

MOTOR SKILLS

GRADE	TOPICS	STANDARDS (SHAPE ALIGNMENT)
Essential Question: Why did God create our bodies for movement?		Big Idea: Movement contributes to healthy physical development, in keeping with God's original plan for our lives.
K	Locomotor	PE.K.MS.1 Performs <i>locomotor</i> skills (e.g., hopping, galloping, running, sliding) while maintaining balance. (S1.E1.K; S1.E3.K)
	Non-locomotor	PE.K.MS.2 Maintains momentary stillness on different body parts. (S1.E7.Ka) PE.K.MS.3 Contrasts the actions of <i>curling</i> and <i>stretching</i> . (S1.E10.K)
	Manipulative	PE.K.MS.4 Throws underhand with opposite foot forward. (S1.E13.K)
		PE.K.MS.5 Drops a ball and catches it before it bounces twice. (S1.E16.Ka)
		PE.K.MS.6 Catches a large ball tossed by a skilled thrower. (S1.E16.Kb)
		PE.K.MS.7 Dribbles a ball with one hand, attempting the second dribble. (S1.E17.K)
		PE.K.MS.8 Taps a ball using the inside of the foot, sending it forward. (S1.E18.K)
		PE.K.MS.9 Kicks a stationary ball from a stationary position, displaying 2 of the 5 <i>critical elements</i> of a mature kick. (S1.E21.K)
		PE.K.MS.10 Volleys a lightweight object (balloon), sending it upward. (S1.E22.K)
		PE.K.MS.11 Strikes a lightweight object with a paddle or <i>short-handled racket</i> . (S1.E24.K)
		PE.K.MS.12 Executes a single jump with self-turned rope. (S1.E27.Ka)
		PE.K.MS.13 Jumps a long rope with teacher-assisted turning. (S1.E27.Kb)
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Non-locomotor	PE.1.MS.4 Transfers weight from one body part to another in personal <i>self-space</i> . (S1.E8.1) PE.1.MS.5 Demonstrates twisting, <i>curling</i> , bending, and <i>stretching</i> actions. (S1.E10.1)	
Manipulative	PE.1.MS.6 Throws underhand, demonstrating 2 of the 5 <i>critical elements</i> of a <i>mature pattern</i> . (S1.E13.1)	
	PE.1.MS.7 Catches a soft object from a self-toss before it bounces. (S1.E16.1a)	
	PE.1.MS.8 Catches various sizes of balls self-tossed or tossed by a skilled thrower. (S1.E16.1b)	
	PE.1.MS.9 Dribbles continuously in personal <i>self-space</i> using the preferred hand. (S1.E17.1)	
	PE.1.MS.10 Taps or dribbles a ball using the inside of the foot while walking in <i>general space</i> . (S1.E18.1)	
	PE.1.MS.11 Approaches a stationary ball and kicks it forward, displaying 2 of the 5 <i>critical elements</i> of a mature kick. (S1.E21.1)	
	PE.1.MS.12 Volleys an object with an open palm, sending it upward. (S1.E11.1)	
	PE.1.MS.13 Strikes a ball with a <i>short-handled implement</i> , sending it upward. (S1.E24.1)	
	PE.1.MS.14 Jumps forward or backward consecutively using a self-turned rope. (S1.E27.1a)	
	PE.1.MS.15 Jumps a long rope up to five times consecutively with teacher-assisted turning. (S1.E27.1b)	
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Non-locomotor		PE.2.MS.6 Balances in an <i>inverted position</i> with stillness and supportive bases. (S1.E7.2b) PE.2.MS.7 Transfers weight from feet to different body parts/bases of support for balance and/or travel. (S1.E8.2) PE.2.MS.8 Differentiates among twisting, <i>curling</i> , bending, and <i>stretching</i> actions. (S1.E10.2)
Manipulative		PE.2.MS.9 Throws underhand using a <i>mature pattern</i> . (S1.E13.2)
		PE.2.MS.10 Throws overhand demonstrating 2 of the 5 <i>critical elements</i> of a <i>mature pattern</i> . (S1.E14.2)
		PE.2.MS.11 Catches a self-tossed or well-thrown large ball with hands, not trapping or cradling against the body. (S1.E16.2)
		PE.2.MS.12 Dribbles in personal <i>self-space</i> with preferred hand demonstrating a <i>mature pattern</i> . (S1.E17.2a)
		PE.2.MS.13 Dribbles using the preferred hand while walking in <i>general space</i> . (S1.E17.2b)
