I Can Statements

Motor Skills and Movement Patterns

I can............

• try to jog, gallop, hop and slide. (S1.E1.K)
• jump and land on two feet with balance. (S1.E3.K)
• follow a teacher led dance. (S1.E3.K)
• maintain momentary stillness on different bases of support. (S1.E7.Ka)
• form wide, narrow, curled and twisted body shapes. (S1.E7.Kb)
• roll my body sideways in a narrow shape. (S1.E9.K)
• curl and stretch my body. (S1.E9.K)
• throw underhand with opposite foot forward. (S1.E13.K)
• drop a ball and catch it before it bounces twice. (S1.E16.Ka)
• catch a large ball tossed by a skilled thrower. (S1.E16.Kb)
• dribble a ball with one hand attempting the second contact. (S1.E17.K)
• move a ball forward with the inside of my foot. (S1.E18.K)
• kicks a stationary ball from a stationary position demonstrating 2 out of 5 elements (S1.E21.K)
• volley a balloon/light weight object and send it upward. (S1.E22.K)
• strike a lightweight object with a paddle. (S1.E24.K)
• jump a self-turned rope one or more times. (S1.E27.Ka)
• jump a long rope with teacher assisted turning. (S1.E27.Kb)
Movement Concepts

I can........

- move without touching others or the walls. (S2.E1.Ka)
- move in personal space to a rhythm. (S2.E1.Kb)
- move my body with different speeds. (S2.E3.K)
- travel in 3 different pathways. (S2.E2.K)

Physical Fitness

I can........

- name active-play opportunities outside of Physical Education class, (S3.E1.K)
- actively participate in Physical Education class. (S3.E2.K)
- explain that when I move fast my heart beats faster and I breathe faster. (S3.E3.K)
- explain that food gives me energy to be active. (S3.E6.K)

Social Behaviors

I can......

- follow directions. (S4.E1.K)
- be safe. (S4.E1.K)
- take turns/share. (S4.E1.K)
- use equipment correctly. (S4.E4.K)
Kindergarten Physical Education Outcomes

Values Physical Activity

I can........

- tell why it is important to be active. (S5.E1.K)
- understand that some activities are challenging. (S5.E2.K)
First Grade Physical Education Outcomes

I Can Statements

Motor Skills and Movement Patterns

I can........

- hop, gallop, jog and slide using the mature pattern. (S1.E1.1)
- Combine locomotor and non-locomotor skills in a teacher lead dance. (S1.E5.1)
- maintain stillness on different bases of support with my body in different shapes. (S1.E7.1)
- transfer my weight from one body part to another. (S1.E8.1)
- roll with a narrow or curled body shape. (S1.E9.1)
- twist, curl, bend and stretch my body. (S1.E10.1)
- can catch a self-tossed object before it bounces. (S1.E16.1a)
- dribble in self space continuously with my preferred hand. (S1.E17.1)
- dribble a ball with the inside of my foot in general space. (S1.E18.1)
- volley an object upward with an open palm. (S1.E22.1)
- strike a ball upward with a short handled implement. (S1.E24.1)
- jump rope forward or backward consecutively. (S1.E27.1a)

Movement Concepts

I can......

- move to a beat/rhythm. (S2.E1.1)
- move demonstrating low, middle and high levels with my body. (S2.E2.1a)
- Move demonstrating a variety of relationships with objects. (S2.E2.1b)
- tell the difference between fast and slow. (S2.E3.1a)
- tell the difference between strong and light force. (S2.E3.1b)
First Grade Physical Education Outcomes

Physical Fitness

I can........

- talk with others about why it is important to be active.  (S3.E1.1)
- actively participate in Physical Education class. (S3.E2.1)
- identify the heart as a muscle that gets stronger with physical activity. (S3.E3.1)
- identify the difference between healthy and unhealthy foods. (S3.E6.1)

Social Behaviors

I can........

- accept responsibility to use equipment and space safely. (S4.E1.1)
- follow the class rules. (S4.E2.1)
- respond appropriately to teacher feedback. (S4.E3.1)
- work independently with others in a variety of class environments. (S4.E4.1)
- follow directions for safe participation and proper use of equipment without reminders. (S4.E6.1)

Values Physical Activity

I can........

