

Health-related Fitness – 1.1

Active Living, Skillful Movement, Relationships

Name: _____

Date: _____

Level Four	Level Three	Level Two	Level One
Consistently and independently fully engages in a variety of movement activities.	Frequently fully engages in a variety of movement activities.	Occasionally fully engages in a variety of movement activities.	Has not fully engaged in a variety of movement activities.
Consistently and independently identifies changes in the body that are natural and safe reactions to participating in movement activities and those that are signs that the level of participation is too much.	Frequently identifies changes in the body that are natural and safe reactions to participating in movement activities and those that are signs that the level of participation is too much.	Occasionally identifies changes in the body that are natural and safe reactions to participating in movement activities and those that are signs that the level of participation is too much.	Has not identified changes in the body that are natural and safe reactions to participating in movement activities and those that are signs that the level of participation is too much.
Consistently and independently identifies the main internal body parts involved in, and affected by, exercise.	Frequently identifies the main internal body parts involved in, and affected by, exercise.	Occasionally identifies the main internal body parts involved in, and affected by, exercise.	Has not identified the main internal body parts involved in, and affected by, exercise.
Consistently and independently demonstrates through movement and words an understanding of what it means to warm up and to stretch.	Frequently demonstrates through movement and words an understanding of what it means to warm up and to stretch..	Occasionally demonstrates through movement and words an understanding of what it means to warm up and to stretch..	Has not demonstrated through movement and words an understanding of what it means to warm up and to stretch..
Consistently and independently determines own degree of exertion with an understanding of what it means to be 'tired'.	Frequently determines own degree of exertion with an understanding of what it means to be 'tired'.	Occasionally determines own degree of exertion with an understanding of what it means to be 'tired'.	Has not determined own degree of exertion with an understanding of what it means to be 'tired'.
Consistently and independently identifies movements that challenge muscular strength and endurance of lower body, upper body, and core.	Frequently identifies movements that challenge muscular strength and endurance of lower body, upper body, and core.	Occasionally identifies movements that challenge muscular strength and endurance of lower body, upper body, and core.	Has not identified movements that challenge muscular strength and endurance of lower body, upper body, and core.
Consistently and independently maintains THRZ for a minimum of 5 consecutive minutes.	Frequently maintains THRZ for a minimum of 5 consecutive minutes.	Occasionally maintains THRZ for a minimum of 5 consecutive minutes.	Has not maintained THRZ for a minimum of 5 consecutive minutes.

Active Living – 1.2

Active Living, Skillful Movement, Relationships

Name: _____

Date: _____

Level Four	Level Three	Level Two	Level One
Consistently and independently explains how participation in movement activities can help one grow physically, intellectually, and spiritually.	Frequently explains how participation in movement activities can help one grow physically, intellectually, and spiritually.	Occasionally explains how participation in movement activities can help one grow physically, intellectually, and spiritually.	Has not explained how participation in movement activities can help one grow physically, intellectually, and spiritually.
Consistently and independently shows interest and enjoyment in participating in movement activities.	Frequently shows interest and enjoyment in participating in movement activities.	Occasionally shows interest and enjoyment in participating in movement activities.	Has not shown interest and enjoyment in participating in movement activities.
Consistently and independently explains what it means to be “active enough”.	Frequently explains what it means to be “active enough”.	Occasionally explains what it means to be “active enough”.	Has not explained what it means to be “active enough”.
Consistently and independently identifies places in the community where people can be active.	Frequently identifies places in the community where people can be active.	Occasionally identifies places in the community where people can be active.	Has not identified places in the community where people can be active.
Consistently and independently identifies opportunities for physical activity that are self-initiated.	Frequently identifies opportunities for physical activity that are self-initiated.	Occasionally identifies opportunities for physical activity that are self-initiated.	Has not identified opportunities for physical activity that are self-initiated.

