

PHYSICAL EDUCATION

GRADE LEVEL CONTENT EXPECTATIONS

v.03.08

Physical Education

Michigan's Physical Education Grade Level Content Expectations in Motor Skills and Movement Patterns are categorized into 9 domains:

- | | |
|------------------------|------------------------------|
| Movement Concepts (MC) | Invasion Games (IG) |
| Motor Skills (MS) | Net/Wall Games (NG) |
| Aquatics (AQ) | Striking/Fielding Games (SG) |
| Outdoor Pursuits (OP) | Rhythmic Activities (RA) |
| Target Games (TG) | |

In the early grades, the expectations in this strand focus heavily on space awareness, effort, and relationship concepts as well as fundamental, non-locomotor, locomotor, and manipulative skills in order to achieve movement competency and proficiency. Students achieve competency when the skills are broken down into components and the tasks are presented from simple to complex in nature. In the upper elementary and middle grades, the fundamental movement skills developed earlier are applied as activity-specific motor skills in a wide variety of settings. Students should focus on proficiency in high school, which will prepare students for lifelong physical activities, building on the motor control, motor skills, and movement patterns already established and refined in earlier grades.

MOTOR SKILLS AND MOVEMENT PATTERNS

CONTENT KNOWLEDGE

FITNESS AND PHYSICAL ACTIVITY

PERSONAL/SOCIAL BEHAVIORS AND VALUES

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Professional Organizations whose members have contributed to the Development of Michigan's K-8 Grade Level Content Expectations through their work on committees:



Grants Coordination and School Support

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Motor Skills and Movement Patterns

Movement Concepts

	K	1	2	3	4	5	6	7	8
Students will...									
Movement Concepts	<p>M.MC.00.01 demonstrate limited elements of space awareness movement concepts for location (e.g., self-space) in isolated settings.</p>	<p>M.MC.01.01 demonstrate selected elements of space awareness movement concepts for location (e.g., self-space and general space) in isolated settings.</p>	<p>M.MC.02.01 demonstrate selected space awareness movement concepts for location (e.g., self-space and general space) in isolated settings.</p>	<p>M.MC.03.01 demonstrate all space awareness movement concepts for location (e.g., self-space and general space) in isolated settings.</p>	<p>M.MC.04.01 demonstrate all space awareness movement concepts for location (e.g., self-space and general space) with mature form of non-locomotor, locomotor, and selected manipulative skills (i.e., roll, underhand throw, overhead throw) in controlled settings.</p>	<p>M.MC.05.01 demonstrate all space awareness movement concepts for location (e.g., self-space and general space) with mature form of non-locomotor, locomotor, and selected manipulative skills (i.e., roll, underhand throw, overhead throw) in controlled settings.</p>	<p>M.MC.06.01 demonstrate selected space awareness movement concepts with mature form of non-locomotor, locomotor, and selected manipulative skills (e.g., roll, underhand throw, overhead throw) in modified, dynamic settings.</p>	<p>M.MC.07.01 demonstrate all space awareness movement concepts with mature form of non-locomotor, locomotor, and selected manipulative skills (e.g., roll, underhand throw, overhead throw) in dynamic settings.</p>	<p>M.MC.08.01 demonstrate all space awareness movement concepts with mature form of non-locomotor, locomotor, and selected manipulative skills (e.g., roll, underhand throw, overhead throw) in dynamic settings.</p>
	<p>M.MC.00.02 demonstrate limited elements of space awareness movement concepts for directions (e.g., up/down and forward/backward) in isolated settings.</p>	<p>M.MC.01.02 demonstrate selected elements of space awareness movement concepts for directions (i.e., up/down, forward/backward, right/left, and clockwise/counterclockwise) in isolated settings.</p>	<p>M.MC.02.02 demonstrate selected space awareness movement concepts for directions (i.e., up/down, forward/backward, right/left, and clockwise/counterclockwise) in isolated settings.</p>	<p>M.MC.03.02 demonstrate all space awareness movement concepts for directions (i.e., up/down, forward/backward, right/left, and clockwise/counterclockwise) in isolated settings.</p>	<p>M.MC.04.02 demonstrate all space awareness movement concepts for directions (i.e., up/down, forward/backward, right/left, and clockwise/counterclockwise) with mature form of selected fundamental motor skills in controlled settings.</p>	<p>M.MC.05.02 demonstrate all space awareness movement concepts for directions, (i.e., up/down, forward/backward, right/left, and clockwise/counterclockwise) with mature form of fundamental motor skills in controlled settings.</p>			
	<p>M.MC.00.03 demonstrate limited elements of space awareness movement concepts for levels (e.g., low and high) in isolated settings.</p>	<p>M.MC.01.03 demonstrate selected elements of space awareness movement concepts for levels (i.e., low, medium, and high) in isolated settings.</p>	<p>M.MC.02.03 demonstrate selected space awareness movement concepts for levels (i.e., low, medium, and high) in isolated settings.</p>	<p>M.MC.03.03 demonstrate all space awareness movement concepts for levels (i.e., low, medium, and high) in isolated settings.</p>	<p>M.MC.04.03 demonstrate all space awareness movement concepts for levels (i.e., low, medium, and high) with mature form of selected fundamental motor skills in controlled settings.</p>	<p>M.MC.05.03 demonstrate mature form and function of all space awareness movement concepts for levels (i.e., low, medium, and high) with mature form of fundamental motor skills in controlled settings.</p>			
	<p>M.MC.00.04 demonstrate selected elements of space awareness movement concepts for pathways (e.g., straight and curved) in isolated settings.</p>	<p>M.MC.01.04 demonstrate selected elements of space awareness movement concepts for pathways (i.e., straight, curved, and zigzag) in isolated settings.</p>	<p>M.MC.02.04 demonstrate selected space awareness movement concepts for pathways (i.e., straight, curved, and zigzag) in isolated settings.</p>	<p>M.MC.03.04 demonstrate all space awareness movement concepts for pathways (i.e., straight, curved, and zigzag) in isolated settings.</p>	<p>M.MC.04.04 demonstrate all space awareness movement concepts for pathways (i.e., straight, curved, and zigzag) with mature form of selected fundamental motor skills in controlled settings.</p>	<p>M.MC.05.04 demonstrate mature form and function of all space awareness movement concepts for pathways (i.e., straight, curved, and zigzag) with mature form of selected fundamental motor skills in controlled settings.</p>			



