

Activity	Grades									
	PK	K	1	2	3	4	5	6	7	8
Body Mechanics										
Beam walk	X	X	X	X	X	X	X			
Dynamic balance	X	X	X	X	X	X	X			
Twist/bend	X	X	X	X	X	X	X			
Landing	X	X	X	X	X	X	X			
Obstacle course/rock wall	X	X	X	X	X	X	X	X	X	X
Static scale/kicking	X	X	X	X	X	X	X			
Throwing and catching	X	X	X	X	X	X	X	X	X	X
Tumbling/rolling	X	X	X	X	X	X	X			
Conditioning/Fitness Testing										
Aerobic activities	X	X	X	X	X	X	X	X	X	X
Flexibility	X	X	X	X	X	X	X	X	X	X
Jump rope	X	X	X	X	X	X	X	X	X	X
Muscular strength and endurance	X	X	X	X	X	X	X	X	X	X
Weight training								X	X	X
Games										
Competitive								X	X	X
Cooperative	X	X	X	X	X	X	X	X	X	X
Modified	X	X	X	X	X	X	X			
Leisure/Lifetime indoor/outdoor activities	X	X	X	X	X	X	X	X	X	X
Long Handed Implemtents eye-hand coordination (hockey, pillow polo, lacrosse, t-ball etc.)				X	X	X	X	X	X	X

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	PK	K	1	2	3	4	5	6	7	8
Movement Experiences:										
Dribbling/ball control hand/feet	X	X	X	X	X	X	X	X	X	X
Chase/flee	X	X	X	X	X	X	X	X	X	X
Gallop	X	X	X	X	X	X	X			
General Space	X	X	X	X	X	X	X	X	X	X
Hop	X	X	X	X	X	X	X			
Horizontal Jump/land	X	X	X	X	X	X	X	X	X	X
Leap	X	X	X	X	X	X	X	X	X	X
Level/pathways	X	X	X	X	X	X	X	X	X	X
Personal Space	X	X	X	X	X	X	X	X	X	X
Run	X	X	X	X	X	X	X	X	X	X
Skip	X	X	X	X	X	X	X	X	X	X
Slide	X	X	X	X	X	X	X	X	X	X
Verticle Jump/land	X	X	X	X	X	X	X	X	X	X
Walk	X	X	X	X	X	X	X	X	X	X
Movement Exploarion	X	X	X	X	X	X	X	X	X	X
Rythmic Activities <i>Short nanaeiea implements/eye nana coordination</i> <i>(badminton, paddles, tennis etc.)</i>	X	X	X	X	X	X	X	X	X	X
				X	X	X	X	X	X	X
Sports and Skills:										
Individual sports				X	X	X	X	X	X	X
Team sports				X	X	X	X	X	X	X

