-Line; Lift		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form when catching a ball that is rolled directly to the student at various speeds from a distance of 20 feet.	Step 5	Catch; Slow Ball; Medium Ball; Fast Ball		Observation & Skill Ass'm'nt Rubric

Demonstrate mature form when sliding three feet into position (step-jump-close pattern) and catching a ball that is rolled from a distance of 20 feet.	Step 6	Slide; Crouch; Catch; Lift		Observation & Skill Ass'm'nt Rubric
Run (Locomotor Skill)	Four day unit Quarter Two		EPEC Run Curriculum	
Demonstrate correct leg action when running 40 feet at high speed.	Step 3	Push; Knee High; Air; Heel to Bottom		Observation & Skill Ass'm'nt Rubric
Demonstrate correct arm action when running 40 feet at high speed.	Step 4	Elbows Bent; Thumbs on Top; Pump; Shoulders-Pockets (hands move from one to other)		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form in a smooth, continuous motion when running at least 90 feet at high speed.	Step 5	Eyes Forward, Land on Toes; Bend, Feet Straight; Push, Knee High; Pump, Heel to Bottom		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form when running at slow speeds for at least two minutes, moderate speeds for at least one minute, and high speeds for at least one minute.	Step 6	Run Well; Run Slow; Run Medium; Run Fast		Observation & Skill Ass'm'nt Rubric
Cooperation (Personal/Social Skill)	Three day unit Quarter Three		EPEC Cooperation Curriculum	

<u>Step 1</u> Define cooperation and tell why it is important to self and others	Step 1	Cooperation; Work Together; Why?		Observation and Assessment Rubric
<u>Step 2</u> Takes turns in appropriate order without disrupting the class; Shares materials, equipment, space; Works with peers without disruption	Step 2: First 3 Indicators	Take Turns; Share; Don't Bother Others		Observation and Assessment Rubric
<u>Step 3</u> Listens, participates and generally contributes to the welfare of the class; Encourages peers to participate; Changes undesirable personal behaviour as a result of input from students or teachers	Step 3: Second 3 Indicators	Listen, Then Do; Cheer for Others; Stop When Asked		Observation and Assessment Rubric
Gallop (Locomotor Skill)	Four day unit Quarter Three		EPEC Gallop Curriculum	
Demonstrate mature form while galloping in time to music of various tempos (slow, moderate and fast) and in various pathways while changing directions.	Step 5	Step to Music; Close to Music; Gallop to Music; Gallop on Path		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form when galloping in physical activities	Step 6	Step; Pump Arms; Close; Gallop Well in Games		Observation & Skill Ass'm'nt Rubric

Hand Dribble (Object Control Skill)	Four day unit Quarter Three		EPEC Hand Dribble Curriculum	
Demonstrate dribbling a ball correctly in a stationary position five times with the dominant hand and then with the non-dominant hand.	Step 3	Ready You, Hold Ball; Push, Finger Pads; Lift, Push Again; Other Hand		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form while walking and dribbling a ball at least 30 feet with the dominant hand and then with the non-dominant hand. *See Teaching/Learning Progression for Mature Form Dribbling Benchmarks.	Step 4	Ready You; Hand on Top, Fingers Spread; Push, Finger Pads; Catch		Observation & Skill Ass'm'nt Rubric
Beneficial Effects of Physical Activity (Knowledge, Activity & Fitness Skill)	Four day unit Quarter Three		EPEC Benefits of Physical Activity Curriculum	
Demonstrate knowledge of the heart by identifying the location and function of the heart.	Step 1	Heart Function		Observation and Verbal Test Questions w/ Rubric
Demonstrate knowledge of the effect of activity on the heart by identifying that the heart rate increases as a result of an increase in physical activity.	Step 2	Heart Rate and Activity		Observation and Verbal Test Questions w/ Rubric