Motor Skills and Movement Patterns

Movement Concepts - Continued

K	1	2	3	4	5	6	7	8
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Students will...

<p>M.MC.00.05 demonstrate selected elements of space awareness movement concepts for extensions (e.g., large/small) in isolated settings.</p>	<p>M.MC.01.05 demonstrate selected elements of space awareness movement concepts for extensions (i.e., large/small and far/near) in isolated settings.</p>	<p>M.MC.02.05 demonstrate selected space awareness movement concepts for extensions (i.e., large/small and far/near) in isolated settings.</p>	<p>M.MC.03.05 demonstrate all space awareness movement concepts for extensions (i.e., large/small and far/near) in isolated settings.</p>	<p>M.MC.04.05 demonstrate all space awareness movement concepts for extensions (i.e., large/small and far/near) with mature form of selected fundamental motor skills in controlled settings.</p>	<p>M.MC.05.05 demonstrate all space awareness movement concepts for extensions (i.e., large/small and far/near) with mature form of fundamental motor skills in controlled settings.</p>			
<p>M.MC.00.06 demonstrate selected elements of effort movement concepts for time (e.g., fast/slow) in isolated settings.</p>	<p>M.MC.01.06 demonstrate selected elements of effort movement concepts for time (i.e., fast/slow, and sudden/sustained) in isolated settings.</p>	<p>M.MC.02.06 demonstrate selected effort movement concepts for time (i.e., fast/slow and sudden/sustained) in isolated settings.</p>	<p>M.MC.03.06 demonstrate all effort movement concepts for time (i.e., fast/slow and sudden/sustained) in isolated settings.</p>	<p>M.MC.04.06 demonstrate all effort movement concepts for time (i.e., fast/slow and sudden/sustained) with mature form of selected fundamental motor skills in controlled settings.</p>	<p>M.MC.05.06 demonstrate all effort movement concepts for time (i.e., fast/slow and sudden/sustained) with mature form of fundamental motor skills in controlled settings.</p>			
	<p>M.MC.01.07 demonstrate selected elements of effort movement concepts for force (i.e., strong and light) in isolated settings.</p>	<p>M.MC.02.07 demonstrate selected effort movement concepts for force (i.e., strong and light) in isolated settings.</p>	<p>M.MC.03.07 demonstrate all effort movement concepts for force (i.e., strong and light) in isolated settings.</p>	<p>M.MC.04.07 demonstrate all effort movement concepts for force (i.e., strong and light) with mature form of selected fundamental motor skills in controlled settings.</p>	<p>M.MC.05.07 demonstrate all effort movement concepts for force (i.e., strong and light) with mature form of selected fundamental motor skills in controlled settings.</p>			
	<p>M.MC.01.08 demonstrate selected elements of effort movement concepts for flow (i.e., bound and free) in isolated settings.</p>	<p>M.MC.02.08 demonstrate selected effort movement concepts for flow (i.e., bound and free) in isolated settings.</p>	<p>M.MC.03.08 demonstrate all effort movement concepts for flow (i.e., bound and free) in isolated settings.</p>	<p>M.MC.04.08 demonstrate all effort movement concepts for flow (i.e., bound and free) with mature form of selected fundamental motor skills in controlled settings.</p>	<p>M.MC.05.08 demonstrate all effort movement concepts for flow (i.e., bound and free) with mature form of selected fundamental motor skills in controlled settings.</p>			
<p>M.MC.00.09 demonstrate elements of relationship movement concepts of body parts (e.g., round, narrow, wide, and symmetrical) in isolated settings.</p>	<p>M.MC.01.09 demonstrate selected elements of relationship movement concepts of body parts (i.e., round, narrow, wide, twisted, symmetrical, and nonsymmetrical) in isolated settings.</p>	<p>M.MC.02.09 demonstrate selected relationship movement concepts of body parts (i.e., round, narrow, wide, twisted, symmetrical, and nonsymmetrical) in isolated settings.</p>	<p>M.MC.03.09 demonstrate all relationship movement concepts of body parts (i.e., round, narrow, wide, twisted, symmetrical, and nonsymmetrical) in isolated settings.</p>	<p>M.MC.04.09 demonstrate all relationship movement concepts of body parts (i.e., round, narrow, wide, twisted, symmetrical, and nonsymmetrical) with mature form of selected fundamental motor skills in controlled settings.</p>	<p>M.MC.05.09 demonstrate all relationship movement concepts of body parts (i.e., round, narrow, wide, twisted, symmetrical, and nonsymmetrical) with mature form of selected fundamental motor skills in controlled settings.</p>			

