

NASPE Content Standard #1

Motor Skills

A physically educated person demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Kindergarten

- **Catch a bounced or tossed object.**
- **Throw an object underhand and overhand.**
- **Strike an object with hand, paddle or bat showing side orientation.**
- **Repeat a basic rhythmic pattern led by teacher.**
- Dribble with either hand in self or general space.
- Move a ball with feet.
- Kick a stationary object using dominant foot.
- Volley a lightweight object using hands or paddle.
- Swing a short rope overhead and jump when it hits the floor.
- Jump over a long rope that is moving on the ground (i.e. snakes, ripples, swaying, etc.).
- Walk, run, gallop, jump, leap, hop on dominant foot and attempt to skip and hop on non-dominant foot.
- Travel and balance using different body parts for support (i.e. animal walks, rolls, stationary balances).
- Begin to use both hands and cross the mid-line of their body in a variety of activities (i.e. cup stacking, lummi sticks, scarves).

1st Grade

- **Catch a bounced and tossed object.**
- **Throw an object showing opposition.**
- **Strike an object with hand, paddle or bat showing side orientation and proper grip.**
- **Follow a combination of rhythmic movements led by teacher.**
- Dribble with dominant hand in self and general space.
- Dribble using insides of feet.
- Kick a variety of stationary objects using an approach.
- Volley a lightweight object using hands or paddle.
- Jump a rope forward or backward using the proper grip, and two foot jumping.
- Jump a long rope starting beside it using a two foot jumping pattern
- Walk, run, gallop, slide, skip, jump, hop, leap using mature motor patterns.
- Demonstrate transfer of weight while hanging (i.e. climbing wall, bars, rope climb) travel and balance on equipment (i.e. beams, boxes, boards, skates).
- Begin to use both hands and cross the mid-line of their body in a variety of activities (i.e. cup stacking, lummi sticks, scarves).

2nd Grade

- **Move to catch a tossed and bounced object alone or with a partner.**
- **Throw an object showing opposition and follow through.**
- **Strike an object with hand, paddle or bat showing side orientation and proper grip and step.**
- **Follow a variety of rhythmic movements to music.**
- Dribble with dominant and non-dominant hand in self and general space.
- Dribble using inside of feet while keeping ball close to body.
- Kick a variety of objects both moving and stationary, using an approach.
- Volley a lightweight object using hands or paddle alone or with a partner.
- Jump a short rope forward and backward and attempt beginning jump rope tricks turning the rope forward.
- Jump a long rope starting beside it using a two foot jumping pattern, attempts to run into front door, jump and run out back door of a moving rope.
- Move using locomotor skills with a mature motor pattern at different speeds, levels and directions.
- Demonstrate transfer of weight, rolling and balance combined into a sequence.
- Use both hands and cross the mid-line of their body in a variety of activities (jump rope tricks, beginning juggling, Bal-A-Vis-X and preceding grade level activities).

3rd Grade

- **Catch a variety of objects.**
- **Throw an object and follow through to target.**
- **Strike a stationary and moving object with hand, paddle, racquet, bat or hockey stick showing side orientation and proper grip and step.**
- **Incorporate a variety of equipment to rhythmic movements and patterns (i.e. lummi sticks, ropes, balls).**
- Dribble a ball while moving at an appropriate speed with dominant and non-dominant hand.
- Dribble a ball using the inside and outside of feet keeping it close to the body while changing directions.
- Attempt a variety of kicks toward a target.
- Volley a tossed object back to a partner using hands, arms, or equipment.
- Continuously jump rope turning the rope forward or backward and perform beginning jump rope tricks.
- Run into front door, jump and run out back door of a moving rope.
- Move using locomotor movements at different speeds, levels and directions, and can transfer them to other activities.
- Demonstrate transfer of weight, rolling, and balance combined into a sequence.
- Use both hands and feet to cross the mid-line of their body in a variety of activities (i.e. dance steps, tinkling, jump bands, intermediate jump rope tricks, juggling, and preceding grade level activities).

