

**Elementary School Physical Education
Integrated Movement: Pk - 5**

Skill Theme	SHAPE Standard	Exit Outcomes
Pre-K	Travels forward and sideways while changing directions quickly in response to a signal. S2.PK.2a	Demonstrate moving forward, backward, and sideways and at different speeds
	Balances on different body parts. S1.PK.5b	Balance on dominant and non- dominant foot
	Performs creative movements to the rhythm of music. S1.PK.4	Model a simple dance
	Participates in Physical Education class. S3.PK.2 Follows directions in a group setting. S4.PK.1a	Participate in a simple game
	Demonstrate a vertical jump and landing with balance. S1.PK.3	Jump, 2-foot takeoff, landing in personal space
	Balance on different bases of support and different body parts. S1.PK.5a-b	Identify and moves body parts
Grade K	Performs locomotor skills with balance. S1. K.1	Demonstrate a run with a mature pattern
		Demonstrate a gallop with dominant foot leading
		Perform continuous slide w/preferred leg leading
	Performs horizontal and vertical jumping and landing actions with balance. S1. GK.3	Demonstrate a jump with a mature pattern
	Maintains balance on different bases of support. S1. GK.5a Forms wide, narrow, curled, and twisted body shapes. S1. GK.5b	Demonstrates non-locomotor movements
	Executes a single jump with a self-turned rope. S1. GK.21a	Execute single jump with self-turned rope
	Performs locomotor skills in response to teacher-led creative dance. S1. GK.4 Moves in personal space to a rhythm. S2. GK.1b	Perform a teacher-designed rhythmic activity/sequence.
	Demonstrates rolling sideways in a narrow body shape. S1. GK.7	Demonstrate body control while rolling sideways.

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Grade 1	Demonstrates hopping, galloping, jogging, running, and sliding using a mature pattern. S1. G1.1	Perform a skip with a mature pattern
		Perform a hop with a mature pattern
		Perform a slide with a mature pattern
	Jumps forward and backward consecutively using a self-turned rope. S1.G1.21a	Jump forward and backward consecutively using a self-turned rope
	Maintains stillness on different bases of support with different body shapes. S1. G1.5	Maintains stillness on different bases of support with different body shapes
	Combines locomotor and non-locomotor skills in a teacher-designed dance. S1. G1.4	Perform a teacher-designed rhythmic activity/sequence.
	Demonstrates rolling with either a narrow or a curled body shape. S1. G1.7	Demonstrate body control while rolling in different shapes and directions.
Grade 2	Combines locomotor skills in general space to a rhythm. S2. G2.1	Combine three locomotor skills in a sequence
	Jumps a self-turned rope consecutively forward and backward with a mature pattern. S1. G2.21a	Jump a self-turned rope consecutively forward/backwards
	Combines shapes, levels, and pathways into a simple travel, dance, and gymnastics sequences. S2. G2.2	Combine balance, weight transfer, and rolling into a sequence
	Performs a rhythmic activity with correct response to simple rhythms. S1. G2.4	Perform a teacher and/or student designed rhythmic activity

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Grade 3	<p>Performs developmentally appropriate dance steps and movement patterns. S1.G3.4</p> <p>Performs a teacher-led sequence of locomotor skills, transitioning from one skill to another smoothly and without hesitation. S1. G3.5</p>	Create an individual movement pattern using locomotor and non-locomotor movements
	<p>Balances on different bases of support, demonstrating muscular tension and extensions of free body parts. S1.G3.6</p> <p>Transfers weight from feet to hands for momentary weight support. S1.G3.7</p> <p>Moves in and out of gymnastics balances with curling, twisting, and stretching actions. S1. G3.8</p>	Demonstrate static and dynamic balance
	<p>Performs intermediate jump rope skills for both long and short ropes in increasingly complex environments. S1. G3.29</p>	Jump a self-turned rope consecutively forward/backwards
Grade 4	<p>Applies simple defensive strategies and tactics in chasing and fleeing activities. S2. G4.4b</p>	Use defensive skills to obtain possession in a modified game
	<p>Applies simple offensive strategies and tactics in chasing and fleeing activities. S2.G4.4a</p> <p>Demonstrates various locomotor skills in a variety of small-sided practice tasks. S1. G4.1</p>	Demonstrate locomotor movements with change in speed and direction
	<p>Combines locomotor movement patterns and dance steps to create and perform an original dance. S1. G4.4</p>	Create an original movement sequence
	<p>Transfer weight from feet to hands, varying speed using large extensions. S1.G4.7</p> <p>Balance on different bases of support on an apparatus, demonstrating levels and shapes. S1. G4.6</p>	Create an original gymnastics sequence

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Grade 5	<p>Demonstrates mature patterns of locomotor skills in dynamic small-sided practice tasks, gymnastics, and dance. S1.G5.1a</p> <p>Combines jumping and landing patterns with locomotor and manipulative skills in dance, educational gymnastics, and small sided practice tasks. S1.G5.3</p> <p>Combines locomotor skills in cultural as well as creative dances with correct rhythm and pattern. S1. G5.4</p>	<p>Create and demonstrate an original movement sequence with a partner or small group</p>
	<p>Combines locomotor skills and movement concepts to create and perform a dance with a group. S1.G5.9</p>	<p>Perform rhythmically the given steps and sequence of a dance.</p>
	<p>Combines balance and transferring weight in a gymnastics sequence or dance. S1.G5.6</p> <p>Combines actions, balances, and weight transfers to create a gymnastics sequence. S1. G5.10</p>	<p>Create an original gymnastics sequence with a partner.</p>