- identify physical activity as a part of good health. (S5.E1.1)
- understand that physical challenges can lead to success. (S5.E5.1)
Motor Skills and Movement Patterns

I can..........

• skip with a mature pattern. (S1.E1.2)
• run. (S1.E1.2)
• move my body showing the difference between jogging and sprinting. (S1.E2.2b)
• balance on different bases of support combining levels and shapes. (S1.E7.2a)
• try an inverted balance. (S1.E7.2b)
• transfer my weight from my feet to other body parts. (S1.E8.2)
• roll in different directions with a narrow or curved body shape. (S1. E9.2)
• demonstrate the difference between twisting, curling, bending and stretching. (S1.E10.2)
• perform a 3 part sequence combining balance and transfer. (S1.E11.2)
• throw underhand with a mature pattern. (S1.E13.2)
• catch a ball without it contacting my body. (S1.E16.2)
• dribble a ball using my hands with a mature pattern. (S1.E17.2a)
• dribble a ball using my hands while walking in general space. (S1.E17.2b)
• dribble a ball using my feet controlling my body and the ball. (S1.E18.2)
• volley an object upwards consecutive times. (S1.E22.2)
• strike an object upwards consecutively using a short racquet/paddle. (S1.E24.2)
• strike a ball off a batting T showing proper body positioning. (S1.E25.2)
• jump rope forward and backward consecutively with a mature pattern. (S1.E27.2a)
• jump a long rope 5 times consecutively. (S1.E27.2b)
Second Grade Physical Education Outcomes

Movement Concepts

I can........

• move in general space using many movements. (S2.E1.2)
• show how time and force can change gradually. (S2.E3.2)

Physical Fitness

I can........

• describe options for physical activity options outside of school. (S3.E1.2)
• actively participate in Physical Education. (S3.E2.2)
• use my body as resistance for developing strength (push-up plank/animal walks). (S3.E3.2a)
• identify activities that help my fitness level. (S3.E3.2b)

Social Behaviors

I can........

• practice skills with a little teacher assistance. (S4.E1.2)
• accept responsibility for my behavior and action. (S4.E2.2)
• accept teacher feedback. (S4.E3.2)
• work with a partner. (S4.E4.2)
• recognize why rules and procedures are important. (S4.E5.2)
• work safely by myself and with others. (S4.E6.2a)
• work with the equipment safely. (S4.E6.2b)

Values Physical Activity

I can........

• recognize the importance of nutrition and activity. (S3.E6.2)
I Can Statements

Motor Skills and Movement Patterns

I can........

- leap using a mature pattern. (S1.E1.3)
- travels showing the difference between sprinting and running. (S1.E2.3)
- jump and land horizontally and vertically using a mature pattern. (S1.E3.3)
- balance on different bases of support demonstrating muscular tension and extension of free body parts. (S1.E7.3)
- transfer my body weight from feet to hands for momentary weight support. (S1.E8.3)
- move into gymnastics balances demonstrating curling, twisting and stretching. (S1.E10.3)
- throw underhand to a target or a partner with reasonable accuracy. (S1.E13.3)
- catch a tossed ball from a partner. (S1.E16.3)
- dribble with my hands in general space jogging while controlling both ball and my body. (S1.E17.3)
- dribble with my feet in general space jogging while controlling both ball and body. (S1.E18.3)
- pass and receive a ball with the insides of my feet to a stationary partner. (S1.E19.3)
- using a continuous running approach, I can kick a ball for accuracy. (S1.E21.3b)
- volley an object with an underhand/sidearm pattern, sending it forward. (S1.E22.3)
- strike an object with a short-handled implement sending forward over a net. (S1.E24.3)
Third Grade Physical Education Outcomes

- strike a ball with a long-handled implement while using proper grip. (S1.E25.3)
- perform intermediate jump rope skills. (S1.E27.3)

Motor Concepts

I can......

- recognize open space. (S2.E1.3)
- combine shapes, levels and pathways into sequences while travelling. (S2.E2.3)
- combine movement concepts (directions, levels, force and time) with skills. (S2.E3.3)

Physical Fitness

I can......

- actively engages in Physical Education class without teacher encouragement. (S3.E2.3)
- describe the concepts of fitness with examples of activity to improve my fitness. (S3.E3.3)
- recognize the importance of a warm-up and cool down. (S3.E4.3)
- demonstrate the health related fitness components. (S3.E5.3)
- name foods that help me before and after physical activity. (S3.E6.3)

Social Behaviors

I can......

