

HEALTH AND PHYSICAL EDUCATION – Movement Competence: Skills, Concepts, Strategies

<p>Grades 1-3 B1. perform movement skills, demonstrating awareness of the basic requirements of the skills and applying movement concepts as appropriate, as they engage in a variety of physical activities.</p>	<p>During physical education, <i>[Name]</i> can effectively use various types of balls and has good balance during games and other skill activities.</p>	
<p>Grades 4-6 B1. perform movement skills, demonstrating an understanding of the basic requirements of the skills and applying movement concepts as appropriate, as they engage in a variety of physical activities.</p>		
<p>Grades 7-8 B1. perform movement skills, demonstrating an understanding of the basic requirements of the skills and applying movement concepts as appropriate, as they engage in a variety of physical activities.</p>	<p><i>[Name]</i> performs movement skills demonstrating an understanding of basic skill requirements (e.g., smooth transitions in dance, adjusting strength of kick in soccer baseball depending on the direction of the wind).</p>	<p><i>[Name]</i> should pay closer attention to the basic skills of the activity at hand. For example, the strength of kick in soccer baseball should be adjusted depending on the direction of the wind.</p>
<p>Grades 1-3 B2. apply movement strategies appropriately, demonstrating an understanding of the components of a variety of physical activities, in order to enhance their ability to participate successfully in those activities.</p>		
<p>Grades 4-6 B2. apply movement strategies appropriately, demonstrating an understanding of the components of a variety of physical activities, in order to enhance their ability to participate successfully in those activities.</p>		
<p>Grades 7-8 B2. apply movement strategies appropriately, demonstrating an understanding of the components of a variety of physical activities, in order to enhance their ability to participate successfully in those activities.</p>	<p><i>[Name]</i> understands movement strategies involved in a variety of physical activities, as <i>[he/she]</i> demonstrated <i>[specific evidence, such as when he/she changed the way he/she pitched the ball in soccer baseball so that it made it more difficult for the members of the other team to kick the ball]</i>.</p>	<p><i>[Name]</i> had difficulty modifying movements to enhance <i>[his/her]</i> success in physical activities. Participating in physical activities outside of school (e.g., playing soccer with friends or family members after school) as well as in school will help <i>[Name]</i> improve <i>[his/her]</i> movement strategies.</p>

