

Standard 2. Concepts & strategies

	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	High School
STANDARD 2	Movement concepts, principles & knowledge	E	→	→	→	M	→	→	A	→
	Strategies & tactics			E	→	→	M	→	A	→
	Communication (games)						E	→	M	A
	Creating space (invasion)									
	• Varying pathways, speed, direction						E	→	M	A
	• Varying type of pass						E	→	M	A
	• Selecting appropriate offensive tactics with object						E	→	M	
	• Selecting appropriate offensive tactics without object						E	→	M	
	• Using width & length of the field/court						E	→	M	
	• Playing with one player up (e.g., 2 v 1)						E	→	M	
	Reducing space (invasion)									
	• Changing size & shape of defender's body						E	→	M	A
	• Changing angle to gain competitive advantage						E	→	M	
	• Changing the pass/player progress						E	→	→	
	• Playing with one player down (e.g., 1 v 2)						E	→	→	
	Transition (invasion)						E	→	M	A
	Creating space (net/wall)									
	• Varying force, angle and/or direction to gain competitive advantage						E	→	M	A
	• Using offensive tactical shot to move opponent out of position						E	→	→	M
	Reducing space (net/wall)									
• Returning to home position						E	→	M	A	
• Shifting to reduce angle for return						E	→	→	M	
Target										
• Selecting appropriate shot/cub						E	→	M	A	
• Applying blocking strategy						E	→	→	M	
• Varying speed & trajectory						E	→	M	A	
Fielding/striking										
• Applying offensive strategies							E	→		
• Reducing open spaces							E	→	M	

Standard 3. Health-enhancing level of fitness & physical activity

	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	High School
STANDARD 3	Physical activity knowledge	E	→	→	→	→	M	→	A	→
	Engages in physical activity	E	→	→	→	→	M	→	A	→
	Fitness knowledge	E	→	→	→	→	M	→	A	→
	Assessment & program planning				E	→	M	→	A	→
	Nutrition	E	→	→	→	→	→	M	→	A
	Stress management							E	→	M

Standard 4. Responsible personal & social behavior

	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	High School
STANDARD 4	Demonstrating personal responsibility	E	→	→	→	→	A	→	→	→
	Accepting feedback	E	→	→	→	→	A	→	→	→
	Working with others	E	→	→	→	→	A	→	→	→
	Following rules & etiquette			E	→	→	M	→	A	→
	Safety	E	→	M	→	→	A	→	→	→

Standard 5. Recognizes the value of physical activity

	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	High School
STANDARD 5	For health			E	→	→	→	M	→	A
	For challenge			E	→	→	→	M	→	A
	For self-expression/enjoyment	E	→	→	→	→	M	→	A	
	For social interaction				E	→	→	M	→	A

LEGEND
 E = Emerging. Students participate in deliberate practice tasks that will lead to skill and knowledge acquisition.
 M = Maturing. Students can demonstrate the critical elements of the motor skills/knowledge components of the grade-level outcomes, which will continue to be refined with practice.
 A = Applying. Students can demonstrate the critical elements of the motor skills/knowledge components of the grade-level outcomes within a variety of physical activity environments.

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