

Skills	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
Hop					
Starting					
Stopping					
Run					
Gallop					
Slide					
Asymmetrical & Symmetrical Balance					
Rhythms – 3 step Patterns					
Conflict Resolution					
Horizontal Jump					
Leap					
Skip					
Individual Throw					
Individual Catch					
Individual Kick					
Individual Strike					
Rules, Procedures, & Etiquette for activities					
Recognize body changes during exercise (F)					
Hand Dribble (R/L) individual					
Foot Dribble (R/L) individual					
One Dance or Rhythm Activity					
Movement Concept – new movement form					
Rules, Procedures in a physical activity					
Body Changes in physical activity					
Strike with a partner					
Throw with a partner					
Catch with a partner					
Volley with a partner					
Offensive & Defensive Roles in a physical activity					
Health related physical fitness concepts					
Explain and demonstrate rules & safety in PE					

Student

Grade

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