Locomotor Skills – 1.3

Active Living, Skillful Movement, Relationships

Name: _____

Date: _____

Level Four	Level Three	Level Two	Level One
Consistently and independently uses the performance cues language of locomotor movement.	Frequently uses the performance cues language of locomotor movement.	Occasionally uses the performance cues language of locomotor movement.	Has not used the performance cues language of locomotor movement.
Consistently and independently creates a variety of ways, and responds to a variety of skills named by others while travelling through space.	Frequently creates a variety of ways, and responds to a variety of skills named by others while travelling through space.	Occasionally creates a variety of ways, and responds to a variety of skills named by others while travelling through space.	Has not creates a variety of ways, and responds to a variety of skills named by others while travelling through space.
Control			
Consistently and independently walks following teacher-given criteria.	Frequently walks following teacher-given criteria.	Occasionally walks following teacher-given criteria.	Has not walked following teacher-given criteria.
Consistently and independently runs following teacher-given criteria.	Frequently runs following teacher-given criteria.	Occasionally runs following teacher-given criteria.	Has not ran following teacher-given criteria.
Consistently and independently walks forward and backward, and runs, forward, through general space avoiding others and stopping on signal without falling down.	Frequently walks forward and backward, and runs, forward, through general space avoiding others and stopping on signal without falling down.	Occasionally walks forward and backward, and runs, forward, through general space avoiding others and stopping on signal without falling down.	Has not walked forward and backward, and ran, forward, through general space avoiding others and stopping on signal without falling down.
Consistently and independently jumps for distance following teacher-given criteria.	Frequently jumps for distance following teacher-given criteria.	Occasionally jumps for distance following teacher-given criteria.	Has not jumped for distance following teacher-given criteria.
Consistently and independently jumps forwards and sideways from 2 to 2 feet, 1 foot to 2 feet, 1 foot to 1 foot, and 2 feet to 1 foot.	Frequently jumps forwards and sideways from 2 to 2 feet, 1 foot to 2 feet, 1 foot to 1 foot, and 2 feet to 1 foot.	Occasionally jumps forwards and sideways from 2 to 2 feet, 1 foot to 2 feet, 1 foot to 1 foot, and 2 feet to 1 foot.	Has not jumped forwards and sideways from 2 to 2 feet, 1 foot to 2 feet, 1 foot to 1 foot, and 2 feet to 1 foot.

Locomotor Skills – 1.3

Active Living, *Skillful Movement*, Relationships

Level Four	Level Three	Level Two	Level One
<i>Progressing-towards-control</i>			
Consistently and independently travels in general space without making contact with others while moving in a variety of ways.	Frequently travels in general space without making contact with others while moving in a variety of ways.	Occasionally travels in general space without making contact with others while moving in a variety of ways.	Has not travelled in general space without making contact with others while moving in a variety of ways.
Consistently and independently jumps backward on 2 feet and lands in control.	Frequently jumps backward on 2 feet and lands in control.	Occasionally jumps backward on 2 feet and lands in control.	Has not jumped backward on 2 feet and landed in control.
Consistently and independently rolls like a log.	Frequently rolls like a log.	Occasionally rolls like a log.	Has not rolled like a log.
Consistently and independently explores, with guidance, rolling forward and rolling sideways.	Frequently explores, with guidance, rolling forward and rolling sideways.	Occasionally explores, with guidance, rolling forward and rolling sideways.	Has not explored, with guidance, rolling forward and rolling sideways.

