

Motor Skills and Movement Patterns	1MP	2MP	3MP	4MP
Movement Performance				
I can design and perform a movement routine.				
Invasion Games				
I can perform passing, receiving, dribbling and shooting skills.				
Net/Wall Games				
I can perform striking skills with my hands, arms or an implement.				
Striking/Fielding Games				
I can perform fielding skills in games that use an implement to project a ball.				
I can perform striking skills with my feet or an implement.				
Target Games				
I can propel an object to hit a target.				

Movement Concepts, Principals, Strategies and Tactics	1MP	2MP	3MP	4MP
Decision-making/Tactical Options				
I can use decision making to choose the best option for attacking, scoring or defending in game situations				
Creating and Using Space				
I can use decision making to effectively create and use space when attacking or attempting to score.				
Defending Space				
I can use decision making to effectively defend space, mark or guard an opponent				

Knowledge of Biomechanical Principals				
I can identify critical elements (preparation, execution and follow through) for a sports skill.				
I can identify common errors in a sport skill.				
I can identify important skills required for good performance in an activity.				

Physical Fitness	1MP	2MP	3MP	4MP
Regular Participation in Physical Activity				
I can record the amount of physical activity completed in a period of seven days.				
Create and Monitor a Physical Activity Plan				
I can create a personal plan to accumulate 60 minutes of physical activity per day.				
I can monitor progression towards my physical activity goals.				
I can assess how well my plan helped achieve my goals.				
Personal Fitness Assessment				
I can perform a personal fitness assessment.				
Fitness Goals				
I can interpret results of a personal fitness assessment.				
I can make goals for improving/maintaining fitness levels.				
Fitness Plan				
I can create a personal fitness plan using FITT principles (frequency, intensity, time and type).				

Personal and Social Behaviors	1MP	2MP	3MP	4MP
Cooperation/Respect				
I can consistently engage in appropriate cooperative behavior.				
I can respect the rights and feelings of all peers and adults.				
Safety and Self Direction				
I can recognize unsafe situations or behaviors.				
I can engage in activities and stay on task.				
Sportsmanship				
I can demonstrate appropriate behavior in winning or losing situations.				