Demonstrate knowledge of the lungs by identifying the location and function of the lungs.	Step 3	Lung Function		Observation and Verbal Test Questions w/ Rubric
Demonstrate knowledge of the effect of activity on respiration by identifying that respiration rate increases as a result of an increase in physical activity.	Step 4	Respiration and Activity		Observation and Verbal Test Questions w/ Rubric
Demonstrate knowledge of the effect of activity on body temperature.	Step 5	Temperature and Activity		Observation and Verbal Test Questions w/ Rubric
Demonstrate knowledge of the effect of physical activity on aerobic fitness.	Step 6	Aerobic Fitness and Activity		Observation and Verbal Test Questions w/ Rubric
Demonstrate knowledge of the effect of physical activity on muscular fitness.	Step 7	Muscular Fitness and Activity		Observation and Verbal Test Questions w/ Rubric
Slide (Locomotor Skill)	Four day unit Quarter Three		EPEC Slide Curriculum	
Demonstrate mature form while sliding at a moderate speed, changing the lead foot every four slides.	Step 4	Step to Side, Close; Four Times Right; Step to Side, Close; Four Times Left		Observation & Skill Ass'm't Rubric

Demonstrate mature form while sliding in time to music of various tempos (slow, moderate and fast) and in various pathways, while changing directions (e.g., straight, curving, zigzagging).	Step 5	Step to Side; Close; Slide to Music; Slide on Path		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form while sliding in physical activities.	Step 6	Step to Side; Close; Soft Heels; Slide Well in Games		Observation & Skill Ass'm'nt Rubric
Underhand Strike (Object Control Skill)	Four day unit Quarter Three		EPEC Underhand Strike Curriculum	
Demonstrate the correct ready position when preparing to strike a ball underhand.	Step 1	Feet Staggered, Favorite Foot Back; Sticky Ball; Flat Hand, Touch; Watch Ball		Observation & Skill Ass'm'nt Rubric
Demonstrate the correct arm action when striking a ball underhand so it travels a distance of at least 15 feet.	Step 2	Ready You; Swing Back; Swing Forward; Swing Through		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form when striking a ball underhand so it travels a distance of at least 20 feet. *See Teaching/Learning Progression for Preparation, Action and Completion Phase Benchmarks.	Step 3	Sticky Ball, Ready You; Swing Back; Swing Forward, Step Forward; Swing Through		Observation & Skill Ass'm'nt Rubric

Demonstrate mature form when striking a ball underhand so it reaches a height of at least seven feet and travels 30 feet.	Step 4	Swing Back; Swing Forward, Step Forward; High; Far		Observation & Skill Ass'm'nt Rubric
Compassion for Others (Personal/Social Skill)	Three day unit Quarter Four		EPEC Compassion for Others Curriculum	
Give a definition of compassion and tell why showing compassion for others is important to self and others.	Step 1	Compassion; Care for Others; Why?; Show Compassion for Others		Observation and Assessment Rubric
Recall definition and demonstrate compassion by exhibiting the following three behavioral indicators when asked: Seeks to help individuals having difficulty with tasks. Apologizes to others when appropriate. Attempts to appropriately console others when they appear distressed.	Step 2	Care for Others; Help Others; Say You're Sorry; Make Others Feel Better		Observation and Assessment Rubric

Recall definition and demonstrate compassion by exhibiting the following three behavioral indicators when asked: Demonstrates awareness of attitudes and opinions of others. Encourages/invites others who are less gifted to participate. Praises others for their contributions and achievements regardless of their levels of ability.	Step 3	Care for Others; Care About Others' Feelings; Ask Others to Play; Say Good Things About Everyone		Observation and Assessment Rubric
Demonstrate compassion for others by exhibiting the indicators when asked by the teacher to perform them while learning, practicing and participating in physical activities.	Step 4	Care for Others; Help Others; Say You're Sorry; Make Others Feel Better; Care About Others' Feelings; Ask Others to Play; Say Good Things About Everyone		Observation and Assessment Rubric
Catch Fly Balls (Object Control Skill)	Four day unit Quarter Four		EPEC Catch Fly Balls Curriculum	
Demonstrate tossing a ball to progressively greater heights (to eight feet) and catching it correctly.	Step 2	Hold; Toss, Watch Ball; Catch; Lower		Observation & Skill Ass'm'nt Rubric

