

## How Teachers Can Use the Basic Movement Patterns Skills Sheets

The Basic Movement Patterns sheets have been designed to support teachers in assessing students' level of skillfulness in the performance of skills at a CONTROL LEVEL as indicated in an outcome. It is important for teachers to clearly understand that these skills sheets do not present the wholeness of any one outcome. They represent only a portion of the learning expected in order for an outcome to be fully achieved. Teachers need to read the outcome and all of the indicators to get the full picture of what students should know, understand, and be able to do in order to have achieved an outcome.

**Note:** If a skill is to be performed at a progressing-towards-control level, the control level Basic Movement Patterns assessment sheet will appear in the following grade. Teachers can refer to this sheet to help them better understand what the skill performance should look like in the following grade.

Similarly, when a skill is to be performed at a utilization level, teachers can refer to the previous grade Basic Movement Patterns assessment sheet as a support for developing a clearer picture of what the 'controlled' performance of the skill looks like. To utilize the skill moves it to performance within an authentic context.

### *Jumping and Landing on Feet on the Spot*

**Control:** The body appears to respond somewhat accurately to the child's intentions but the movement intense concentration. A movement that is repeated becomes increasingly uniform and efficient.

Student Name	<u>Flexing</u> hips, knees, and ankles in a crouch position	<u>Arms</u> <u>Extending</u> vigorously forward, then upward, reaching full extension above head at lift off, extending body fully	<u>Landing</u> with ankles extended, contacting ground with balls of feet first, then heels, flexing hips, knees and ankles to absorb the shock of landing	<u>Two-Foot</u> <u>Landing</u> keeping balance after jumping straight up