1.MS.1.1:

*I can show all 8 locomotor skills in different pathways, levels, or directions.

1.MS.1.2:

*I can throw and catch by myself and/or with a partner.
*I can kick by myself and/or with a partner.

*I can strike with my hand or other equipment with myself or with a partner.

*I can dribble with my hand or foot, with myself or a partner.

1.MS.1.3:

*I can move and change from one locomotor skill to another without stopping.

1.MS.1.4:

*I can move in lots of different ways (locomotor/ non-locomotor) to rhythm.

1.MC.2.1:

*I can maintain self-space with moving in general space.

*I can move at different speeds and directions while using equipment.

1.MC.2.2:

*I can throw, catch, kick, dribble or strike using correct form.

1.MC.2.3:

*I can listen to feedback from my teacher to improve my performance.

*I can listen to feedback from my peer(s) to improve my performance.

1.MC.2.4:

*I can do activities that increase heart rate and make me stronger.

1.HF.3.1:

***I can recognize and perform two or more exercises that make me healthy and stronger.**

1.HF.3.2:

*I can play and learn outside of school.

1.HF.3.3:

*I can recognize and perform aerobic and anaerobic activities.

1.PR.4.1:

*I can play well with others.

1.PR.4.2:

*I can play nice to have fun.

1.PR.4.3:

*I can follow the safety rules.

2.MS.1.1:

***I can use two or more locomotor skills to move in different pathways, levels, or directions.**

2.MS.1.2:

*I can throw or catch with good balance and follow-through

2.MS.1.3:

*I can smoothly change from one locomotor skill to another.

2.MS.1.4:

*I can use non-locomotor and locomotor skills together in different ways.

2.MC.2.1:

*I can use different equipment while moving.

2.MC.2.2:

***I can show and tell three or more cues of throwing, catching, dribbling, striking, or kicking.**

2.MC.2.3:

***I can use feedback that my teacher/ friend gives me to make my skills better.**

2.MC.2.4:

*I can perform exercises for three or more of the five parts of fitness.

2.HF.3.1:

***I can demonstrate exercises that match three or more of the five different parts of fitness.**

2.HF.3.2:

*I can tell fun things to do that will help me exercise longer.

2.HF.3.3:

*I can use play everyday to increase my breathing and heart rate.

*I can use an exercise log to track and plan my personal fitness.

2.PR.4.1:

*I can explain why working together in a group is important.

2.PR.4.2:

*I can explain why playing nice and cooperating makes activities more fun.

2.PR.4.3:

*I can play safely with little or no reminder.

3.MS.1.1:

*I can move in different ways using sport / manipulative skills.

3.MS.1.2:

***I can use different sport / manipulative skills when moving in different pathways.**

3.MS.1.3:

*I can skillfully use different sport / manipulative skills moving in different pathways.

3.MS.1.4:

*I can dance and do rhythmic patterns.

3.MC.2.1:

*I can explain how effort leads to improvement.

3.MC.2.2:

*I can correctly perform sports related skills I learned in PE.

3.MC.2.3:

*I can use a rubric to assess myself and/or a partner.

3.MC.2.4:

*I can match an activity to a health related fitness component.

3.HF.3.1:

***I can state the health-related relationship between different activities and exercises.**

3.HF.3.2

*I can identify fun and hard moderate to vigorous physical activities.

3.HF.3.3:

*I can participate in moderate to vigorous activity several times a week.

3.PR.4.1:

*I can practice self-control and demonstrate respect for others and myself.

3.PR.4.2:

*I can use cooperation while working to achieve a goal.

3.PR.4.3:

*I can use cooperation and explain why it's important to work well with others.

4.MS.1.1:

***I can combine locomotor skills with manipulatives (throw, catch, dribble, kick, and strike).**

4.MS.1.2:

*I can create movement skill patterns found within different sports and activities.

4 MS.1.3:

*I can move in small-sided games/drills while using locomotor and hands-on skills.

4.MS.1.4:

*I can identify the pace of tempo in slow and fast rhythms.

4.MC.2.1:

*I can apply basic concepts of movement to improve myself.

4.MC.2.2:

*I can help my classmates improve through the skills I have learned.

4.MC2.3:

*I can assess a classmate in a game situation using a rubric (checklist).

4.MC.2.4:

***I can list one exercise/ activity associated with each of the five health related components.**

4.HF.3.1:

*I can complete a fitness assessment and explain how it affects my body.

4.HF.3.2:

*I can track my fitness behaviors for obesity prevention.

4.HF.3.3:

*I can monitor myself in order to adjust my physical activity.

4.PR.4.1:

*I can be responsible for my actions and behaviors.

4.PR.4.2:

*I can work with a group to accomplish a goal.

4.PR.4.3:

*I can understand that everyone is different and are able to work together.

5.MS.1.1:

*I can maintain my skills while performing different games, sports, or activities.

5.MS.1.2:

*I can perform complex skills with power and accuracy.

5.MS.1.3:

***I can show locomotor and manipulative skills in a variety of traditional and non-traditional games.**

5.MS.1.4:

*I can perform my own smooth rhythmic patterns.

5.MC.2.1:

*I can apply science principles to physical education through movement.

5.MC.2.2:

*I can use feedback to help myself and others improve movement and skills.

5.MC.2.3:

*I can play offense and defense in game situations.

5.MC.2.4:

*I can compare and contrast the components of fitness and explain how they relate to games and activities.

5.HF.3.1:

***I can complete the fitness test and explain how to improve my physical fitness.**

5.HF.3.2:

***I can calculate my heart rate and put into practice activities to maintain heart rate.**

5.HF.3.3:

*I can participate in activities that improve my well being in all five areas of fitness.

5.PR.4.1:

*I can be responsible for myself and respectful to others.

5.PR.4.2:

*I can work with others to achieve common goals.

5.PR.4.3:

*I can work cooperatively with everyone regardless of ethnicity or culture.