Demonstrate catching a ball correctly that is lobbed from a distance of six feet and to progressively greater heights (to ten feet).	Step 3	Ready; Watch Ball, Step in Line; Reach to Ball; Lower		Observation & Skill Ass'm'nt Rubric
Demonstrate correct hand position when catching a ball that is lobbed from a distance of six feet and to a height of 10 feet.	Step 4	Reach to Ball; Thumbs Out (Ball Low); Thumbs In (Ball High; Don't Trap		Observation & Skill Ass'm'nt Rubric
Skip (Locomotor Skill)	Four day unit Quarter Four		EPEC Skip Curriculum	
Demonstrate mature form in a smooth, continuous motion while skipping at a moderate speed when asked but without external tempos.	Step 4	Step-Hop; Swing Knee; Swing Arm; Smooth		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form while skipping in time to a moderate tempo provided by the instructor.	Step 5	Step-Hop; Swing Knee; Swing Arm; Skip in Time		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form while skipping in time to music of moderate tempo.	Step 6	Step-Hop; Swing Knee; Swing Arm; Skip to Music		Observation & Skill Ass'm'nt Rubric

Demonstrate mature form while skipping in time to music of moderate tempos (slow, moderate and fast) provided by the instructor and in various pathways.	Step 7	Step-Hop; Swing Knee, Swing Arm; Skip to Music; Skip on Path		Observation & Skill Ass'm'nt Rubric
Overhand Throw (Object Control Skill)	Four day unit Quarter Four		EPEC Overhand Throw Unit	
Demonstrate opening to a T position correctly when throwing a tennis ball overhand at least 20 feet, starting from a side orientation.	Step 2	Stand Sideways; Open to T; Twist Tummy; Tickle Knee		Observation & Skill Ass'm'nt Rubric
Demonstrate pivoting and twisting correctly when throwing a tennis ball overhand at least 20 feet, starting facing the target.	Step 3	Face Target; Turn and Step; T Position; Twist and Throw; Tickle Knee		Observation & Skill Ass'm'nt Rubric
Demonstrate correct arm action when throwing a tennis ball overhand at least 20 feet, starting facing the target.	Step 4	T Position; Bend Elbow, Hand Back; Straighten Elbow, Let Go; Finish		Observation & Skill Ass'm'nt Rubric
Batting (Object Control Skill)	Four day unit Quarter Four		EPEC Batting Unit	
Demonstrate the correct stance when preparing to hit a ball off a batting tee.	Step 2	Feet Ready; Body Ready; Arms Ready; Bat Ready		Observation & Skill Ass'm'nt Rubric

Demonstrate swinging correctly when hitting a ball off a batting tee.	Step 3	Rock Back; Twist, Squash the Bug; Rock Forward; Hands First		Observation & Skill Ass'm'nt Rubric
Demonstrate correct arm action when hitting a ball off a batting tee.	Step 4	Swing, Extend Elbows; Hands First; Bat Level; Roll Hands, Finish		Observation & Skill Ass'm'nt Rubric
Demonstrate striding correctly when hitting a ball off a batting tee.	Step 5	Rock Back; Short Step; Twist, Squash the Bug; Bat Level		Observation & Skill Ass'm'nt Rubric
Horizontal Jump (Locomotor Skill)	Four day unit Quarter Four		EPEC Horizontal Jump Unit	
Demonstrate mature form when executing a 30-inch (2nd Grade) horizontal jump over flat obstacle.	Step 4	Crouch, Point Back; Reach Up, Straighten; Land Two, Reach Forward; Clear		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form when executing a horizontal jump that meets or exceeds the grade-level performance standards: Age 7, Grade 2: 42".	Step 5	Crouch, Point Back; Reach Up, Straighten; Land Two, Reach Forward; Clear Distance		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form when executing a running long jump (i.e., running in combination with a horizontal jump from a one-foot take-off).	Step 6	Crouch, One-Foot-Take-Off, Straighten; Land Two; Reach Forward, Finish Softly		Observation & Skill Ass'm'nt Rubric
Demonstrate mature form when using the horizontal jump in physical activities.	Step 7	Crouch; Reach Up, Straighten; Land Two, Reach Forward; Jump Well in Games		Observation & Skill Ass'm'nt Rubric