Non-locomotor Skills – 1.4

Active Living, Skillful Movement, Relationships

Name: _____

Date: _____

Level Four	Level Three	Level Two	Level One
Consistently and independently uses performance words to demonstrate understanding of non-locomotor movement.	Frequently uses performance words to demonstrate understanding of non-locomotor movement.	Occasionally uses performance words to demonstrate understanding of non-locomotor movement.	Has not used performance words to demonstrate understanding of non-locomotor movement.
Consistently and independently creates a variety of ways, and responds to a variety of skills named by others while remaining in one spot.	Frequently creates a variety of ways, and responds to a variety of skills named by others while remaining in one spot.	Occasionally creates a variety of ways, and responds to a variety of skills named by others while remaining in one spot.	Has not created a variety of ways, and responded to a variety of skills named by others while remaining in one spot.
Control			
Consistently and independently jumps for height following teacher-given criteria.	Frequently jumps for height following teacher-given criteria.	Occasionally jumps for height following teacher-given criteria.	Has not jumped for height following teacher-given criteria.
Consistently and independently balances on increasingly smaller bases of support.	Frequently balances on increasingly smaller bases of support.	Occasionally balances on increasingly smaller bases of support.	Has not balanced on increasingly smaller bases of support.
Consistently and independently demonstrates ways to twist, turn, stretch, bend, and curl while standing on 2 feet, remaining in balance.	Frequently demonstrates ways to twist, turn, stretch, bend, and curl while standing on 2 feet, remaining in balance.	Occasionally demonstrates ways to twist, turn, stretch, bend, and curl while standing on 2 feet, remaining in balance.	Has not demonstrated ways to twist, turn, stretch, bend, and curl while standing on 2 feet, remaining in balance.
Consistently and independently lands on 2 feet without losing balance after jumping straight up.	Frequently lands on 2 feet without losing balance after jumping straight up.	Occasionally lands on 2 feet without losing balance after jumping straight up.	Has not landed on 2 feet without losing balance after jumping straight up.
Progressing-towards-control			
Consistently and independently falls forward while starting on knees and landing on hands following teacher-given criteria.	Frequently falls forward while starting on knees and landing on hands following teacher-given criteria.	Occasionally falls forward while starting on knees and landing on hands following teacher-given criteria.	Has not fallen forward while starting on knees and landing on hands following teacher-given criteria.

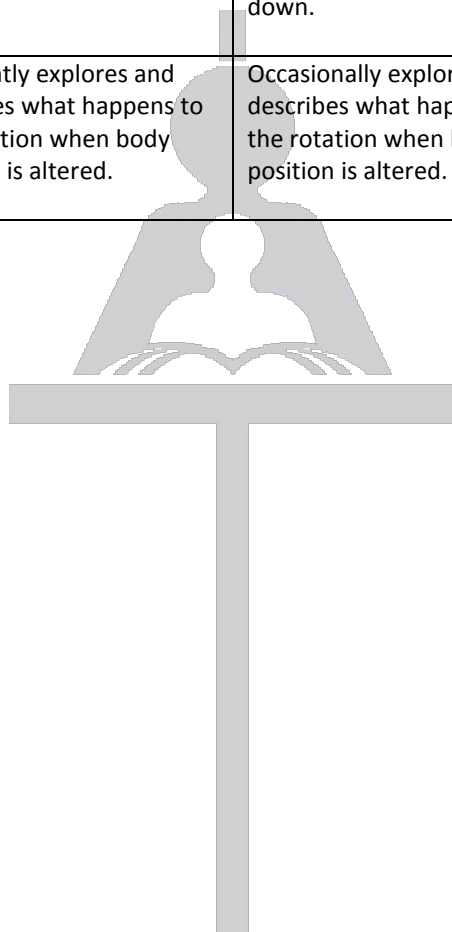
Non-locomotor Skills – 1.4

Active Living, *Skillful Movement*, Relationships

Name: _____

Date: _____

Level Four	Level Three	Level Two	Level One
Consistently and independently attempts a variety of ways to rotate on the spot.	Frequently attempts a variety of ways to rotate on the spot.	Occasionally attempts a variety of ways to rotate on the spot.	Has not attempted a variety of ways to rotate on the spot.
Consistently and independently rotates on the spot, with guidance, in various ways without falling down.	Frequently rotates on the spot, with guidance, in various ways without falling down.	Occasionally rotates on the spot, with guidance, in various ways without falling down.	Has not rotated on the spot, with guidance, in various ways without falling down.
Consistently and independently explores and describes what happens to the rotation when body position is altered.	Frequently explores and describes what happens to the rotation when body position is altered.	Occasionally explores and describes what happens to the rotation when body position is altered.	Has not explored and described what happens to the rotation when body position is altered.