Movement Concepts



Motor Skills and Movement Patterns

Movement Concepts - Continued

	K	1	2	3	4	5	6	7	8	
Movement Concepts	<i>Students will...</i>									
	<p>M.MC.00.10 demonstrate selected elements of relationship movement concepts of objects and/or people (e.g., over/under, on/off, and in front/behind) in isolated settings.</p>	<p>M.MC.01.10 demonstrate selected elements of relationship movement concepts of objects and/or people (i.e., over/under, on/off, near/far, in front/behind, along/through, meeting/parting, surrounding, around, and alongside) in isolated settings.</p>	<p>M.MC.02.10 demonstrate selected relationship movement concepts of objects and/or people (i.e., over/under, on/off, near/far, in front/behind, along/through, meeting/parting, surrounding, around, and alongside) in isolated settings.</p>	<p>M.MC.03.10 demonstrate all relationship movement concepts of objects and/or people (i.e., over/under, on/off, near/far, in front/behind, along/through, meeting/parting, surrounding, around, and alongside) in isolated settings.</p>	<p>M.MC.04.10 demonstrate all relationship movement concepts of objects and/or people (i.e., over/under, on/off, near/far, in front/behind, along/through, meeting/parting, surrounding, around, and alongside) with mature form of selected fundamental motor skills in controlled settings.</p>	<p>M.MC.05.10 demonstrate all relationship movement concepts of objects and/or people (i.e., over/under, on/off, near/far, in front/behind, along/through, meeting/parting, surrounding, around, and alongside) with mature form of fundamental motor skills in controlled settings.</p>				
	<p>M.MC.00.11 demonstrate selected elements of relationship movement concepts with people (e.g., leading/following) in isolated settings.</p>	<p>M.MC.01.11 demonstrate selected elements of relationship movement concepts with people (i.e., leading/following, mirroring/matching, unison/contrast, solo, alone in mass, partners, groups, and between groups) in isolated settings.</p>	<p>M.MC.02.11 demonstrate selected relationship movement concepts with people (i.e., leading/following, mirroring/matching, unison/contrast, solo, alone in mass, partners, groups, and between groups) in isolated settings.</p>	<p>M.MC.03.11 demonstrate all relationship movement concepts with people (i.e., leading/following, mirroring/matching, unison/contrast, solo, alone in mass, partners, groups, and between groups) in isolated settings.</p>	<p>M.MC.04.11 demonstrate all relationship movement concepts with people (i.e., leading/following, mirroring/matching, unison/contrast, solo, alone in mass, partners, groups, and between groups) with mature form of selected fundamental motor skills in controlled settings.</p>	<p>M.MC.05.11 demonstrate all relationship movement concepts with people (i.e., leading/following, mirroring/matching, unison/contrast, solo, alone in mass, partners, groups, and between groups) with mature form of fundamental motor skills in controlled settings.</p>				

Motor Skills

	K	1	2	3	4	5	6	7	8	
Motor Skills	<i>Students will...</i>									
	<p>M.MS.00.01 demonstrate selected elements of non-locomotor skills of balancing, bending, rocking, rolling, swinging, jumping, and landing in isolated settings.</p>	<p>M.MS.01.01 demonstrate selected elements of non-locomotor skills of balancing, bending, stretching, rocking, rolling, curling, twisting, turning, pushing, pulling, swinging, swaying, jumping, and landing in isolated settings.</p>	<p>M.MS.02.01 demonstrate selected elements of non-locomotor skills of balancing, bending, stretching, rocking, rolling, curling, twisting, turning, pushing, pulling, swinging, swaying, transferring weight, jumping, and landing in isolated settings.</p>	<p>M.MS.03.01 demonstrate all elements of the mature form of non-locomotor skills of balancing, bending, stretching, rocking, rolling, curling, twisting, turning, pushing, pulling, swinging, swaying, transferring weight, jumping, and landing in isolated settings.</p>	<p>M.MS.04.01 demonstrate selected elements of the mature form of non-locomotor skills of balancing, bending, stretching, rocking, rolling, curling, twisting, turning, pushing, pulling, swinging, swaying, transferring weight, jumping, and landing in controlled settings.</p>	<p>M.MS.05.01 demonstrate all elements of the mature form of non-locomotor skills of balancing, bending, stretching, rocking, rolling, curling, twisting, turning, pushing, pulling, swinging, swaying, transferring weight, jumping, and landing in controlled settings.</p>				



