Movement Skills and Concepts

Topic	Exceeding	Meeting	Approaching	Working Below
Space and Body Awareness	Regularly moves in general	Often moves in general	To some extent moves in	Seldom moves in general
	space at different speeds	space at different speeds	general space at different	space at different speeds
SCO: 1.1a	and under control.	and under control.	speeds and under control.	and under control.
	Regularly moves in general	Often moves in general	To some extent moves in	Seldom moves in general
	space changing direction	space changing direction	general space changing	space changing direction
	quickly.	quickly.	direction quickly.	quickly.
	Regularly moves at different	Often moves at different	To some extent moves at	Seldom moves at different
	levels and in different	levels and in different	different levels and in	levels and in different
	directions at various speeds.	directions at various speeds.	different directions at	directions at various speeds.
			various speeds.	
	Skilfully creates various	Easily creates various shapes	With some support creates	Unable to create various
	shapes using different body	with body using different	various using different body	shapes using different body
	parts.	body parts.	parts.	parts.
Effort and Relationships	Regularly moves into space	Often moves into space	To some extent moves into	Rarely moves into space
Concepts	varying time, force and flow	varying time, force and flow	space varying time, force	varying time force and flow
	depending on what is in or	depending on what is in or	and flow depending on what	depending on what is in or
SCO: 1.1b	around the playing space.	around the playing space.	is in or around the playing	around the playing space.
			space.	
	Regularly leads or imitates	Often leads or imitates	To some extent leads or	Rarely leads or imitates
	movement or movement	movement or movement	imitates movement or	movement or movement
	patterns with a partner.	patterns with a partner.	movement patterns with a	patterns with a partner.
			partner.	
	Regularly moves body	Often moves body in/out,	To some extent moves body	Rarely moves body in/out,
	in/out, over/under,	over/under, around/through	in/out, over/under,	over/under, around/through
	around/through various	various equipment.	around/through various	various equipment.
	equipment.		equipment.	
	Regularly moves body to a	Often moves body to a	To some extent moves body	Rarely moves body to a
	variety of sound cues.	variety of sound cues.	to a variety of sound cues.	variety of sound cues.
	Consistently follows a	Routinely follows a rhythm.	To some extent follows a	Seldom follows a rhythm.
	rhythm.		rhythm.	

Body and Stability Skills	Frequently starts and stops	Generally starts and stops	Sometimes starts and stops	Rarely starts and stops while
	while maintaining balance.	while maintaining balance.	while maintaining balance.	maintaining balance.
SCO: 1.2	Skilfully maintains balance	Easily maintains balance for	With some support	Unable to maintain balance
333. 2.2	for 3 seconds on different	3 seconds on different body	maintains balance for 3	for 3 seconds on different
	body parts.	parts.	seconds on different body	body parts.
	bea, parter		parts.	, parter
	Skilfully maintains balance	Easily maintains balance	With some support	Unable to maintain balance
	while performing various	while performing various	maintains balance while	while performing various
	movement skills.	movement skills.	performing various	movement skills.
			movement skills.	
Fundamental Locomotor	Frequently performs various	Generally performs various	Sometimes performs various	Rarely performs various
Skills	fundamental locomotor	fundamental locomotor	fundamental locomotor	fundamental locomotor
	skills (run, hop, jump, gallop,	skills (run, hop, jump, gallop,	skills (run, hop, jump, gallop,	skills (run, hop, jump, gallop,
SCO 1.3	leap, climb, wheel, slide, roll	leap, climb, wheel, slide, roll	leap, climb, wheel, slide, roll	leap, climb, wheel, slide, roll
	forward and sideways).	forward and sideways).	forward and sideways).	forward and sideways).
Fundamental Manipulative	Frequently performs various	Generally performs various	Sometimes performs various	Rarely performs various
Skills	fundamental manipulative	fundamental manipulative	fundamental manipulative	fundamental manipulative
	skills (roll a ball, underhand	skills (roll a ball, underhand	skills (roll a ball, underhand	skills (roll a ball, underhand
SCO 1.4	throw, catch, kick).	throw, catch).	throw, catch).	throw, catch).
	Consistently carries, dribbles	Routinely carries, dribbles,	To some extent, carries,	Seldom carries, dribbles or
	or controls an object with	or controls an object with	dribbles or controls an	controls an object with
	hands, feet or implement).	hands, feet or implement).	object with hands, feet or	hands, feet or implement).
			implement).	
	Consistently strikes an	Routinely strikes an object	Routinely strikes an object	Routinely strikes an object
	object with one hand or foot (kick).	with one hand or foot (kick).	with one hand or foot (kick).	with one hand or foot (kick).
Evidence	Observations through games, movement tasks and activities; self-assessments, peer assessments, video analysis			

