

Kindergarten Physical Education Pre-Assessment

_____ can:

- Locate major body parts
- Understand that exercise increases heart rate
- Demonstrate respect for self, others, equipment
- Follows directions
- Demonstrate spatial awareness
- Move in opposition alternately
- Use a variety of locomotor skills

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1st Grade Physical Education Pre- Assessment

_____ can:

- Skip
- Gallop
- Side-slide
- Run
- Cross lateral movements
- Dribble a ball
- Toss and catch a ball to self
- Kick a ball
- Take turns
- Be an effective partner or teammate
- Follow the rules of an activity
- Recognize personal space, high/low levels, fast/slow speeds
- Identify activities that require muscular strength
- Develop movement control for safe participation in activities

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- Skip
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- Side-slide
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2nd Grade Physical Education Pre-Assessment

_____ can:

Jump a rope repeatedly Throw to partner Catch Strike Trap Identify healthy food choices Identify changes in the body during and after exercise Demonstrate positive/helpful words towards others Follow safety rules Use feedback to improve performance Recognize the importance of Physical Education Demonstrate skipping, galloping, side-sliding, grapevine, and running using the concepts of general and personal space

2nd Grade Physical Education Pre-Assessment

_____ can:

Jump a rope repeatedly Throw to partner Catch Strike Trap Identify healthy food choices Identify changes in the body during and after exercise Demonstrate positive/helpful words towards others Follow safety rules Use feedback to improve performance Recognize the importance of Physical Education Demonstrate skipping, galloping, side-sliding, grapevine, and running using the concepts of general and personal space

2nd Grade Physical Education Pre-Assessment

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Jump a rope repeatedly Throw to partner Catch Strike Trap Identify healthy food choices Identify changes in the body during and after exercise Demonstrate positive/helpful words towards others Follow safety rules Use feedback to improve performance Recognize the importance of Physical Education Demonstrate skipping, galloping, side-sliding, grapevine, and running using the concepts of general and personal space

2nd Grade Physical Education Pre-Assessment

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Jump a rope repeatedly Throw to partner Catch Strike Trap Identify healthy food choices Identify changes in the body during and after exercise Demonstrate

positive/helpful words towards others Follow safety rules Use feedback to improve performance Recognize the importance of Physical Education Demonstrate skipping, galloping, side-sliding, grapevine, and running using the concepts of general and personal space

Kindergarten Physical Education Post-Assessment

_____ can:

- Locate major body parts Understand that exercise increases heart rate
- Demonstrate respect for self, others, equipment Follows directions
- Demonstrate spatial awareness Move in opposition alternately Use a variety of locomotor skills

1st Grade Physical Education Post- Assessment

_____ can:

- Skip Gallop Side-slide Run Cross lateral movements Dribble a ball Toss and catch a ball to self Kick a ball Take turns Be an effective partner or teammate
- Follow the rules of an activity Recognize personal space, high/low levels, fast/slow speeds Identify activities that require muscular strength Develop movement control for safe participation in activities

2nd Grade Physical Education Post-Assessment

_____ can:

- Jump a rope repeatedly Throw to partner Catch Strike Trap Identify healthy food choices Identify changes in the body during and after exercise Demonstrate positive/helpful words towards others Follow safety rules Use feedback to improve performance Recognize the importance of Physical Education Demonstrate skipping, galloping, side-sliding, grapevine, and running using the concepts of general and personal space