Movement Skills and Concepts

Topic	Exceeding	Meeting	Approaching	Working Below
Space and Body Awareness	Regularly moves safely in	Often moves safely in	To some extent moves	Seldom moves safely in
	personal space and shared	personal space and shared	safely in personal space and	personal space and shared
SCO: 1.1a	space.	space.	shared space.	space.
	Regularly follows simple	Often follows simple	To some extent follows	Seldom follows simple
	instruction or rules while	instruction or rules while	simple instruction or rules	instruction or rules while
	moving into space (varying	moving into space (varying	while moving into space	moving into space (varying
	directions, levels, pathways	directions, levels, pathways	(varying directions, levels,	directions, levels, pathways
	and extensions).	and extensions).	pathways and extensions).	and extensions).
	Frequently names various	Generally names various	Sometimes names various	Rarely names various body
	body parts linked to	body parts linked to	body parts linked to	parts linked to movement.
	movement.	movement.	movement.	
	Skilfully creates various	Easily creates various shapes	With some support creates	Unable to create various
	shapes with body.	with body.	various shapes with body.	shapes with body.
Effort and Relationships	Regularly moves into space	Often moves into space	To some extent moves into	Rarely moves into space
Concepts	varying speed.	varying speed.	space varying speed.	varying speed.
	Regularly moves into space	Often moves into space	To some extent moves into	Rarely moves into space
SCO: 1.1b	varying force and flow.	varying force and flow.	space varying force and	varying force and flow.
			flow.	
	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 in	Often moves body in	To some extent moves body	Rarely moves body in
	response to sound.	response to sound.	in response to sound.	response to sound.
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
	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.
			parts.	
	Skilfully walks heel-to-toe on	Easily walks heel-to-toe on a	With some support walks	Unable to walks heel-to-toe
	a line while maintaining	line while maintaining	heel-to-toe on a line while	on a line while maintaining
	balance.	balance.	maintaining balance.	balance.
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, rock, roll and climb).	leap, rock, roll and climb).	leap, rock, roll and climb).	leap, rock, roll and climb).
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).	
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 uses various	Often uses various tactics to	To some extent uses various	Seldom uses various tactics
	tactics to avoid getting	avoid getting tagged.	tactics to avoid getting	avoid getting tagged.
SCO: 2.1	tagged.		tagged.	
	Frequently varies distance to	Generally varies distance to	Sometimes varies distance	Rarely varies distance to a
	a target to hit it successfully.	a target to hit it successfully.	to a target to hit it	target to hit it successfully.
			successfully.	
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 one feeling	Generally one feeling after	With one feeling after	Unable one feeling after
	after participating in physical	participating in physical	participating in physical	participating in physical
SCO: 3.1	activity.	activity.	activity.	activity.
	Frequently shares	Generally shares equipment	Sometimes shares	Rarely shares equipment
	equipment and space with	and space with others.	equipment and space with	and space with others.
	others.		others.	
	Regularly cooperates with	Often cooperates with	To some extent cooperates	Seldom cooperates with
	others.	others.	with others.	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 to use cues from
	teacher to improve	teacher to improve	teacher to improve	teacher to improve
	performance.	performance.	performance.	performance.
	Frequently follows class	Generally follows class rules.	Sometimes follows class	Unable to follow class rules.
	rules.		rules.	
Physical Fitness Concepts	Regularly identifies where	Often identifies where the	To some extent identifies	Seldom identifies where the
	the heart and lungs are	heart and lungs are situated.	where the heart and lungs	heart and lungs are situated.

SCO 3.2	situated.		are situated.	
	Frequently finds their heart	Generally finds their heart	Sometimes find their heart	Unable to find their heart
	rate before and after	rate before and after	rate before and after	rate before and after
	physical activity.	physical activity.	physical activity.	physical activity.
	Consistently states if an	Routinely states if an activity	At times states if an activity	Unable to state if an activity
	activity is slow or fast paced.	is slow or fast paced.	is slow or fast paced.	is slow or fast paced.
Evidence	Discussions; observations			