

**SAU 50**  
**Grades K to 5**  
**Physical Education**  
**Motor Skills and Movement Patterns**

Motor Skills--skills needed to participate in a variety of physical activities.

Movement Patterns--different ways to move the body in order to participate in a variety of physical activities.

**SAU 50 District Competency:**

*Students will independently use their learning to...*

knowingly move in a controlled and appropriate manner in order to participate safely in physical activities.

**Essential Questions**

How can I move?

How can I move safely?

**Acquisition**

- I can hop, gallop, run, slide, and skip.
- I can perform jumping and landing actions with balance.
- I can maintain momentary stillness on different bases of support including balancing on one foot.
- I can form wide, narrow, curled and twisted body shapes.
- I can roll sideways in a narrow body shape.
- I can curl my body and I can stretch my body.
- I can throw a ball forward while stepping with the opposite foot.
- I can drop and catch a ball.
- I can dribble a ball with one hand making more than one contact.
- I can move a ball forward using the inside of my foot.
- I can demonstrate at least two elements of a mature kicking pattern, using a stationary ball while in place.
- I can volley a lightweight object upward.
- I can strike a lightweight object with a short-handled racquet.
- I can jump over a self-turned rope.

- I can jump a long rope with teacher assisted turning.
- I can stop, start, and change direction without bumping into anything or anyone.
- I can move in personal space to a rhythm.
- I can move in and identify straight, zigzag, and curved pathways.
- I can move fast and slow in general space.

## Standards

### Society of Health and Physical Educators Standards

#### ***Key to Standard Notation:***

**S1.E1.5:** **S1** (*number of standard*) **E1** (*Elementary and domain*) **5** (*grade level*)

#### **1. The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.**

**S1.E1.5a:** Demonstrates mature patterns of locomotor skills in dynamic small-sided practice tasks, gymnastics and dance.

**S1.E1.5b:** Combines locomotor and manipulative skills in a variety of small-sided practice tasks in game environments.

**S1.E1.5c:** Combines traveling with manipulative skills for execution to a target (e.g. scoring in soccer, hockey and basketball).

**S1.E2.5:** Uses appropriate pacing for a variety of running distances.

**S1.E3.5:** Combines jumping and landing patterns with locomotor and manipulative skills in dance, gymnastics and small-sided practice tasks in game environments.

**S1.E5.5:** Combines locomotor skills in cultural as well as creative dances (self and group) with correct rhythm and pattern.

**S1.E7.5:** Combines balance and transferring weight in a gymnastics sequence or dance with a partner.

**S1.E8.5:** Transfers weight in gymnastics and dance environments.

**S1.E10.5:** Performs curling, twisting, and stretching actions with correct application in dance, gymnastics and small-sided practice tasks in game environment.

**S1.E11.5:** Combines locomotor skills and movement concepts (levels, shapes, extensions, pathways, force, time, flow) to create and perform a dance with a group.

**S1.E12.5:** Combines actions, balances and weight transfers to create a gymnastics sequence with a partner on equipment or apparatus.

**S1.E13.5a:** Throws underhand using a mature pattern in non-dynamic environments (closed skills), with different sizes and types of objects.

**S1.E13.5b:** Throws underhand to a large target with accuracy.

**S1.E14.5a:** Throws overhand using a mature pattern in non-dynamic environments (closed skills), with different sizes and types of balls.

**S1.E14.5b:** Throws overhand to large target with accuracy.

**S1.E15.5a:** Throws with accuracy, both partners moving.

**S1.E15.5b:** Throws with reasonable accuracy in dynamic, small-sided practice tasks.

**S1.E16.5a:** Catches a batted ball above the head, at chest or waist level, and along the ground

using a mature pattern in a non-dynamic environment (closed skills)

**S1.E16.5b:** Catches with accuracy, both partners moving.

**S1.E16.5c:** Catches with reasonable accuracy in dynamic, small-sided practice tasks.

**S1.E17.5:** Combines hand dribbling with other skills during 1v1 practice tasks.

**S1.E18.5:** Combines foot dribbling with other skills in 1v1 practice tasks.

**S1.E19.5a:** Passes with the feet using a mature pattern as both partners travel.

**S1.E19.5b:** Receives a pass with the feet using a mature pattern as both partners travel.

**S1.E20.5:** Dribbles with hands or feet with mature patterns in a variety of small-sided game forms.

**S1.E21.5:** Demonstrates mature patterns of kicking and punting in small-sided practice task environments.

**S1.E23.5:** Volleys a ball using a two-hand pattern, sending it upward to a target.

**S1.E24.5:** Strikes an object consecutively, with a partner, using a short-handled implement, over a net or against a wall, in either a competitive or cooperative game environment.

**S1.E25.5a:** Strikes a pitched ball with a bat using a mature pattern.

**S1.E25.5b:** Combines striking with a long implement (e.g. bat, hockey stick) with receiving and traveling skills in a small-sided game.

**S1.E26.5:** Combines manipulative skills and traveling for execution to a target (e.g. scoring in soccer, hockey, and basketball).

**S1.E27.5:** Creates a jump rope routine with a partner using either a short or long rope.

## **2. The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.**

**S2.E1.5:** Combines spatial concepts with locomotor and non-locomotor movements for small groups in gymnastics, dance and games environment.

**S2.E2.5:** Combines movement concepts with skills in small-sided practice tasks/games environments, gymnastics and dance with self-direction.

**S2.E3.5a:** Applies movement concepts to strategy in game situations.

**S2.E3.5b:** Applies the concepts of direction and force to strike an object with a long-handled implement.

**S2.E3.5c:** Analyzes movement situations and applies movement concepts (force, direction, speed, pathways, extensions) in small-sided practice task/game environments, dance and gymnastics.

### **[Society of Health and Physical Educators Standards](#)**

#### **References:**

American Alliance for Health, Physical Education, Recreation, and Dance. (2013). *Grade-level outcomes for K-12 physical education*. Reston, VA: Author.