Motor Skills and Movement Patterns

Motor Skills - Continued

	K	1	2	3	4	5	6	7	8
<i>Students will...</i>									
Motor Skills	<p>M.MS.00.02 demonstrate selected elements of mature form of locomotor skills of walk and run in isolated settings.</p>	<p>M.MS.01.02 demonstrate selected elements of the mature form of locomotor skills of walk, run, leap, slide, gallop, hop, and skip in isolated settings.</p>	<p>M.MS.02.02 demonstrate mature form of locomotor skills of walk, run, leap, slide, gallop, hop, skip, and flee in isolated settings.</p>	<p>M.MS.03.02 demonstrate mature form of locomotor skills of walk, run, leap, slide, gallop, hop, skip, flee, and dodge in isolated settings.</p>	<p>M.MS.04.02 demonstrate selected elements of the mature form of locomotor skills of walk, run, leap, slide, gallop, hop, skip, flee, and dodge using movement concepts in controlled settings.</p>	<p>M.MS.05.02 demonstrate mature form of locomotor skills of walk, run, leap, slide, gallop, hop, skip, flee, and dodge using movement concepts in controlled settings.</p>			
	<p>M.MS.00.03 demonstrate selected elements of mature form of manipulative skills of roll and underhand throw in isolated settings.</p>	<p>M.MS.01.03 demonstrate selected elements of the mature form of manipulative skills of roll and underhand throw in isolated settings.</p>	<p>M.MS.02.03 demonstrate selected elements of the mature form of manipulative skills of roll, underhand throw, and overhand throw in isolated settings.</p>	<p>M.MS.03.03 demonstrate mature form of the manipulative skills of roll, underhand throw, and overhand throw in isolated settings.</p>	<p>M.MS.04.03 demonstrate selected elements of the mature form of the manipulative skills of roll, underhand throw, and overhand throw in controlled settings.</p>	<p>M.MS.05.03 demonstrate mature form of the manipulative skills of roll, underhand throw, and overhand throw using selected movement concepts in controlled settings.</p>			
		<p>M.MS.01.04 demonstrate selected elements of the manipulative skills of two-handed catch and kick (stationary) in isolated settings.</p>	<p>M.MS.02.04 demonstrate selected elements of the mature form of the manipulative skills of catch, kick, and hand dribble in isolated settings.</p>	<p>M.MS.03.04 demonstrate selected elements of the mature form of manipulative skills of catch, kick, foot dribble, and strike with hand in isolated settings.</p>	<p>M.MS.04.04 demonstrate selected elements of the mature form of the manipulative skills of catch, kick, foot dribble, and strike with hand and short handled implements in isolated settings.</p>	<p>M.MS.05.04 demonstrate mature form of the manipulative skills of catch, kick, foot dribble, and strike with hand and short and long handled implements in isolated settings.</p>	<p>M.MS.06.04 demonstrate selected elements of the mature form of the manipulative skills of catch, kick, foot dribble, and strike with hand and implements in controlled settings.</p>	<p>M.MS.07.04 demonstrate mature form of the manipulative skills of catch, kick, foot dribble, and strike with hand and implements in controlled settings.</p>	<p>M.MS.08.04 apply mature form of the manipulative skills of catch, kick, foot dribble, and strike with hand and implements in controlled settings.</p>
			<p>M.MS.02.05 demonstrate selected elements of the mature form of the manipulative skills of hand dribble and volley.</p>	<p>M.MS.03.05 demonstrate selected elements of the mature form of manipulative skills of hand dribble and volley.</p>	<p>M.MS.04.05 demonstrate selected elements of the mature form of the manipulative skills of chest pass, bounce pass, hand dribble, and volley (e.g., forearm pass) in isolated settings.</p>	<p>M.MS.05.05 demonstrate selected elements of the mature form of the manipulative skills of chest pass, bounce pass, hand dribble, volley (e.g., forearm pass, overhead set) and punt in isolated settings.</p>	<p>M.MS.06.05 demonstrate selected elements of the mature form of the manipulative skills of chest pass, bounce pass, hand dribble, volley, and punt in isolated settings.</p>	<p>M.MS.07.05 demonstrate selected elements of the mature form of the manipulative skills of chest pass, bounce pass, hand dribble, volley, and punt in controlled settings.</p>	<p>M.MS.08.05 demonstrate mature form of the manipulative skills of chest pass, bounce pass, hand dribble, volley, and punt in controlled settings.</p>
					<p>M.MS.04.06 perform a three-element movement sequence (e.g., simple rhythmic, aerobic, or tumbling activities) in isolated settings.</p>	<p>M.MS.05.06 perform a three-element movement sequence (e.g., simple rhythmic, aerobic, or tumbling activities) with flow in controlled settings.</p>	<p>M.MS.06.06 perform a four-element movement sequence (e.g., simple rhythmic, aerobic, or tumbling activities) in controlled settings.</p>	<p>M.MS.07.06 perform a four-element movement sequence (e.g., rhythmic, aerobic, or tumbling activities) with flow in controlled settings.</p>	<p>M.MS.08.06 perform a five-element movement sequence (e.g., rhythmic, aerobic, or tumbling activities) with flow in controlled settings.</p>



