### **Movement Skills and Concepts**

Topic	Exceeding	Meeting	Approaching	Working Below
<b>Movement Concepts</b>	Consistently demonstrates	Routinely demonstrates	To some extent	Rarely demonstrates fluid
	fluid transitions between	fluid transitions between	demonstrates fluid	transitions between dance
SCO: 1.1	dance steps.	dance steps.	transitions between dance	steps.
			steps.	
	Consistently demonstrates	Routinely demonstrates	At times demonstrates fluid	Not able to demonstrate
	fluid movement sequences	fluid movement sequences	movement sequences with	fluid movement sequences
	with or without equipment.	with or without equipment.	or without equipment.	with or without equipment.
Body and Stability Skills	Expertly provides different	Easily provides different	With some difficulty	Not able to provide different
	ways that balance can be	ways that balance can be	provides different ways that	ways that balance can be
SCO: 1.2	maintained.	maintained.	balance can be maintained.	maintained.
	Consistently maintains	Routinely maintains balance	With some support	Unable to maintain balance
	balance for 5 seconds on	for 5 seconds on stationary	maintains balance for 5	for 5 seconds on stationary
	stationary or moving	or moving objects.	seconds on stationary or	or moving objects.
	objects.		moving objects.	
	Expertly explains the	Easily explains the	With some difficulty	Not able to explain the
	importance of having a focus	importance of having a	explains the importance of	importance of having a
	point to maintain balance.	focus point to maintain	having a focus point to	focus point to maintain
		balance.	maintain balance.	balance.
	Frequently provides tips to	Generally provides tips to	Sometimes provides tips to	Rarely provides tips to
	partner on how to maintain	partner on how to maintain	partner on how to maintain	partner on how to maintain
	balance.	balance.	balance.	balance.
	Consistently maintains	Routinely maintains balance	With some support	Unable to maintain balance
	balance for 3-5 seconds	for 3-5 seconds while	maintains balance for 3-5	for 3-5 seconds while
	while working with a partner	working with a partner or in	seconds while working with	working with a partner or in
	or in small groups.	small groups.	a partner or in small groups.	small groups.
	Frequently maintains	Generally maintains balance	Sometimes maintains	Rarely maintains balance
	balance during the final	during the final phase of	balance during the final	during the final phase of
	phase of movement or a	movement or a movement	phase of movement or a	movement or a movement
	movement sequence.	sequence.	movement sequence.	sequence.
Fundamental Locomotor	Frequently combines two	Generally combines two	Sometimes combines two	Rarely combines two
Skills and Manipulative	locomotor skills with a	locomotor skills with a	locomotor skills with a	locomotor skills with a

Skills	smooth transition with	smooth transition with	smooth transition with	smooth transition with
	activity specific equipment.	activity specific equipment.	activity specific equipment.	activity specific equipment.
SCO 1.3	Frequently combines skills	Generally combines skills	Sometimes combines skills	Rarely combines skills with
	with fluidity in a variety of	with fluidity in a variety of	with fluidity in a variety of	fluidity in a variety of
	activity specific contexts.	activity specific contexts.	activity specific contexts.	activity specific contexts.
Evidence	Observations through games, movement tasks and activities; self-assessments, peer assessments, video analysis			

