

ST. CASIMIR'S SCHOOL
PHYSICAL EDUCATION STANDARDS
KINDERGARTEN - GRADE 8

	A	B	C	D	E	F	G	H	I	J
101	Demonstrate badminton skills: Recall and identify basic badminton rules (history, boundaries, skills, scoring, rules and regulations)				I/D	D	D	D	D	C
102										
103	Demonstrate basketball skills: dribble a ball	I/D	D	D	C	M	M	M	M	M
104										
105	Demonstrate basketball skills: dribble a ball with both left and right hands	I/D	D	D	C	M	M	M	M	M
106										
107	Demonstrate basketball skills: pass a ball (chest pass, bounce pass)	I	D	D	C	M	M	M	M	M
108										
109	Demonstrate basketball skills: proper shooting technique	I	D	D	D	C	M	M	M	M
110										
111	Demonstrate basketball skills: rebounding				I	D	C	M	M	M
112										
113	Demonstrate basketball skills: pivot on one foot			I	D	D	C	M	M	M
114										
115	Demonstrate basketball skills: left and right side lay up				I	D	D	D	C	M
116										
117	Demonstrate basketball skills: free throw				I	D	D	C	M	M
118										
119	Demonstrate basketball skills: strategies for success (setting screen, teamwork, helping on defense, passing, rebounding)				I	D	D	D	D	C
120										
121	Demonstrate basketball skills: identify and recall basic basketball rules (history, boundaries, skills, scoring, rules, and regulations)				I/D	D	D	D	D	C
122										
123	Demonstrate field/floor hockey skills: hold stick properly	I/D	D	D	C	M	M	M	M	M
124										
125	Demonstrate field/floor hockey skills: pass puck/ball to teammates with stick	I/D	D	D	C	M	M	M	M	M
126										
127	Demonstrate field/floor hockey skills: control the puck/ball with stick while moving	I	D	D	C	M	M	M	M	M
128										
129	Demonstrate field/floor hockey skills: dribble puck/ball with stick	I	D	D	C	M	M	M	M	M
130										
131	Demonstrate field/floor hockey skills: dribble puck/ball at game speed	I	D	D	D	D	C	M	M	M

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132										
133	Demonstrate field/floor hockey skills: shoot puck/ball into target or goal	I	D	D	C	M	M	M	M	M
134										
135	Demonstrate field/floor hockey skills: identify and play proper positions	I	D	D	C	M	M	M	M	M
136										
137	Demonstrate field/floor hockey skills: play offense and defense	I	D	D	C	M	M	M	M	M
138										
139	Demonstrate field/floor hockey skills: recall and identify basic hockey rules (history, boundaries, skills, scoring, rules and regulations)	I	D	D	D	D	D	D	D	C
140										
141	Demonstrate football skills: hold a football properly before throwing it				I	C	M	M	M	M
142										
143	Demonstrate football skills: throw a football at a stationary target				I	C	M	M	M	M
144										
145	Demonstrate football skills: describe and throw a forward pass to a moving target				I	D	D	D	D	C
146										
147	Demonstrate football skills: perform a lateral pass				I	D	D	C	M	M
148										
149	Demonstrate football skills: catch a football with the correct hand, arm, and body position				I	C	M	M	M	M
150										
151	Demonstrate football skills: catch a football properly while running				I	D	D	D	D	C
152										
153	Demonstrate football skills: carry the football properly	I	D	D	C	M	M	M	M	M
154										
155	Demonstrate football skills: kick a football off a stationary tee				I	D	D	C	C	C
156										
157	Demonstrate football skills: punt a football using the three step approach				I	D	D	D	C	M
158										
159	Demonstrate football skills: understand how to score in a game				I	C	M	M	M	M
160										
161	Demonstrate football skills: perform a proper snap to quarterback				I	C	M	M	M	M
162										
163	Demonstrate football skills: identify the line of scrimmage				I	C	M	M	M	M