Motor Skills and Movement Patterns

*Aquatics

K	1	2	3	4	5	6	7	8
Students will...								
M.AQ.00.01 demonstrate selected elements of basic aquatic skills of front float and back float with flotation and instructor support in isolated settings.	M.AQ.01.01 demonstrate selected elements of the basic aquatic skills of front float, back float, and recovery with flotation support in isolated settings.	M.AQ.02.01 demonstrate selected elements of the basic aquatic skills of front float, back float, and recovery with support in isolated settings.	M.AQ.03.01 demonstrate selected elements of the basic aquatic skills of front float, back float, and recovery in isolated settings.	M.AQ.04.01 demonstrate selected elements of the basic aquatic skills of front float, back float, glide, and recovery in isolated settings.	M.AQ.05.01 demonstrate mature form for the basic aquatic skills of front float, back float, glide, and recovery in isolated settings.			
M.AQ.00.02 demonstrate selected elements of safe water entry and exit with flotation and instructor support in isolated settings.	M.AQ.01.02 demonstrate selected elements of safe water entry and exit with flotation support in isolated settings.	M.AQ.02.02 demonstrate selected elements of safe water entry and exit with support in isolated settings.	M.AQ.03.02 demonstrate selected elements of safe water entry and exit in isolated settings.	M.AQ.04.02 demonstrate selected elements of safe water entry and exit, independently, by jumping or stepping from the side safely in isolated settings.	M.AQ.05.02 demonstrate safe water entry and exit, independently, by jumping or stepping from the side safely in isolated settings.			
	M.AQ.01.03 demonstrate a combination of arms and legs to locomote in the water with flotation support in isolated settings.	M.AQ.02.03 demonstrate a combination of arms and legs to locomote in the water with support in isolated settings.	M.AQ.03.03 demonstrate locomotion using a combination of arms and alternating kicking motion with face in the water in isolated settings.	M.AQ.04.03 demonstrate above water arm recovery and rudimentary kick with face in the water, breathing to the side to swim 15 feet/5 yards in the water in isolated settings.	M.AQ.05.03 demonstrate above water arm recovery and continuous kick with face in the water, breathing consistently to the side to swim 15 yards in the water in isolated settings.	M.AQ.06.03 demonstrate selected elements of mature form for the basic aquatic skills of front crawl and breaststroke in controlled settings.	M.AQ.07.03 demonstrate selected elements of mature form for the basic aquatic skills of front crawl and breaststroke in controlled settings.	M.AQ.08.03 demonstrate mature form for the basic aquatic skills of front crawl and breaststroke in controlled settings.
			M.AQ.03.04 demonstrate locomotion, in a supine position, using alternative propulsive arm action with hand moving downward and alternating kick in the water in isolated settings.	M.AQ.04.04 demonstrate locomotion, in a supine position, using above water arm recovery, with arms entering at or above shoulder level with continuous kick 15 feet/5 yards in the water in isolated settings.	M.AQ.05.04 demonstrate locomotion, in a supine position, using rudimentary body roll, above water arm recovery, arms enter at or above shoulder level with continuous kick 15 yards in the water in isolated settings.	M.AQ.06.04 demonstrate selected elements of mature form for the basic aquatic skill of backstroke in controlled settings.	M.AQ.07.04 demonstrate selected elements of mature form for the basic aquatic skill of backstroke in controlled settings.	M.AQ.08.04 demonstrate mature form for the basic aquatic skill of backstroke in controlled settings.
	M.AQ.01.05 demonstrate putting on a life jacket with teacher guidance in isolated settings.	M.AQ.02.05 demonstrate putting on a life jacket with peer assistance in isolated settings.	M.AQ.03.05 demonstrate putting on a life jacket in isolated settings.					

*The Michigan Department of Education acknowledges that some schools do not have the facilities or community resources to meet all of the aquatics grade level content expectations, however, all water safety grade level content expectations should be met within all physical education programs whether or not pool facilities are available.



