Movement Skills and Concepts

Topic	Exceeding	Meeting	Approaching	Working Below
Movement Concepts	Regularly moves in general	Often moves in general	To some extent moves in	Seldom moves in general
SCO: 1.1	space at different speeds	space at different speeds	general space at different	space at different speeds
	while avoiding others and	while avoiding others and	speeds while avoiding	while avoiding others and
	obstacles.	obstacles.	others and obstacles.	obstacles.
	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 with control.	quickly with control.	direction quickly with	quickly with control.
			control.	
	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 with others using our	with others using our	various with others using	shapes with others using our
	bodies.	bodies.	our bodies.	bodies.
	Regularly moves body	Often moves body in/out,	To some extent moves body	Rarely moves body in/out,
	over/under, around/through	over/under, around/through	in/out, over/under,	over/under, around/through
	and alongside equipment at	and alongside equipment at	around/through and	and alongside equipment at
	different heights.	different heights.	alongside equipment at	different heights.
			different heights.	
	Consistently mounts and	Routinely mounts and	To some extent mounts and	Seldom mounts and
	dismounts equipment.	dismounts equipment.	dismounts equipment.	dismounts 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 and	variety of sound cues and	to a variety of sound cues	variety of sound cues and
	themes.	themes.	and themes.	themes.
	Consistently moves in time	Routinely moves in time	To some extent moves in	Seldom moves in time with a
	with a changing beat.	with a changing beat.	time with a changing beat.	changing beat.
	Consistently follows dance	Routinely follows dance	To some extent follows	Rarely follows dance steps
	steps and movement	steps and movement	dance steps and movement	and movement patterns.
	patterns.	patterns.	patterns.	

Body and Stability Skills	Frequently starts and stops	Generally starts and stops	Sometimes starts and stops	Rarely starts and stops while
200, 4	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
	for 5 seconds on different	5 seconds on different body	maintains balance for 5	for 5 seconds on different
	body parts and while holding	parts and while holding	seconds on different body	body parts and while
	different body shapes.	different body shapes.	parts and while holding	holding different body
			different body shapes.	shapes.
	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 (gallop, jump, leap,	skills (gallop, jump, leap,	skills (gallop, jump, leap,	skills (gallop, jump, leap,
SCO 1.3	skip, run and jump over low	skip, run and jump over low	skip, run and jump over low	skip, run and jump over low
	obstacles, wheel, climb, roll).	obstacles, wheel, climb,	obstacles, wheel, climb,	obstacles, wheel, climb,
		roll).	roll).	roll).
Fundamental Manipulative	Frequently performs various	Generally performs various	Sometimes performs various	Rarely performs various
Skills	fundamental manipulative	fundamental manipulative	fundamental manipulative	fundamental manipulative
	skills (underhand throw,	skills (roll a ball, underhand	skills (roll a ball, underhand	skills (roll a ball, underhand
SCO 1.4	catch, kick, carry/dribble/	throw, catch).	throw, catch).	throw, catch).
	control an object with			
	hands, feet or implement).			
	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, two	with one hand, two hands or	with one hand, two hands or	with one hand, two hands or
	hands or foot (kick).	foot (kick).	foot (kick).	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 changes direction	Often changes direction	To some extent changes	Seldom changes direction
	quickly to avoid being	quickly to avoid being	direction quickly to avoid	quickly to avoid being
SCO: 2.1	tagged.	tagged.	being tagged.	tagged.
	Frequently uses different	Often uses different tactics	To some extent uses	Seldom uses different tactics
	tactics to avoid being	to avoid being tagged.	different tactics to avoid	to avoid being tagged.
	tagged.		being 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	chances of hitting a target.	chances of hitting a target.	hitting a target.
	Frequently uses different	Frequently uses different	Frequently uses different	Frequently uses different
	tactics that increases	tactics that increases	tactics that increases	tactics that increases
	chances of scoring.	chances of scoring.	chances of scoring.	chances of scoring.
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	Regularly lists positive	Often lists positive feelings	To some extent lists positive	Unable to list positive
	feelings gained after physical	gained after physical	feelings gained after	feelings gained after
SCO: 3.1	activity.	activity.	physical activity.	physical activity.
	Frequently regulates their	Generally regulates their	Sometimes regulates their	Unable to regulates their
	emotions when trying new	emotions when trying new	emotions when trying new	emotions when trying new
	activities and challenges.	activities and challenges.	activities and challenges.	activities and 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 gives cues to	Routinely gives cues to	At times gives cues to others	Unable to give cues to
	others to help them improve	others to help them improve	to help them improve their	others to help them improve
	their performance.	their performance.	performance.	their 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	Regularly lists two benefits	Often lists two benefits of	To some extent lists two	Seldom lists two benefits of
SCO 3.2	of physical activity.	physical activity.	benefits of physical activity.	physical activity.
	Skilfully can take their heart	Easily lists two benefits of	With lists two benefits of	Unable to lists two benefits
	rates for 10 seconds.	physical activity.	physical activity.	of physical activity.
	Regularly differentiates	Often differentiates	To some extent	Seldom differentiates
	between slow heart	between slow heart	differentiates between slow	between slow heart
	rate/breathing and fast	rate/breathing and fast	heart rate/breathing and	rate/breathing and fast
	heart rate/breathing.	heart rate/breathing.	fast heart rate/breathing.	heart rate/breathing.
	Regularly applies the	Often applies the concepts	To some extent applies the	Seldom applies the concepts
	concepts of intensity and	of intensity and time to pace	concepts of intensity and	of intensity and time to pace
	time to pace themselves for	themselves for 2 minutes.	time to pace themselves for	themselves for 2 minutes.
	2 minutes.		2 minutes.	
	Regularly identifies muscles	Often identifies muscles	To some extent identifies	Seldom identifies muscles
	used in various movement	used in various movement	muscles used in various	used in various movement
	skills.	skills.	movement skills.	skills.
Evidence	Discussions; observations			