### **Movement Strategies**

Topic	Exceeding	Meeting	Approaching	Working Below
<b>Tactics in Simple Games</b>	Frequently makes the right	Generally makes the right	Sometimes makes the right	Rarely makes the right
	choice on where to best	choice on where to best	choice on where to best	choice on where to best
SCO: 2.1	place an object to reach a	place an object to reach a	place an object to reach a	place an object to reach a
	target.	target.	target.	target.
	Frequently selects individual	Generally selects individual	Sometimes selects individual	Rarely selects individual
	strategies to defend a	strategies to defend a	strategies to defend a	strategies to defend a
	target.	target.	target.	target.
	Regularly uses open spaces	Often uses open spaces to	To some extent uses open	Unable to use open spaces
	to get on base.	get on base.	spaces to get on base.	to get on base.
	Consistently uses different	Routinely uses different	At times, uses different	Unable to use different
	tactics such as creating space	tactics such as creating space	tactics such as creating space	tactics such as creating space
	(varying force, angle and/or	(varying force, angle and/or	(varying force, angle and/or	(varying force, angle and/or
	direction to gain an advantage);	direction to gain an	direction to gain an	direction to gain an
	using offensive tactic/shot to	advantage); using offensive	advantage); using offensive	advantage); using offensive
	move opponent out of	tactic/shot to move opponent	tactic/shot to move opponent	tactic/shot to move opponent
	position) in net/wall games.	out of position) in net/wall	out of position) in net/wall	out of position) in net/wall
		games.	games.	games.
	Frequently uses different	Generally uses different	Sometimes uses different	Rarely uses different tactics
	tactics such as creating space	tactics such as creating space	tactics such as creating space	such as creating space
	(selecting appropriate offensive	(selecting appropriate	(selecting appropriate	(selecting appropriate offensive
	tactics with or without on	offensive tactics with or	offensive tactics with or	tactics with or without on
	object; playing with one player	without on object; playing with	without on object; playing with	object; playing with one player

	up as in 2v1) reducing space	one player up as in 2v1)	one player up as in 2v1)	up as in 2v1) reducing space
	(marking); changing size and	reducing space (marking);	reducing space (marking);	(marking); changing size and
	shape of a defender and	changing size and shape of a	changing size and shape of a	shape of a defender and
	communication in invasion	defender and communication	defender and communication	communication in invasion
	games.	in invasion games.	in invasion games.	games.
Evidence	Observations through games, m	Observations through games, movement tasks and activities; self-assessments, peer assessments, video analysis		

### Well-being

Topic	Exceeding	Meeting	Approaching	Working Below
<b>Emotional and Social Skills</b>	Regularly shows factors that	Often shows factors that	To some extent shows	Unable to show factors that
	increase participation and	increase participation and	factors that increase	increase participation and
SCO: 3.1	activity choices.	activity choices.	participation and activity	activity choices.
			choices.	
	Frequently responds	Generally responds	Sometimes responds	Unable to respond
	appropriately to the	appropriately to the	appropriately to the	appropriately to the
	emotional reactions of	emotional reactions of	emotional reactions of	emotional reactions of
	others during activities or	others during activities or	others during activities or	others during activities or
	challenges.	challenges.	challenges.	challenges.
	Regularly acts appropriately	Often acts appropriately to	To some extent acts	Seldom acts appropriately to
	to winning and losing.	winning and losing.	appropriately to winning	winning and losing.
			and losing.	
	Regularly plans strategies	Often plans strategies with	To some extent plans	Unable to plans strategies
	with others to accomplish a	others to accomplish a	strategies with others to	with others to accomplish a
	common goal.	common goal.	accomplish a common goal.	common goal.
	Consistently observes others	Routinely observes others	At times observes others	Unable to observe others
	and gives them accurate	and gives them accurate	and gives them accurate	and gives them accurate
	feedback to help them	feedback to help them	feedback to help them	feedback to help them
	improve their performance.	improve their performance.	improve their performance.	improve their performance.
	Consistently uses visual	Routinely uses visual	At times uses visual imagery	Unable uses visual imagery
	imagery to improve	imagery to improve	to improve individual skills.	to improve individual skills.
	individual skills.	individual skills.		
	Regularly acts respectfully	Often acts respectfully and	To some extent acts	Seldom acts respectfully and
	and safely in a variety of	safely in a variety of physical	respectfully and safely in a	safely in a variety of physical
	physical activity.	activity.	variety of physical activity.	activity.
Physical Fitness Concepts	Skilfully monitors their	Easily monitors their fitness	With support monitors their	Unable to monitor their
SCO 3.2	fitness progress.	progress.	fitness progress.	fitness progress.
	Expertly creates a personal	Adeptly creates a personal	With prompting creates a	Not able to creates a personal
	wellness plan.	wellness plan.	personal wellness plan.	wellness plan.

	Precisely tracks their	Reliably tracks their	Somewhat tracks their	Not able tracks their
	progress on their personal	progress on their personal	progress on their personal	progress on their personal
	wellness plans.	wellness plans.	wellness plans.	wellness plans.
Evidence	Discussions; observations, self-assessments, peer-assessment, portfolios			