Motor Skills and Movement Patterns

*Aquatics - Continued

	K	1	2	3	4	5	6	7	8
Aquatics	<i>Students will...</i>								
			M.AQ.02.06 demonstrate moving in the water while wearing a life jacket with assistance.	M.AQ.03.06 demonstrate moving in the water while wearing a life jacket.	M.AQ.04.06 demonstrate jumping or stepping from the side while wearing a life jacket and locomote to a position of safety in isolated settings.	M.AQ.05.06 demonstrate jumping or stepping from the side while wearing a life jacket, demonstrate HELP and Huddle positions for one minute, and locomote to a position of safety in controlled settings.			
							M.AQ.06.07 demonstrate selected elements of assisting a distressed swimmer in isolated settings.	M.AQ.07.07 demonstrate selected elements of assisting a distressed swimmer in controlled settings.	M.AQ.08.07 demonstrate assisting a distressed swimmer in controlled settings.
							M.AQ.06.08 demonstrate selected elements of getting help and assisting a choking victim in isolated settings.	M.AQ.07.08 demonstrate selected elements of getting help and assisting a choking victim in controlled settings.	M.AQ.08.08 demonstrate getting help and assisting a choking victim in controlled settings.

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Outdoor Pursuits

	K	1	2	3	4	5	6	7	8
Outdoor Pursuits	<i>Students will...</i>								
			M.OP.02.01 demonstrate use of selected movement concepts in outdoor pursuits in isolated settings.	M.OP.03.01 demonstrate use of movement concepts in outdoor pursuits in isolated settings.	M.OP.04.01 demonstrate use of movement concepts in outdoor pursuits with self and equipment in isolated settings.	M.OP.05.01 demonstrate use of movement concepts in outdoor pursuits with self and equipment in controlled settings with external feedback.	M.OP.06.01 demonstrate use of movement concepts in outdoor pursuits with self and equipment in controlled settings.	M.OP.07.01 demonstrate use of movement concepts in outdoor pursuits with self and equipment in dynamic settings with external feedback.	M.OP.08.01 demonstrate use of movement concepts in outdoor pursuits with self and equipment in dynamic settings.
			M.OP.02.02 demonstrate use of selected locomotor skills in outdoor pursuits in isolated settings.	M.OP.03.02 demonstrate use of locomotor skills in outdoor pursuits in isolated settings.	M.OP.04.02 demonstrate use of locomotor skills in outdoor pursuits with self and equipment (e.g., backpack) in isolated settings.	M.OP.05.02 demonstrate use of locomotor skills in outdoor pursuits with self and equipment in controlled settings with external feedback.	M.OP.06.02 demonstrate use of locomotor skills in outdoor pursuits with self and equipment in controlled settings.	M.OP.07.02 demonstrate use of locomotor skills in outdoor pursuits with self and equipment in dynamic settings with external feedback.	M.OP.08.02 demonstrate use of locomotor skills in outdoor pursuits with self and equipment in dynamic settings.



Motor Skills and Movement Patterns									
Outdoor Pursuits - Continued									
K	1	2	3	4	5	6	7	8	
<i>Students will...</i>									
Outdoor Pursuits			M.OP.02.03 demonstrate use of selected non-locomotor skills in outdoor pursuits in isolated settings.	M.OP.03.03 demonstrate use of non-locomotor skills in outdoor pursuits in isolated settings.	M.OP.04.03 demonstrate use of non-locomotor skills in outdoor pursuits with self and equipment in isolated settings.	M.OP.05.03 demonstrate use of non-locomotor skills in outdoor pursuits with self and equipment in controlled settings with external feedback.	M.OP.06.03 demonstrate use of non-locomotor skills in outdoor pursuits with self and equipment in controlled settings.	M.OP.07.03 demonstrate use of non-locomotor skills in outdoor pursuits with self and equipment in dynamic settings with external feedback.	M.OP.08.03 demonstrate use of non-locomotor skills in outdoor pursuits with self and equipment in dynamic settings.
					M.OP.04.04 demonstrate ability to safely manipulate or use equipment in selected outdoor pursuits in isolated settings.	M.OP.05.04 demonstrate ability to safely manipulate or use equipment in outdoor pursuits in isolated settings.	M.OP.06.04 demonstrate ability to safely manipulate or use equipment in selected outdoor pursuits in controlled settings.	M.OP.07.04 demonstrate ability to safely manipulate or use equipment in outdoor pursuits in controlled settings.	M.OP.08.04 demonstrate ability to safely manipulate or use equipment in selected outdoor pursuits in dynamic settings.
							M.OP.06.05 demonstrate ability to make minor repairs to equipment in selected outdoor pursuits in controlled settings.	M.OP.07.05 demonstrate ability to make minor repairs to equipment in outdoor pursuits in controlled settings.	M.OP.08.05 demonstrate ability to make minor repairs to equipment in selected outdoor pursuits in dynamic settings.

