## WCS Scope & Sequence 2015-16

**Grade:** 3-5  
**Subject:** Physical Education  
**Embedded Skills for All 9-Weeks**  
(Standard 2)

<table>
<thead>
<tr>
<th>Learning Target</th>
<th>Knowledge &amp; Processes</th>
<th>Student Friendly</th>
</tr>
</thead>
</table>

**(Standard 2) Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activity.**

**Performance Standards:**

2.2.1 use knowledge of movement concepts and principles to analyze the performance of self and others  
2.2.2 identify and implement the concepts of offensive and defensive strategies in a controlled game like environment  
2.3.1 identify and implement the concepts of offensive and defensive strategies in a dynamic, unpredictable game environment  
2.4 design and perform an educational gymnastics sequence  
2.3 design and perform a simple movement pattern using skills and concepts in rhythmic/dance activities

**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.
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**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