		PE.2.MS.14 Dribbles with the feet in <i>general space</i> with control of ball and body. (S1.E18.2)
		PE.2.MS.15 Uses a continuous <i>running</i> approach and kicks a moving ball, demonstrating 3 of the 5 <i>critical elements</i> of a <i>mature pattern</i> . (S1.E21.2)
		PE.2.MS.16 Volleys an object upward with consecutive hits. (S1.E22.2)
		PE.2.MS.17 Strikes an object upward with a <i>short-handled implement</i> , using consecutive hits. (S1.E24.2)
		PE.2.MS.18 Strikes a ball off a tee or cone with a bat using correct grip and <i>side orientation/proper body orientation</i> . (S1.E25.2)
		PE.2.MS.19 Jumps a self-turned rope consecutively forward and backward with a <i>mature pattern</i> . (S1.E27.2a)
PE.2.MS.20 Jumps a long rope five times consecutively with student turners. (S1.E17.2b)		
3	Locomotor	PE.3.MS.1 Leaps using a <i>mature pattern</i> . (S1.E1.3) PE.3.MS.2 Travels showing differentiation between <i>sprinting</i> and <i>running</i> . (S1.E2.3) PE.3.MS.3 Jumps and lands in both the horizontal and vertical planes using a <i>mature pattern</i> . (S1.E3.3; S1.E4.3) PE.3.MS.4 Performs a sequence of <i>locomotor</i> skills, transitioning from one skill to another smoothly and without hesitation. (S1.E6.3)
	Non-locomotor	PE.3.MS.5 Balances on different bases of support, demonstrating muscular tension and extensions of free body parts. (S1.E7.3) PE.3.MS.6 Transfers weight from feet to hands for momentary weight support. (S1.E8.3) PE.3.MS.7 Moves into and out of gymnastics balances with <i>curling</i> , twisting, and <i>stretching</i> actions. (S1.E10.3)
	Manipulative	PE.3.MS.8 Throws underhand to a partner or target with reasonable accuracy. (S1.E13.3)
		PE.3.MS.9 Throws overhand, demonstrating 3 of the 5 <i>critical elements</i> of a <i>mature pattern</i> , in a <i>static environment</i> for distance/force. (S1.E14.3)
		PE.3.MS.10 Catches a gently tossed hand-size ball from a partner, displaying 4 of the 5 <i>critical elements</i> of a mature catch. (S1.E16.3)
		PE.3.MS.11 Dribbles and travels in <i>general space</i> at slow to moderate jogging speed with control of ball and body. (S1.E17.3)
		PE.3.MS.12 Dribbles with the feet in <i>general space</i> at slow to moderate jogging speed with control of ball and body. (S1.E18.3)
		PE.3.MS.13 Passes and receives ball with insides of feet to a stationary partner, <i>giving on reception</i> before returning pass. (S1.E19.3)
		PE.3.MS.14 Uses a continuous <i>running</i> approach and intentionally performs a kick along the ground and a kick in the air, demonstrating 4 of the 5 <i>critical elements</i> of a <i>mature pattern</i> for each. (S1.E21.3a)
		PE.3.MS.15 Uses a continuous <i>running</i> approach and kicks a stationary ball for accuracy. (S1.E21.3b)
		PE.3.MS.16 Volleys an object with an underhand or sidearm striking pattern, sending it forward over a net, to the wall or over a line to a partner, while demonstrating 4 of the 5 <i>critical elements</i> of a <i>mature pattern</i> . (S1.E22.3)
		PE.3.MS.17 Strikes an object with a <i>short-handled implement</i> , sending it forward over a low net or to a wall. (S1.E24.3a)
		PE.3.MS.18 Strikes an object with a <i>short-handled implement</i> while demonstrating 3 of the 5 <i>critical elements</i> of a <i>mature pattern</i> . (S1.E24.3b)
PE.3.MS.19 Strikes a ball with a long-handled implement (e.g., hockey stick, bat, golf club), sending it forward, while using proper grip for the implement. (Use batting tee or ball tossed by teacher for batting.) (S1.E25.3)		
PE.3.MS.20 Performs intermediate jump-rope skills (e.g., tricks, <i>running</i> in and out of rope) for both long and short ropes. (S1.E27.3)		