Target Games								
K	1	2	3	4	5	6	7	8
<i>Students will...</i>								
Target Games				M.TG.04.01 demonstrate limited use of selected strategies for tactical problems, such as accuracy in distance and direction during modified, unopposed target games.	M.TG.05.01 demonstrate selected use of strategies for tactical problems (e.g., accuracy in distance and direction) during modified, unopposed target games.	M.TG.06.01 demonstrate strategies for tactical problems, such as accuracy in distance and direction (e.g., reducing number of shots/strokes, implement selection, set up routine/starting position) during modified, unopposed target games.	M.TG.07.01 demonstrate selected tactical skills, such as accuracy in distance and direction (e.g., reducing number of shots, implement selection, set up routine) during modified, 1 vs. 1 target games.	M.TG.08.01 demonstrate use of strategies for tactical problems, such as accuracy in distance and direction (e.g., reducing number of shots/strokes, implement selection, set up routine/starting position) during 1 vs. 1 target games.



Motor Skills and Movement Patterns								
Target Games - Continued								
K	1	2	3	4	5	6	7	8
<i>Students will...</i>								
							M.TG.07.02 demonstrate use of selected strategies for tactical problems of accuracy in trajectory (e.g., shot execution/ placement modifying flight pattern, spin) during modified target games.	M.TG.08.02 demonstrate use of selected strategies for tactical problems of accuracy in trajectory (e.g., shot execution/ placement modifying flight pattern, spin) during 1 vs. 1 target games.

Invasion Games								
K	1	2	3	4	5	6	7	8
<i>Students will...</i>								
				M.IG.04.01 demonstrate use of selected on-the-ball and off-the-ball tactical movements for maintaining possession (e.g., passing, receiving), penetration/attack (e.g., shooting, moving with the object), and starting/restarting play (e.g., kick-off, throw-ins) during modified invasion games (e.g., small-sided games, such as 2 vs. 2).	M.IG.05.01 demonstrate selected use of both on-the-ball and off-the-ball tactical movements for maintaining possession (e.g., passing, receiving), penetration/attack (e.g., shooting, moving with the object), and starting/restarting play (e.g., kick-off, throw-ins) during modified invasion games (e.g., small-sided games, such as 3 vs. 3).	M.IG.06.01 demonstrate selected off-the-ball tactical movements (e.g., maintaining possession, attacking goal, creating space), preventing scoring (e.g., defending space, defending goal), and starting/restarting play during modified invasion games (e.g., small-sided games, such as 3 vs. 3).	M.IG.07.01 demonstrate selected off-the-ball tactical movements (e.g., maintaining possession, attacking goal, creating space, using space in attack), preventing scoring (e.g., defending space, defending goal), and starting/restarting play during modified invasion games (e.g., small-sided games, such as 4 vs. 4).	M.IG.08.01 demonstrate off-the-ball tactical movements (e.g., maintaining possession, attacking goal, creating space, using space in attack), preventing scoring (e.g., defending space, defending goal), and starting/restarting play during modified invasion games (e.g., small-sided games, such as 4 vs. 4).



Motor Skills and Movement Patterns									
Invasion Games - Continued									
	K	1	2	3	4	5	6	7	8
Invasion Games	<i>Students will...</i>								
							<p>M.IG.06.02 demonstrate selected on-the-ball tactical movements of scoring (e.g., passing, receiving, shooting, attacking the goal, creating space), preventing scoring (e.g., defending space, defending goal, winning the object), and starting/restarting game play (e.g., to initiate play or from sideline) during modified invasion games (e.g., small-sided games, such as 3 vs. 3).</p>	<p>M.IG.07.02 demonstrate selected on-the-ball tactical movements of scoring (e.g., passing, receiving, shooting, attacking the goal, creating and using space), preventing scoring (e.g., defending space, defending goal, winning the object), and starting/restarting game play (e.g., to initiate play or from sideline) during modified invasion games (e.g., small-sided games, such as 4 vs. 4).</p>	<p>M.IG.08.02 demonstrate on-the-ball tactical movements of scoring (e.g., passing, receiving, shooting, attacking the goal, creating and using space), preventing scoring (e.g., defending space, defending goal, winning the object), and starting/restarting game play (e.g., to initiate play or from sideline) during modified invasion games (e.g., small-sided games, such as 4 vs. 4).</p>
Net/Wall Games									
	K	1	2	3	4	5	6	7	8
Net/Wall Games	<i>Students will...</i>								
					<p>M.NG.04.01 demonstrate selected solutions to tactical problems, such as maintaining a rally and defending space (e.g., returning to base) during modified, cooperative net/wall games.</p>	<p>M.NG.05.01 demonstrate selected solutions to tactical problems, such as maintaining a rally, setting up an attack (e.g., opening up to teammates), and defending space (e.g., returning to base) during modified, cooperative net/wall games.</p>	<p>M.NG.06.01 demonstrate selected solutions to tactical problems, including off-the-object problems of scoring (e.g., maintaining a rally, setting up to attack, winning the point) and preventing scoring (e.g., defending space, defending against attack) during modified net/wall games (e.g., small-sided games, such as 1 vs. 1 to 3 vs. 3).</p>	<p>M.NG.07.01 demonstrate selected solutions to tactical problems, including off-the-object problems of scoring (e.g., maintaining a rally, setting up to attack, winning the point) and preventing scoring (e.g., defending space, defending against attack) during modified net/wall games (e.g., small-sided games, such as 1 vs. 1 to 3 vs. 3).</p>	<p>M.NG.08.01 demonstrate selected elements of tactical problems, including off-the-object problems of scoring (e.g., maintaining a rally, setting up to attack, winning the point, attacking as a pair/team) and preventing scoring (e.g., defending space, defending against attack, defending as a pair/team) during modified net/wall games (e.g., small-sided games, such as 2 vs. 2 to 3 vs. 3).</p>