4th Grade

- **Catch a variety of objects using a mature motor pattern.**
- **Throw an object using a mature motor pattern and show accuracy.**
- **Strike a stationary and moving object with hand, paddle, racquet, bat or hockey stick showing mature motor pattern.**
- **Incorporate a variety of equipment to rhythmic movements and patterns (i.e. jump bands, tinkling).**
- Dribble a ball with control using dominant and non-dominant hand demonstrating a mature motor pattern.
- Dribble a ball demonstrating a mature motor pattern.
- Demonstrate a variety of kicks using a mature motor pattern and can kick while moving (i.e. from a dribble).
- Volley a tossed object back to a partner using hands, arms, or equipment demonstrating a mature motor pattern.
- Continuously jump rope using mature motor pattern and attempts intermediate tricks.
- Run into front and back door, jump and run out of front and back door of a moving rope and can turn the rope with an even rhythm.
- Move using a combination of locomotor movements in sequenced patterns to perform advanced skills (i.e. long jump, hopscotch, lay-up, etc.).
- Demonstrate transfer of weight, rolling and balance in game situations.
- Combine unilateral and cross lateral moves in a variety of activities (i.e. rhythms, climbing activities, double dutch jump rope, juggling sticks, and preceding grade level activities).

5th Grade

- **Demonstrate both one-handed and two-handed catches at different levels while moving.**
- **Throw an object with increased velocity to a moving target.**
- **Strike a stationary and moving object with hand, paddle, racquet, bat or hockey stick towards a target using a mature motor pattern.**
- **Follow an instructor using correct steps/pattern to music.**
- Dribble a ball with control using dominant and non-dominant hand and changing directions.
- Dribble a ball using both inside and outside of feet, while changing speeds, directions and pathways.
- Transfer kicking skills to a variety of lead up games and activities.
- Volley an object using arms, hands, or equipment back and forth with a partner or in a small group.
- Continuously jump rope using mature motor pattern and perform intermediate tricks.
- Perform tricks and/or use equipment while jumping a long rope.
- Move using a combination of locomotor movements in sequenced patterns to perform advanced skills (i.e. long jump, hopscotch, lay-up, etc.).
- Demonstrate transfer of weight, rolling and balance in game situations.
- Create and/or follow rhythmic sequences using unilateral and cross lateral moves (i.e. dribbling routine, streamers and ribbons, step aerobics, and preceding grade level activities).

6th Grade

- **Throw an object to a moving target with accuracy and appropriate velocity.**
- **Demonstrate both one handed and two handed catches at different levels while moving.**
- **Strike a moving object using a variety of equipment.**
- **Follow an instructor using correct steps/pattern to music and create simple rhythmic patterns.**
- Dribble a ball with dominant and non-dominant hand while starting and stopping and changing directions.
- Demonstrate ball control by stopping and starting while dribbling in a small group activity.
- Transfer kicking skills to a variety of small group games and activities.
- Volley an object using hands, arms, paddle or racquet back and forth with a partner or in a small group.
- Continuously jump rope and perform intermediate tricks and attempt advanced tricks.

7th Grade

- **Transfer catching skills to a variety of small group games and activities.**
- **Throw an object to a moving target while moving in a small group activity.**
- **Transfer striking skills to a variety of small group games and activities.**
- **Follow an instructor using both arm motions and correct steps to music and create an intermediate rhythmic pattern.**
- Dribble with dominant and non-dominant hand while moving without looking at the ball.
- Dribble a ball with increased speed while moving and changing directions in small group games and activities.
- Transfer kicking skills to a variety of small group games and activities.
- Volley an object using hands, arms, paddle or racquet with improved control in a small group activity.
- Continuously jump rope and perform intermediate tricks in a sequence and attempt advanced tricks in a sequence.

8th Grade

- **Transfer catching skills to a variety of games and activities.**
- **Throw an object with accuracy and appropriate velocity in a game situation.**
- **Transfer striking skills to a variety of games and activities.**
- **Move to a rhythmic beat individually, with a partner, or in a set pattern and create an intermediate rhythmic pattern.**
- Dribble a ball with either hand in a game situation.
- Dribble a ball in a variety of games, activities and sports.
- Volley an object using hands, arms, paddle or racquet with improved control in a small group activity.
- Continuously jump rope and perform intermediate and advanced tricks in a sequence.

9th Grade

- **Transfer catching skills to a variety of games, activities and sports.**
- **Throw with accuracy and appropriate velocity in a variety of games, activities and sports.**
- **Transfer striking skills to a variety of games, activities and sports.**
- **Move to a rhythmic beat individually and with a partner in a set pattern, and create and perform a group dance.**
- Volley an object with hands, arms, racquet or paddle in a variety of games, activities and sports.