Manipulative Skills – 1.5

Active Living, Skillful Movement, Relationships

Name: _____

Date: _____

Level Four	Level Three	Level Two	Level One
Consistently and independently uses performance words to demonstrate understanding of sending and receiving.	Frequently uses performance words to demonstrate understanding of sending and receiving.	Occasionally uses performance words to demonstrate understanding of sending and receiving.	Has not used performance words to demonstrate understanding of sending and receiving.
Progressing-towards-control			
Consistently and independently explores a variety of ways to throw various objects to determine how the body movement changes when throwing in different ways.	Frequently explores a variety of ways to throw various objects to determine how the body movement changes when throwing in different ways.	Occasionally explores a variety of ways to throw various objects to determine how the body movement changes when throwing in different ways.	Has not explored a variety of ways to throw various objects to determine how the body movement changes when throwing in different ways.
Consistently and independently moves objects by transferring 1, 2, or 3 between hands.	Frequently moves objects by transferring 1, 2, or 3 between hands.	Occasionally moves objects by transferring 1, 2, or 3 between hands.	Has not moved objects by transferring 1, 2, or 3 between hands.
Consistently and independently throws various small objects, both underhand and overhand, under, over, through and at obstacles, using one hand and then the other.	Frequently throws various small objects, both underhand and overhand, under, over, through and at obstacles, using one hand and then the other.	Occasionally throws various small objects, both underhand and overhand, under, over, through and at obstacles, using one hand and then the other.	Has not thrown various small objects, both underhand and overhand, under, over, through and at obstacles, using one hand and then the other.
Consistently and independently explores rolling balls at targets.	Frequently explores rolling balls at targets.	Occasionally explores rolling balls at targets.	Has not explored rolling balls at targets.
Consistently and independently catches, using 2 hands, a medium sized ball thrown underhand by experienced thrower.	Frequently catches, using 2 hands, a medium sized ball thrown underhand by experienced thrower.	Occasionally catches, using 2 hands, a medium sized ball thrown underhand by experienced thrower.	Has not caught, using 2 hands, a medium sized ball thrown underhand by experienced thrower.
Consistently and independently tosses ball to self and tries to catch them while not travelling.	Frequently tosses ball to self and tries to catch them while not travelling.	Occasionally tosses ball to self and tries to catch them while not travelling.	Has not tossed ball to self and tried to catch them while not travelling.

Manipulative Skills – 1.5

Active Living, Skillful Movement, Relationships

Level Four	Level Three	Level Two	Level One
Consistently and independently throws a ball towards a stationary surface and catches it after the rebound.	Frequently throws a ball towards a stationary surface and catches it after the rebound.	Occasionally throws a ball towards a stationary surface and catches it after the rebound.	Has not thrown a ball towards a stationary surface and caught it after the rebound.
Consistently and independently gathers large ball that is rolling towards or away.	Frequently gathers large ball that is rolling towards or away.	Occasionally gathers large ball that is rolling towards or away.	Has not gathered large ball that is rolling towards or away.
Consistently and independently kicks balls from a stationary position to an indicated direction or target using one foot and then the other.	Frequently kicks balls from a stationary position to an indicated direction or target using one foot and then the other.	Occasionally kicks balls from a stationary position to an indicated direction or target using one foot and then the other.	Has not kicked balls from a stationary position to an indicated direction or target using one foot and then the other.
Consistently and independently approaches and kicks a stationary ball.	Frequently approaches and kicks a stationary ball	Occasionally approaches and kicks a stationary ball	Has not approached and kicked a stationary ball
Consistently and independently taps a ball along the ground with one foot, and then the other, while moving behind it.	Frequently taps a ball along the ground with one foot, and then the other, while moving behind it.	Occasionally taps a ball along the ground with one foot, and then the other, while moving behind it.	Has not tapped a ball along the ground with one foot, and then the other, while moving behind it.
Consistently and independently moves objects using various body parts.	Frequently moves objects using various body parts.	Occasionally moves objects using various body parts.	Has not moved objects using various body parts.

