Movement Skills and Concepts

Topic	Exceeding	Meeting	Approaching	Working Below
Movement Concepts	Consistently follows dance	Routinely follows dance	To some extent follows	Rarely follows dance steps.
	steps with no prompts from	steps with only a few	dance steps but with	
SCO: 1.1	others.	prompts from others.	frequent prompts from	
			others.	
	Regularly executes	Often executes rhythmical	To some extent executes	Rarely executes rhythmical
	rhythmical movement	movement sequences	rhythmical movement	movement sequences
	sequences combining time,	combining time, force/flow,	sequences combining time,	combining time, force/flow,
	force/flow, space and	space and relationships in	force/flow, space and	space and relationships in
	relationships in an effective	an effective way by	relationships in an effective	an effective way. by
	way by participating in a	participating in a variety of	way. by participating in a	participating in a variety of
	variety of social and cultural	social and cultural dances.	variety of social and cultural	social and cultural dances.
	dances.		dances.	
	Regularly executes a variety	Often executes a variety of	To some extent executes a	Rarely executes a variety of
	of movement sequences	movement sequences using	variety of movement	movement sequences using
	using equipment to	equipment to demonstrate	sequences using equipment	equipment to demonstrate
	demonstrate an	an understanding of	to demonstrate an	an understanding of
	understanding of	relationships (over/under,	understanding of	relationships (over/under,
	relationships (over/under,	around /through, alongside,	relationships (over/under,	around /through, alongside,
	around /through, alongside,	behind, in front of, etc.).	around /through, alongside,	behind, in front of, etc.).
	behind, in front of, etc.).		behind, in front of, etc.).	
Body and Stability Skills	Frequently uses the	Generally uses the principles	Sometimes uses the	Rarely uses the principles of
	principles of balance (varies	of balance (varies base of	principles of balance (varies	balance (varies base of
SCO: 1.2	base of support, moves	support, moves center of	base of support, moves	support, moves center of
	center of gravity, adjusts	gravity, adjusts body parts)	center of gravity, adjusts	gravity, adjusts body parts)
	body parts) while executing	while executing various	body parts) while executing	while executing various
	various movement skills.	movement skills.	various movement skills.	movement skills.
	Skilfully maintains balance	Easily maintains balance for	With some support	Unable to maintain balance
	for 3 seconds on different	3 seconds on different	maintains balance for 3	for 3 seconds on different
	stationary objects (foam	stationary objects (foam	seconds on different	stationary objects (foam
	rollers, BOSU balls, etc.).	rollers, BOSU balls, etc.).	stationary objects (foam	rollers, BOSU balls, etc.).
			rollers, BOSU balls, etc.).	

	Skilfully maintains balance for 3 seconds on different moving objects (balance board, Bongo Board, Rolo Board, body ball, etc.).	Easily maintains balance for 3 seconds on different moving objects (balance board, Bongo Board, Rolo Board, body ball, etc.).	With some support maintains balance for 3 seconds on different moving objects (balance board, Bongo Board, Rolo Board, body ball, etc.).	Unable to maintains balance for 3 seconds on different moving objects (balance board, Bongo Board, Rolo Board, body ball, etc.).
Fundamental Locomotor Skills and Manipulative Skills SCO 1.3	Frequently combines two locomotor skills with a smooth transition. Frequently combines two locomotor skills to a beat or rhythm with a smooth transition.	Generally combines two locomotor skills with a smooth transition. Generally combines two locomotor skills to a beat or rhythm with a smooth transition.	Sometimes combines two locomotor skills with a smooth transition. Sometimes combines two locomotor skills to a beat or rhythm with a smooth transition.	Rarely combines two locomotor skills with a smooth transition. Rarely combines two locomotor skills to a beat or rhythm with a smooth transition.
Evidence	Observations through games, mo	vement tasks and activities; self-a	ssessments, peer assessments, vide	eo 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			