4	Locomotor	PE.4.MS.1 Uses various <i>locomotor</i> skills in a variety of <i>small-sided practice tasks</i> and educational gymnastics experiences. (S1.E1.4) PE.4.MS.2 Runs for distance using a <i>mature pattern</i> . (S1.E2.4) PE.4.MS.3 Uses <i>spring-and-step takeoffs</i> and landings specific to gymnastics. (S1.E3.4) PE.4.MS.4 Combines traveling with <i>manipulative skills</i> (e.g., dribbling, throwing) in teacher-and/or student-designed <i>small-sided practice tasks</i> . (S1.E6.4)
	Non-locomotor	PE.4.MS.5 Balances on different bases of support on <i>apparatus</i> , demonstrating levels and shapes. (S1.E7.4) PE.4.MS.6 Transfers weight from feet to hands, varying speed and using large extensions (e.g., <i>handstand, cartwheel</i>). (S1.E8.4) PE.4.MS.7 Moves into and out of balance on <i>apparatus</i> with <i>curling</i> , twisting, and <i>stretching</i> actions. (S1.E10.4) PE.4.MS.8 Combines traveling with balance and weight transfers to create a gymnastics sequence with/without equipment. (S1.E12.4)
	Manipulative	PE.4.MS.9 Throws overhand using a <i>mature pattern</i> in <i>static environments</i> (closed skills). (S1.E14.4a)
		PE.4.MS.10 Throws overhand to a partner or at a target with accuracy from a reasonable distance. (S1.E14.4b)
		PE.4.MS.11 Throws to a moving partner with reasonable accuracy in a <i>static environment</i> (closed skills). (S1.E15.4)
		PE.4.MS.12 Catches a thrown ball above the head, at chest or waist level, and below the waist using a <i>mature pattern</i> in a <i>static environment</i> . (S1.E16.4)
		PE.4.MS.13 Dribbles in <i>personal self-space</i> with both the preferred and the non-preferred hands using a <i>mature pattern</i> . (S1.E17.4a)
		PE.4.MS.14 Dribbles in <i>general space</i> with control of ball and body while increasing and decreasing speed. (S1.E17.4b)
		PE.4.MS.15 Dribbles with the feet in <i>general space</i> with control of ball and body while increasing and decreasing speed. (S1.E18.4)
		PE.4.MS.16 Passes and receives ball with the insides of the feet to a moving partner in a <i>static environment/closed skills</i> . (S1.E19.4a)
		PE.4.MS.17 Receives and passes a ball with the outsides and insides of the feet to a stationary partner, <i>giving on reception</i> . (S1.E19.4b)
		PE.4.MS.18 Dribbles with hands or feet in combination with other skills (e.g., passing, receiving, shooting). (S1.E20.4)
		PE.4.MS.19 Kicks along the ground and in the air, and punts using <i>mature patterns</i> . (S1.E21.4)
PE.4.MS.20 Volleys underhand using a <i>mature pattern</i> in a <i>dynamic environment</i> (e.g., two-square, four-square, handball). (S1.E22.4)		
PE.4.MS.21 Volleys with a two-hand overhead pattern, sending it upward, demonstrating 4 of the 5 <i>critical elements</i> of a <i>mature pattern</i> . (S1.E23.4)		
PE.4.MS.22 Strikes an object with a <i>short-handled implement</i> while demonstrating a <i>mature pattern</i> and alternating hits with a partner over a low net or against a wall. (S1.E24.4a; S1.E24.4b)		
PE.4.MS.23 Strikes an object with a long-handled device (e.g., hockey stick, tennis or badminton racket) while demonstrating 3 of the 5 <i>critical elements</i> of a <i>mature pattern</i> for the device (grip, stance, body orientation, swing plane, follow-through). (S1.E25.4)		
PE.4.MS.24 Combines traveling with the <i>manipulative skills</i> of dribbling, throwing, catching, and striking in teacher- and/or student-designed <i>small-sided practice-task environments</i> . (S1.E26.4)		
PE.4.MS.25 Creates a jump-rope routine with either a short or long rope. (S1.E27.4)		

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Essential Question: Why did God create our bodies for movement?		Big Idea: Movement contributes to healthy physical development, in keeping with God’s original plan for our lives.	