Motor Skills and Movement Patterns

Net/Wall Games - Continued									
	K	1	2	3	4	5	6	7	8
Net/Wall Games	<i>Students will...</i>								
							<p>M.NG.06.02 demonstrate selected elements of tactical problems, including on-the-object movements of scoring (e.g., maintaining a rally, setting up to attack, winning the point) and preventing scoring (e.g., defending space, defending against attack) during modified net/wall games (e.g., small-sided games, such as 1 vs. 1 to 3 vs. 3).</p>	<p>M.NG.07.02 demonstrate tactical problems, including on-the-object movements of scoring (e.g., maintaining a rally, setting up to attack, winning the point, attacking as a pair/team) and preventing scoring (e.g., defending space, defending against attack) during modified net/wall games (e.g., small-sided games, such as 1 vs. 1 to 3 vs. 3).</p>	<p>M.NG.08.02 demonstrate tactical problems, including on-the-object movements of scoring (e.g., maintaining a rally, setting up to attack, winning the point, attacking as a pair/team) and preventing scoring (e.g., defending space, defending against attack, defending as a pair/team) during modified net/wall games (e.g., small-sided games, such as 2 vs. 2 to 6 vs. 6).</p>
Striking/Fielding Games									
	K	1	2	3	4	5	6	7	8
Striking/Fielding Games	<i>Students will...</i>								
					<p>M.SG.04.01 demonstrate use of selected on-the-object tactical movements of infield base positions and off-the-object problems of defending space and defending bases during modified striking/fielding games (e.g., strike a stationary object without a catcher, 4 vs. 4).</p>	<p>M.SG.05.01 demonstrate use of selected on-the-object tactical movements of infield base positions and off-the-object problems of defending space and defending bases during modified striking/fielding games (e.g., strike a stationary object, stationary object, 5 vs. 5).</p>	<p>M.SG.06.01 demonstrate selected use of infield tactical problems, including scoring and staying in (e.g., getting on base, moving the runner, advancing to the next base, defending object, scoring runs), preventing scoring (e.g., defending space, defending bases, defending space as a team, getting batter out, restricting run scoring), and communicating/umpiring during modified striking/fielding games (e.g., strike a stationary/moving object, 5 vs. 5).</p>	<p>M.SG.07.01 demonstrate elements of selected infield and outfield tactical movements, including scoring and staying in (e.g., getting on base, moving the runner, advancing to next base, defending object, scoring runs), preventing scoring (e.g., defending space, defending bases on throw from outfield positions, defending space as a team, getting batter out, restricting run scoring), and communicating/umpiring during modified striking/fielding games (e.g., 6 vs. 6, outfielders with shortstop and second base person, focus on runner at second).</p>	<p>M.SG.08.01 demonstrate infield and outfield tactical movements, including scoring and staying in (e.g., getting on base, moving the runner, advancing to next base, defending object, scoring runs), preventing scoring (e.g., defending space, defending bases, defending space as a team, getting batter out, restricting run scoring), and communicating/umpiring during modified striking/fielding games (e.g., 8 vs. 8, 4 outfielders and 4 infielders focus on runner advancing to third).</p>



Motor Skills and Movement Patterns

Rhythmic Activities

Rhythmic Activities	K	1	2	3	4	5	6	7	8	
	<i>Students will...</i>									
M.RA.00.01 demonstrate basic even and uneven rhythmic patterns.	M.RA.01.01 demonstrate a movement pattern (locomotor and axial) to even and uneven rhythms.	M.RA.02.01 demonstrate self-selected locomotor and axial movement patterns to even and uneven rhythms.	M.RA.03.01 demonstrate self-selected locomotor and axial movement patterns to even and uneven rhythms in repetition.	M.RA.04.01 demonstrate the reversal of rhythmic locomotor patterns and change of direction.	M.RA.05.01 demonstrate a sequence of rhythmic patterns traveling along pathways (i.e., circle, zigzag, straight line).	M.RA.06.01 demonstrate two rhythms, simultaneously, in two different parts of the body.	M.RA.07.01 demonstrate student-created rhythmic movement patterns with pathways with a partner to different musical rhythms.	M.RA.08.01 demonstrate rhythmic movement patterns with pathways using different qualities of movement (e.g., free/bound, strong/light, sustained/quick).		

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