Movement Variables – 1.6

Active Living, Skillful Movement, Relationships

Name: _____

Date: _____

Level Four	Level Three	Level Two	Level One
Consistently and independently responds physically and correctly to movement vocabulary verbalized by teacher.	Frequently responds physically and correctly to movement vocabulary verbalized by teacher.	Occasionally responds physically and correctly to movement vocabulary verbalized by teacher.	Has not responded physically and correctly to movement vocabulary verbalized by teacher.
Consistently and independently demonstrates physically and/or verbalizes the difference between personal space and general space.	Frequently demonstrates physically and/or verbalizes the difference between personal space and general space.	Occasionally demonstrates physically and/or verbalizes the difference between personal space and general space.	Has not demonstrated physically and/or verbalized the difference between personal space and general space.
Consistently and independently moves in general space, changing directions, levels, and pathways purposefully avoiding others.	Frequently moves in general space, changing directions, levels, and pathways purposefully avoiding others.	Occasionally moves in general space, changing directions, levels, and pathways purposefully avoiding others.	Has not moved in general space, changing directions, levels, and pathways purposefully avoiding others.
Consistently and independently performs movement sequences involving movement skills as described by the teacher.	Frequently performs movement sequences involving movement skills as described by the teacher.	Occasionally performs movement sequences involving movement skills as described by the teacher.	Has not performed movement sequences involving movement skills as described by the teacher.
Consistently and independently demonstrates and uses various pathways, levels, and directions.	Frequently demonstrates and uses various pathways, levels, and directions.	Occasionally demonstrates and uses various pathways, levels, and directions.	Has not demonstrated and used various pathways, levels, and directions.
Consistently and independently demonstrates skills for changing directions.	Frequently demonstrates skills for changing directions.	Occasionally demonstrates skills for changing directions.	Has not demonstrated skills for changing directions.
Consistently and independently demonstrates an understanding of specific movement variable including: body actions, relationships, formations, effort.	Frequently demonstrates an understanding of specific movement variable including: body actions, relationships, formations, effort.	Occasionally demonstrates an understanding of specific movement variable including: body actions, relationships, formations, effort.	Has not demonstrated an understanding of specific movement variable including: body actions, relationships, formations, effort.

Rhythmical Movement – 1.7

Active Living, Skillful Movement, Relationships

Name: _____

Date: _____

Level Four	Level Three	Level Two	Level One
Consistently and independently moves to a rhythm trying to keep in time and uses a variety of travelling and non-travelling skills.	Frequently moves to a rhythm trying to keep in time and uses a variety of travelling and non-travelling skills.	Occasionally moves to a rhythm trying to keep in time and uses a variety of travelling and non-travelling skills.	Has not moved to a rhythm trying to keep in time and uses a variety of travelling and non-travelling skills.
Consistently and independently creates and performs patterns of locomotor and non-locomotor combinations of movement following rhythmic patterns.	Frequently creates and performs patterns of locomotor and non-locomotor combinations of movement following rhythmic patterns.	Occasionally creates and performs patterns of locomotor and non-locomotor combinations of movement following rhythmic patterns.	Has not created and performed patterns of locomotor and non-locomotor combinations of movement following rhythmic patterns.
Consistently and independently replicates clapping patterns, drumming patterns, and other non-locomotor movements led by others.	Frequently replicates clapping patterns, drumming patterns, and other non-locomotor movements led by others.	Occasionally replicates clapping patterns, drumming patterns, and other non-locomotor movements led by others.	Has not replicated clapping patterns, drumming patterns, and other non-locomotor movements led by others.
Consistently and independently maintains rhythmical movement while participating in a variety of social and cultural dances.	Frequently maintains rhythmical movement while participating in a variety of social and cultural dances.	Occasionally maintains rhythmical movement while participating in a variety of social and cultural dances.	Has not maintained rhythmical movement while participating in a variety of social and cultural dances.
Consistently and independently creates movement patterns as suggested by vocabulary that follow a beat.	Frequently creates movement patterns as suggested by vocabulary that follow a beat.	Occasionally creates movement patterns as suggested by vocabulary that follow a beat.	Has not created movement patterns as suggested by vocabulary that follow a beat.