5	Locomotor	PE.5.MS.1 Combines <i>locomotor</i> and <i>manipulative skills</i> in a variety of <i>small-sided practice tasks</i> in <i>game environments</i> . (S1.E1.5b) PE.5.MS.2 Combines traveling with <i>manipulative skills</i> for execution to a target (e.g., scoring in soccer, hockey, basketball). (S1.E1.5c) PE.5.MS.3 Uses appropriate pacing for a variety of <i>running distances</i> . (S1.E2.5) PE.5.MS.4 Combines jumping and landing patterns with <i>locomotor</i> and <i>manipulative skills</i> in gymnastics and <i>small-sided practice tasks</i> in <i>game environments</i> . (S1.E3.5)	
	Non-locomotor	PE.5.MS.5 Combines balance and transferring weight in gymnastics sequence. (S1.E7.5) PE.5.MS.6 Performs <i>nonlocomotor</i> actions with correct application, for gymnastics and <i>small-sided practice tasks</i> in <i>game environments</i> . (S1.E10.5) PE.5.MS.7 Combines actions, balances, and weight transfers to create a gymnastic sequence with a partner on equipment. (S1.E12.5)	
	Manipulative	PE.5.MS.8 Throws underhand and overhand with a <i>mature pattern</i> in <i>static environments</i> (closed skills), with different sizes and types of objects/balls. (S1.E13.5a; S1.E14.5a) PE.5.MS.9 Throws underhand and overhand to a large target with accuracy. (S1.E13.5b; S1.E14.5b) PE.5.MS.10 Throws and catches with accuracy, both partners moving. (S1.E15.5a; S1.E16.5b) PE.5.MS.11 Throws and catches with reasonable accuracy in dynamic, <i>small-sided practice tasks</i> . (S1.E15.5b; S1.E16.5c) PE.5.MS.12 Catches a batted ball above the head, at chest or waist level, and along the ground using a <i>mature pattern</i> in a <i>static environment</i> (closed skills). (S1.E16.5a) PE.5.MS.13 Combines hand and foot dribbling with other skills during one-on-one <i>practice tasks</i> . (S1.E17.5; S1.E18.5) PE.5.MS.14 Passes and receives a pass with the feet using a <i>mature pattern</i> as both partners travel. (S1.E19.5a; S1.E19.5b) PE.5.MS.15 Drives with hands or feet with <i>mature patterns</i> in a variety of <i>small-sided game forms</i> . (S1.E20.5) PE.5.MS.16 Demonstrates <i>mature patterns</i> of kicking and punting in <i>small-sided practice task environments</i> . (S1.E21.5) PE.5.MS.17 Volleys a ball using a two-hand pattern, sending it upward to a target. (S1.E23.5) PE.5.MS.18 Strikes an object consecutively, with a partner, using a <i>short-handled implement</i> , over a net or against a wall, in either a competitive or cooperative <i>game environment</i> . (S1.E24.5) PE.5.MS.19 Strikes a pitched ball with a bat using a <i>mature pattern</i> . (S1.E25.5a) PE.5.MS.20 Combines striking with long implement (e.g., hockey stick), using receiving/traveling skills in a <i>small-sided game</i> . (S1.E25.5b) PE.5.MS.21 Creates a jump-rope routine with a partner using either a short or long rope. (S1.E27.5)	
		Throwing	PE.6.MS.1 Throws with a <i>mature pattern</i> for distance or power appropriate to the practice task (e.g., distance = outfield to home plate; power = second base to first base). (S1.M2.6) PE.6.MS.2 Throws, while stationary, a leading pass to a moving receiver. (S1.M5.6) PE.6.MS.3 Demonstrates a mature underhand pattern for a modified target game (e.g., bowling, horseshoes). (S1.M18.6)
