









































**Standard 2. Concepts & strategies**

|                                       | Kindergarten  | Grade 1 | Grade 2 | Grade 3 | Grade 4 | Grade 5 | Grade 6 | Grade 7 | Grade 8 | High School |
|---------------------------------------|---|---------|---------|---------|---------|---------|---------|---------|---------|-------------|
| <b>STANDARD 2</b>                     | 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 |
|-------------------|-------------------------------|---------|---------|---------|---------|---------|---------|---------|---------|-------------|
| <b>STANDARD 3</b> | 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 |
|-------------------|---------------------------------------|---------|---------|---------|---------|---------|---------|---------|---------|-------------|
| <b>STANDARD 4</b> | Demonstrating personal responsibility | E       | →       | →       | →       | →       | M       | →       | A       | →           |
|                   | Accepting feedback                    | E       | →       | →       | →       | →       | M       | →       | A       | →           |
|                   | Working with others                   | E       | →       | →       | →       | →       | M       | →       | 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 |
|-------------------|-------------------------------|---------|---------|---------|---------|---------|---------|---------|---------|-------------|
| <b>STANDARD 5</b> | For health                    |         |         | E       | →       | →       | →       | M       | →       | A           |
|                   | For challenge                 |         |         | E       | →       | →       | →       | M       | →       | A           |
|                   | For self-expression/enjoyment | E       | →       | →       | →       | →       | M       | →       | A       |             |
|                   | For social interaction        |         |         |         | E       | →       | →       | M       | →       | A           |

|               |  |   |   |
|---------------|--|---|---|
| <b>LEGEND</b> | 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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