Play Strategies and Skills – 1.8

Active Living, Skillful Movement, Relationships

Name: _____

Date: _____

Level Four	Level Three	Level Two	Level One
Consistently and independently identifies the main intention of games.	Frequently identifies the main intention of games.	Occasionally identifies the main intention of games.	Has not identified the main intention of games.
Consistently and independently demonstrates attempts to use appropriate skills when playing games.	Frequently demonstrates attempts to use appropriate skills when playing games.	Occasionally demonstrates attempts to use appropriate skills when playing games.	Has not demonstrated attempts to use appropriate skills when playing games.
Consistently and independently identifies, describes, and tries to use the skills and strategies needed to participate in games and activities.	Frequently identifies, describes, and tries to use the skills and strategies needed to participate in games and activities.	Occasionally identifies, describes, and tries to use the skills and strategies needed to participate in games and activities.	Has not identified, described, or tried to use the skills and strategies needed to participate in games and activities.
Consistently and independently uses movement skills, rules and basic strategies to support cooperative participation in a variety of low-organizational games.	Frequently uses movement skills, rules and basic strategies to support cooperative participation in a variety of low-organizational games.	Occasionally uses movement skills, rules and basic strategies to support cooperative participation in a variety of low-organizational games.	Has not used movement skills, rules and basic strategies to support cooperative participation in a variety of low-organizational games.
Consistently and independently participates willingly in movement activities in a natural environment, in both warm and cooler weather.	Frequently participates willingly in movement activities in a natural environment, in both warm and cooler weather.	Occasionally participates willingly in movement activities in a natural environment, in both warm and cooler weather.	Has not participated willingly in movement activities in a natural environment, in both warm and cooler weather.
Consistently and independently takes turns setting up and using equipment.	Frequently takes turns setting up and using equipment.	Occasionally takes turns setting up and using equipment.	Has not taken turns setting up and using equipment.

Safety and Cooperation – 1.9

Active Living, Skillful Movement, Relationships

Name: _____

Date: _____

Level Four	Level Three	Level Two	Level One
Consistently and independently follows rules, routines, and safety procedures in various movement activities.	Frequently follows rules, routines, and safety procedures in various movement activities.	Occasionally follows rules, routines, and safety procedures in various movement activities.	Has not followed rules, routines, and safety procedures in various movement activities.
Consistently and independently creates, shares, and follows rules of play for cooperative movement activities and games involving one or two other people.	Frequently creates, shares, and follows rules of play for cooperative movement activities and games involving one or two other people.	Occasionally creates, shares, and follows rules of play for cooperative movement activities and games involving one or two other people.	Has not created, shared, and followed rules of play for cooperative movement activities and games involving one or two other people.
Consistently and independently demonstrates and practices the safe use and care of equipment.	Frequently demonstrates and practices the safe use and care of equipment.	Occasionally demonstrates and practices the safe use and care of equipment.	Has not demonstrated and practices the safe use and care of equipment.
Consistently and independently expresses insights on own behaviours and actions related to safe and cooperative behaviours.	Frequently expresses insights on own behaviours and actions related to safe and cooperative behaviours.	Occasionally expresses insights on own behaviours and actions related to safe and cooperative behaviours.	Has not expresses insights on own behaviours and actions related to safe and cooperative behaviours.

Relationships – 1.10

Active Living, Skillful Movement, Relationships

Name: _____

Date: _____

Level Four	Level Three	Level Two	Level One
Consistently and independently practices positive ways to resolve conflict that occur while participating in movement activities.	Frequently practices positive ways to resolve conflict that occur while participating in movement activities.	Occasionally practices positive ways to resolve conflict that occur while participating in movement activities.	Has not practiced positive ways to resolve conflict that occur while participating in movement activities.
Consistently and independently demonstrates good manners and fair play while participating in movement activities.	Frequently demonstrates good manners and fair play while participating in movement activities.	Occasionally demonstrates good manners and fair play while participating in movement activities.	Has not demonstrated good manners and fair play while participating in movement activities.
Consistently and independently describes what it looks like and sounds like when people are being respectful.	Frequently describes what it looks like and sounds like when people are being respectful.	Occasionally describes what it looks like and sounds like when people are being respectful.	Has not described what it looks like and sounds like when people are being respectful.
Consistently and independently displays a willingness to share ideas, space, objects and equipment while participating with others.	Frequently displays a willingness to share ideas, space, objects and equipment while participating with others.	Occasionally displays a willingness to share ideas, space, objects and equipment while participating with others.	Has not displayed a willingness to share ideas, space, objects and equipment while participating with others.