- exhibit personal responsibility. (S4.E1.3)
- work independently and safely for extended periods of time. (S4.E2.3)
- accept feedback and try to make corrections. (S4.E3.3)
- work cooperatively with others. (S4.E4.3a)
- complement my peers for their success. (S4.E4.3b)
Third Grade Physical Education Outcomes

- recognize the role of rules and proper behavior in activity with my peers. (S4.E5.4)
- work independently and safely in class. (S4.E6.3)

Values of Physical Activity

I can....... 

- discuss the relationship between physical activity and good health. (S5.E1.3)
- discuss the challenge that comes from learning a new activity. (S5.E2.3)
I Can Statements

Motor Skills and Movement Patterns

I can........

• run for distance. (S1.E1.4)
• combine traveling with manipulative skills small sided practice tasks. (S1.E6.4)
• transfer my weight from my feet to my hands using large extensions (e.g. cartwheel, hand stand). (S1.E8.4)
• move into and out of balance on apparatus with curling, twisting and stretching actions. (S1.E10.4)
• combine traveling with balance and weight transfers to create a gymnastics sequence. (S1.E12.4)
• throw overhand using a mature pattern in a nondynamic environment. (S1.E14.4a)
• throw overhand accurately to a partner/target at a reasonable distance. (S1.E14.4b)
• throw to a moving partner in a nondynamic environment. (S1.E15.4)
• catch a ball at different levels using a mature pattern in a nondynamic environment. (S1.E16.4)
• dribble a ball with my hands traveling at various speeds while keeping ball and body in control. (S1.E17.4b)
• dribble a ball with my feet traveling at various speeds while keeping ball and body in control. (S1.E18.4)
• pass and receive a ball with the inside of my foot while my partner is moving in a nondynamic environment. (S1.E19.4a)
• pass and receive with both the outside and inside of my foot while my partner is stationary. (S1.E19.4b)
• dribble with either my hand or foot in combination with other skills. (S1.E20.4)
• kick along the ground, in the air and punt using mature patterns. (S1.E21.4)
• volley underhand using a mature pattern in a dynamic environment (2/4square). (S1.E22.4)
Fourth Grade Physical Education Outcomes

- volley a ball using a 2 hand overhead pattern sending ball upward to a target. (S1.E23.4)
- strike a ball with a short handled implement alternating hit with a partner or against a wall using a mature pattern. (S1.E24.4a)
- combine traveling with manipulative skills in small sided practice environments. (S1.E26.4)
- create a jump rope routine with a short or long rope. (S1.E27.4)

Movement Concepts

I can......

- apply the concept of open space to combination skills involving traveling. (S2.E1.4a)
- apply to concept of closing space in small sided practice tasks. (S2.E1.4b)
- dribble in general space with changes in direction and speed. (S2.E1.4c)
- apply the concepts of speed, endurance and pacing while running. (S2.E3.4a)
- apply the concepts of force and directions when striking an object with a short handled implement. sending it toward a target. (S2.E3.4b)
- apply simple offensive and defensive strategies in chasing and fleeing activities. (S2.E5.4a)
- recognizes the types of kicks needed for different games/sports. (S2.E5.4c)

Physical Fitness

I can.......

- actively engage in Physical Education class. (S3.E2.4)
- identify the components of health-related fitness. (S3.E3.4)
- demonstrate warm-up and cool down relative to the cardiorespiratory fitness assessment. (S3.E4.4)
- discuss the importance of hydration. (S3.E6.4)

Social Behaviors

I can.......
Fourth Grade Physical Education Outcomes

- exhibit responsible behavior in independent and group situations. (S4.E1.4)
- reflect on my social behavior in physical activity. (S4.E2.4)
- listen respectfully to corrective feedback from peers. (S4.E3.4)
- praise others. (S4.E4.4a)
- accept players of all abilities into the physical activity. (S4.E4.4b)
- exhibit etiquette and follow the rules. (S4.E5.4)
- work safely with peers and with the equipment. (S4.E6.4)

Values Physical Activity

I can........

- examine the health benefits of participating in physical activity. (S5.E1.4)