## WCS Scope & Sequence 2014-15

**Grade:** 3-5  
**Subject:** Physical Education  
**Embedded Skills for All 9-Weeks**

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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.** | **Knowledge:**  
- 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