<table>
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<th>Learning Target</th>
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| **(Standard 2) Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activity.** | ✷ Space Awareness  
✦ Locomotor Skills  
✦ Levels  
✦ Directions  
✦ Pathways  
✦ Extensions  
✦ Non-Locomotor  
✦ Effort-  
✔️ Time  
✔️ Force  
✔️ Flow  
✦ Relationships  
✔️ Of Body Parts  
✔️ With Objects and/or people  
✦ Sports Skills  
✔️ Dribbling  
✔️ Kicking & Punting  
✔️ Striking (Short-Handled and Long-Handled Implements)  
✔️ Throwing  
✔️ Catching  
✔️ Volleying  
✦ Educational Gymnastics  
✔️ Balance  
✔️ Jumping & Landing  
✔️ Rolling & Transferring Weight  
✦ Dance and Rhythms  
✔️ Folk  
✔️ Cultural  
✔️ Square  
✔️ Creative  
Popular | I can evaluate myself.  
I can evaluate others. I can play offense in games.  
I can play defense in games.  
I can move from offense to defense in a game.  
I can do a gymnastics sequence.  
I can create a gymnastics sequence. I can create a dance. |
### Processes:

- Recognize and analyze knowledge of movement concepts and principles in basic skills
- Apply movement concepts and principles to improve performance of self and others in motor skills
- Practice and apply basic strategies in game-like settings
- Recognize and apply movement concepts and principles that impact the quality of increasingly complex movement performance
- Analyze and apply movement concepts and principles to educational gymnastics
- Analyze and apply movement concepts and principles to rhythmic activities