		Catching	PE.6.MS.4 Catches with a <i>mature pattern</i> from a variety of <i>trajectories</i> using different objects in varying <i>practice tasks</i> . (S1.M3.6)
		Kicking	PE.6.MS.5 <i>Foot-dribbles</i> changing speed and direction in a variety of <i>practice tasks</i> . (S1.M9.6)
		Dribbling	PE.6.MS.6 Dribbles with dominant hand using a change of speed and direction in a variety of <i>practice tasks</i> . (S1.M8.6)
		Striking	PE.6.MS.7 Strikes with a mature overhand pattern in a <i>static environment/closed skills</i> for <i>net/wall games</i> (e.g., volleyball, handball, tennis). (S1.M13.6) PE.6.MS.8 Demonstrates the mature form of the forehand and backhand strokes with a <i>short-handled implement</i> in <i>net/wall games</i> (e.g., <i>paddleball</i> , <i>pickleball</i> , <i>short-handled racket tennis</i>). (S1.M14.6)
			PE.6.MS.9 Transfers weight with correct timing for the striking pattern (e.g., tennis, softball, hockey). (S1.M15.6) PE.6.MS.10 Strikes, with an implement, a stationary object for accuracy in activities (e.g., croquet, shuffleboard, golf). (S1.M19.6) PE.6.MS.11 Strikes a pitched ball with an implement with <i>force</i> in a variety of <i>practice tasks</i> . (S1.M20.6)
			PE.6.MS.12 Passes and receives with hands, in combination with <i>locomotor</i> patterns of <i>running</i> and change of direction and speed, competently in <i>modified invasion games</i> (e.g., basketball, flag football, speedball, team handball). (S1.M4.6)
PE.6.MS.13 Shoots on goal with power in a <i>dynamic environment</i> as appropriate to the activity. (S1.M10.6)			
PE.6.MS.14 Forehand volleys with a mature form and control using a <i>short-handled implement</i> . (S1.M16.6) PE.6.MS.15 Two-hand volleys with control in a variety of <i>practice tasks</i> . (S1.M17.6)			
Serving		PE.6.MS.16 Performs a legal underhand serve with control for <i>net/wall games</i> (e.g., badminton, volleyball, <i>pickleball</i>). (S1.M12.6)	
7		Throwing	PE.7.MS.1 Throws with a <i>mature pattern</i> for distance or power appropriate to the activity in a <i>dynamic environment</i> . (S1.M2.7) PE.7.MS.2 Throws, while moving, a leading pass to a moving receiver. (S1.M5.7) PE.7.MS.3 Executes consistently (70%) a mature underhand pattern for target games (e.g., bowling, horseshoes). (S1.M18.7)
		Catching	PE.7.MS.4 Catches with a <i>mature pattern</i> from a variety of <i>trajectories</i> using different objects in <i>small-sided game play</i> . (S1.M3.7)
	Kicking	PE.7.MS.5 <i>Foot-dribbles</i> with control and combined with passing in a variety of <i>practice tasks</i> . (S1.M9.7)	
	Dribbling	PE.7.MS.6 Dribbles with dominant/nondominant hands using a change of speed and direction in a variety of <i>practice tasks</i> . (S1.M8.7)	
	Striking	PE.7.MS.7 Strikes with a mature overhand pattern in a <i>dynamic environment</i> for <i>net/wall games</i> (e.g., volleyball, tennis). (S1.M13.7) PE.7.MS.8 Demonstrates the mature form of forehand and backhand strokes with a long-handled implement in net games (e.g., tennis). (S1.M14.7) PE.7.MS.9 Transfers weight with correct timing using low-to-high striking pattern with a <i>short-handled implement</i> on the forehand side. (S1.M15.7) PE.7.MS.10 Strikes, with an implement, a stationary object for accuracy and distance in activities (e.g., croquet, golf). (S1.M19.7) PE.7.MS.11 Strikes a pitched ball with an implement to open space in a variety of <i>practice tasks</i> . (S1.M20.7)	
