



Evidence of Alignment Expectations

Grade Band/Proficiency Level Expectations- *Please use this template to describe the student outcomes of the instructional grade band or proficiency level.*

Kindergarten Physical Education

Students CAN (Please add lines as needed)

Delaware Standards

I can practice a variety of locomotor movements to travel through open space while showing Umoja.	(S1.E1.K) (S1.E3.K) (S2.E1.Ka) (S2.E1.Kb) (S3.E2.K)
I can practice moving around open space using the skills of running, skipping, hopping, galloping, and side shuffling.	

Students Demonstrate UNDERSTANDING

Students will demonstrate their knowledge, skills and understanding through the following instruments that are aligned to the Delaware Standards:

SUMMATIVE ASSESSMENT MEASURES

Delaware Standards

Assessment Rubric

Skills Being Assessed	1 Needs Improvement	2 Progressing Toward Grade Level	3 Meeting Expectations	4 Exceeds Expectations
<p>Skipping Aerobic Exercise</p> <p>A locomotor skill which combines a hop and a step (walk or run). The rhythm is uneven.</p>	<p>Needs Improvement</p> <p>Cannot skip.</p>	<p>Progressing Toward Grade Level</p> <p>Performs step/hop but not completely fluent.</p>	<p>Meeting Expectations</p> <p>Performs coordinated movement most of the time.</p>	<p>Exceeds Expectations</p> <p>Performs coordinated movement all of the time.</p>
<p>Jumping</p> <p>A form of locomotion in which the body weight is projected from one or two feet and lands on two feet.</p>	<p>Needs Improvement</p> <p>Cannot jump</p>	<p>Progressing Toward Grade Level</p> <p>Little to no balance on take off or landing and looks more like a hop</p>	<p>Meeting Expectations</p> <p>Jumps with proper form from one or two feet but shows lack of control on take off or landing. Jarred landing.</p>	<p>Exceeds Expectations</p> <p>Jumps from one or two feet with balanced take off and landing. Lands on balls of feet with knees bent to absorb force.</p>
<p>Galloping</p> <p>A form of locomotion which is a combination of an open step by the leading foot and a closed step by the trailing foot. The same foot leads throughout. The rhythm is even</p>	<p>Needs Improvement</p> <p>Cannot gallop.</p>	<p>Progressing Toward Grade Level</p> <p>Walk or run. Back foot crosses front foot. Turns to side.</p>	<p>Meeting Expectations</p> <p>Back foot sometimes crosses front.</p>	<p>Exceeds Expectations</p> <p>Non-support gallop, leads with 1 foot and has an uneven rhythm.</p>

<p>Hopping Balanced movement from one foot to the same foot.</p>	<p>Needs Improvement Cannot hop.</p>	<p>Progressing Toward Grade Level Cannot balance on one foot on take off or landing</p>	<p>Meeting Expectations Hops mostly on one foot but does not use the other foot as well or at all</p>	<p>Exceeds Expectations Can hop balanced on either foot. Landing is soft and controlled.</p>
<p>Running A form of locomotion much like the walk except that the tempo and body lean differ. There is no time when both feet are on the ground simultaneously.</p>	<p>Needs Improvement Cannot run</p>	<p>Progressing Toward Grade Level Rarely runs looking straight ahead. Little or no arm movement Run fat fontan</p>	<p>Meeting Expectations Usually looks straight ahead with some arm movement. Feet not facing forward.</p>	<p>Exceeds Expectations Looks straight ahead while running and feet and arms are moving in a straight line in the direction of movement. Weight is on the balls of the feet.</p>
<p>sliding Sideways movement where the lead foot moves and is followed by the other foot.</p>	<p>Needs Improvement Cannot slide.</p>	<p>Progressing Toward Grade Level Movement resembles gallop or feet cross</p>	<p>Meeting Expectations Movement is sideways but feet sometimes cross or heels click together</p>	<p>Exceeds Expectations Consistent sideways movement with either foot leading and feet do not cross or touch.</p>