### WCS Scope & Sequence 2015-16

**Grade:** 3-5  
**Subject:** Physical Education

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| **(Standard 1) Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.** | **Knowledge:**  
- Space Awareness  
- Locomotor Skills  
- Levels  
- Directions  
- Pathways  
- Extensions  
  - Non-Locoomotor  
- 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 move in control when I walk, hop, jump, gallop, slide, skip, leap, and run. I can move in levels, pathways, and directions. I can move slow and fast.**  
**I can twist, curl, stretch, turn, and make shapes with my body.**  
**I can move with a partner. I can use my skills in a game.**  
**I can play offense and defense.**  
**I can create my own game.**  
**I can cooperate with others in a game.**  
**I can keep an object away from the other team.**  
**I can play keep-away.**  
**I can create a gymnastics sequence and show it to others.**  
**I can create a dance sequence and show it to others.**  
**I can do different types of dances.**  
**I can do rhythms with different objects.**  
**I can be safe in all activities.** |
1.2.9 Identify and apply safety principles in all activity situations

**Processes:**
- Demonstrate mature form in all locomotor patterns and selected manipulative and non-locomotor skills
- Apply basic movement skills into specialized sequences
- Apply basic skills in game-like experiences
- Create strategies that can be used in game-like situations.
- Execute and refine specialized educational gymnastics skills
- Create, refine, and evaluate a gymnastics sequence demonstrating smooth transition
- Create patterns and combinations of movements in educational gymnastics, games, and rhythm/dance
- Acquire beginning skills in specialized movement forms
- Apply basic rhythmic skills into rhythmic activities and creative sequences
- Demonstrate and modify traditional and popular dance sequences
- Use responsible behavior in safety procedures for all physical activities