		PE.7.MS.12 Passes and receives with feet, in combination with <i>locomotor</i> patterns of <i>running</i> and change of direction and speed, competently in modified games (e.g., soccer, speedball). (S1.M4.7)	
		PE.7.MS.13 Shoots on goal with power and accuracy in <i>small-sided game play</i> . (S1.M10.7)	
	PE.7.MS.14 Forehand and backhand volleys with a mature form and control using a <i>short-handled implement</i> . (S1.M16.7) PE.7.MS.15 Two-hand volleys with control in a <i>dynamic environment</i> . (S1.M17.7)		
	Serving	PE.7.MS.16 Executes consistently (70%) a legal underhand serve to a predetermined target for <i>net/wall games</i> (e.g., badminton, volleyball). (S1.M12.7)	
	8	Throwing	PE.8.MS.1 Throws with a <i>mature pattern</i> for distance or power appropriate to the activity during <i>small-sided game play</i> . (S1.M2.8) PE.8.MS.2 Throws a lead pass to a moving partner off a dribble or pass. (S1.M5.8) PE.8.MS.3 Performs consistently (70%) a mature underhand pattern with accuracy/control for one target game (e.g., bowling). (S1.M18.8)
Catching		PE.8.MS.4 Catches using an implement in a <i>dynamic environment</i> or modified game play. (S1.M3.8)	
Kicking		PE.8.MS.5 <i>Foot-dribbles/dribbles</i> with an implement with control, changing speed/direction during <i>small-sided game play</i> . (S1.M9.8)	
Dribbling		PE.8.MS.6 Dribbles with dominant and nondominant hands using a change of speed and direction in <i>small-sided game play</i> . (S1.M8.8)	
Striking		PE.8.MS.7 Strikes with a mature overhand pattern in a modified game for <i>net/wall games</i> (e.g., volleyball, badminton). (S1.M13.8) PE.8.MS.8 Demonstrates the mature form of forehand and backhand strokes with a <i>short- or long-handled implement</i> with power and accuracy in net games (e.g., <i>pickleball</i> , tennis, badminton, <i>paddleball</i>). (S1.M14.8)	
		PE.8.MS.9 Transfers weight, with correct timing, using low-to-high striking pattern with a long-handled implement on the backhand side. (S1.M15.8) PE.8.MS.10 Strikes, with an implement, a stationary object for accuracy and power in activities (e.g., croquet, golf). (S1.M19.8) PE.8.MS.11 Strikes a pitched ball with an implement for power to open space in a variety of <i>small-sided games</i> . (S1.M20.8)	
		PE.8.MS.12 Passes and receives with an implement, in combination with <i>locomotor</i> patterns of <i>running</i> and change of direction, speed, and/or level, competently in modified games (e.g., lacrosse, hockey). (S1.M4.8)	
		PE.8.MS.13 Shoots on goal with a long-handled implement for power and accuracy in modified games (e.g., hockey). (S1.M10.8)	
PE.8.MS.14 Forehand and backhand volleys with a mature form and control using a <i>short-handled implement</i> during modified game play. (S1.M16.8) PE.8.MS.15 Two-hand volleys with control in a <i>small-sided game</i> . (S1.M17.8)			
Serving		PE.8.MS.16 Executes consistently (70%) a legal underhand serve for distance and accuracy for <i>net/wall games</i> (e.g., badminton, volleyball). (S1.M12.8)	