Movement Strategies

Topic	Exceeding	Meeting	Approaching	Working Below
Tactics in Simple Games	Regularly varies pathways,	Often varies pathways,	To some extent varies	Seldom varies pathways,
	speed, direction and level to	speed, direction and level to	pathways, speed, direction	speed, direction and level to
SCO: 2.1	avoid being tagged.	avoid being tagged.	and level to avoid being	avoid being tagged.
			tagged.	
	Frequently uses different	Generally uses different	Sometimes uses different	Rarely uses different tactics
	tactics that increases	tactics that increases	tactics that increases	that increases chances of
	chances of hitting a target.	chances of hitting a target.	chances of hitting a target.	hitting a target.
Evidence	Observations through games, movement tasks and activities; self-assessments, peer assessments, video analysis			

Well-being

Topic	Exceeding	Meeting	Approaching	Working Below
Emotional and Social Skills	Thoughtfully describes how	Generally describes how	With some difficulty	Unable to describe how they
	they feel after physical	they feel after physical	describes how they feel	feel after physical activity.
SCO: 3.1	activity.	activity.	after physical activity.	
	Frequently identifies	Generally identifies different	Sometimes identifies	Unable to identify different
	different emotions when	emotions when trying new	different emotions when	emotions when trying new
	trying new activities and	activities and challenges.	trying new activities and	activities and challenges.
	challenges.		challenges.	
	Regularly demonstrates	Often demonstrates positive	To some extent	Seldom demonstrates
	positive social interaction	social interaction with	demonstrates positive social	positive social interaction
	with others.	others.	interaction with others.	with others.
	Regularly shows persistency	Often shows persistency	To some extent shows	Seldom shows persistency
	when learning new skills.	when learning new skills.	persistency when learning	when learning new skills.
			new skills.	
	Consistently uses cues from	Routinely uses cues from	At times uses cues from	Unable uses cues from
	teacher to improve	teacher to improve	teacher to improve	teacher to improve
	performance.	performance.	performance.	performance.
	Regularly plays in a safe	Often plays in a safe manner	To some extent plays in a	Seldom plays in a safe

	manner in a variety of	in a variety of physical	safe manner in a variety of	manner in a variety of
	physical activity.	activity.	physical activity.	physical activity.
Physical Fitness Concepts	Thoughtfully lists reasons	Generally lists reasons why	With some difficulty lists	Unable to list reasons why
SCO 3.2	why physical activity is	physical activity is important	reasons why physical activity	physical activity is important
	important for well-being.	for well-being.	is important for well-being.	for well-being.
	Skilfully describes the changes that take place in the body (heart and lungs) during activity.	Easily describes the changes that take place in the body (heart and lungs) during activity.	With support describes the changes that take place in the body (heart and lungs) during activity.	Unable to describe the changes that take place in the body (heart and lungs) during activity.
	Regularly describes the relationships between the concepts of intensity and time within physical activity.	Often describes the relationships between the concepts of intensity and time within physical activity.	To some extent describes the relationships between the concepts of intensity and time within physical activity.	Seldom describes the relationships between the concepts of intensity and time within physical activity.
	Thoughtfully states the importance of muscular strength during the performance of various skills.	Generally states the importance of muscular strength during the performance of various skills.	With some difficulty states the importance of muscular strength during the performance of various skills.	Unable to state the importance of muscular strength during the performance of various skills.
Evidence	Discussions; observations	-		<u>'</u>