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164										
165	Demonstrate football skills: identify and recall basic football skills (history, scoring, boundaries, skills, basic rules and regulations)				I	D	D	D	D	C
166										
167	Demonstrate kickball skills: kick a stationary ball	I/C	M	M	M	M	M	M	M	M
168										
169	Demonstrate kickball skills: kick a slowly rolling ball	I/C	M	M	M	M	M	M	M	M
170										
171	Demonstrate kickball skills: run bases correctly	I/D	D	D	C	M	M	M	M	M
172										
173	Demonstrate kickball skills: overhand throw	I	D	D	D	C	M	M	M	M
174										
175	Demonstrate kickball skills: catch a playground ball with hands and arms	I	D	D	D	C	M	M	M	M
176										
177	Demonstrate soccer skills: dribble the ball with feet	I/D	D	C	M	M	M	M	M	M
178										
179	Demonstrate soccer skills: dribble the ball with feet at game speed	I	D	D	D	C	M	M	M	M
180										
181	Demonstrate soccer skills: shoot the ball into the goal	I/D	D	C	M	M	M	M	M	M
182										
183	Demonstrate soccer skills: trap the ball with foot and shin	I	D	C	M	M	M	M	M	M
184										
185	Demonstrate soccer skills: deflect and catch a ball properly as a goalie		I	D	D	C	M	M	M	M
186										
187	Demonstrate soccer skills: play assigned position	I	D	D	D	C	M	M	M	M
188										
189	Demonstrate soccer skills: demonstrate a proper throw-in	I/D	D	C	M	M	M	M	M	M
190										
191	Demonstrate soccer skills: punt a ball with three step approach		I	D	D	C	M	M	M	M
192										
193	Demonstrate soccer skills: pass ball among team members	I	D	D	C	M	M	M	M	M
194										
195	Demonstrate soccer skills: make a corner kick		I	D	D	C	M	M	M	M
196										
197	Demonstrate soccer skills: make a goalie kick		I	D	D	C	M	M	M	M

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198										
199	Demonstrate soccer skills: identify and recall basic soccer rules (boundaries, basic rules--no hands etc., scoring, skills)	I	D	D	D	D	D	D	D	C
200										
201	Demonstrate softball skills: properly grip a softball	I/D	D	D	C	M	M	M	M	M
202										
203	Demonstrate softball skills: properly throw a softball while stepping with opposite foot	I/D	D	D	C	M	M	M	M	M
204										
205	Demonstrate softball skills: properly grip bat	I/D	D	D	C	M	M	M	M	M
206										
207	Demonstrate softball skills: proper stance when preparing to hit a ball	I	D	D	D	D	C	M	M	M
208										
209	Demonstrate softball skills: ability to swing a bat	I/D	D	D	C	M	M	M	M	M
210										
211	Demonstrate softball skills: swing bat and hit a moving softball		I	D	D	D	D	C	M	M
212										
213	Demonstrate softball skills: proper base running	I	D	D	C	M	M	M	M	M
214										
215	Demonstrate softball skills: catch a pop fly (eyes on ball, glove up, two hand catch)				I	D	D	D	C	M
216										
217	Demonstrate softball skills: stop a ground ball (glove down, body down, eyes on the ball)		I	D	D	C	M	M	M	M
218										
219	Demonstrate softball skills: play proper positions and know responsibilities of positions		I	D	D	D	D	D	D	C
220										C
221	Demonstrate softball skills: identify and recall basic softball rules (history, boundaries, skills, scoring, rules and regulations)		I	D	D	D	D	D	D	D
222										
223	Demonstrate table tennis skills: properly grip paddle				I/D	D	C	M	M	M
224										
225	Demonstrate table tennis skills: properly hit table tennis ball				I/D	D	C	M	M	M

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226										
227	Demonstrate table tennis skills: understanding scoring				I/D	D	D	D	C	M
228										
229	Demonstrate table tennis skills: play an individual match				I/D	D	D	D	C	M
230										
231	Demonstrate table tennis skills: recall and identify basic table tennis rules (history, boundaries, skills, scoring, rules and regulations)				I/D	D	D	D	D	C
232										
233	Demonstrate tee-ball skills: hit ball off a tee	I/D	D	D	C	M	M	M	M	M
234										
235	Demonstrate tee-ball skills: throw ball properly	I/D	D	D	C	M	M	M	M	M
236										
237	Demonstrate tee-ball skills: run bases in order	I/D	D	D	C	M	M	M	M	M
238										
239	Demonstrate tee-ball skills: play proper positions	I/D	D	D	C	M	M	M	M	M
240										
241	Perform tumbling skills: forward roll	I/D	D	D	C	M	M	M	M	M
242										
243	Perform tumbling skills: log roll	I/D	D	D	C	M	M	M	M	M
244										
245	Perform tumbling skills: egg roll	I/D	D	D	C	M	M	M	M	M
246										
247	Perform tumbling skills: backwards roll	I/D	D	D	D	C	M	M	M	M
248										
249	Perform tumbling skills: stork stand	I/D	D	C	M	M	M	M	M	M
250										
251	Perform tumbling skills: tri-pod	I/D	D	D	D	C	M	M	M	M
252										
253	Perform tumbling skills: V-sit	I/D	D	D	C	M	M	M	M	M
254										
255	Perform tumbling skills: wheelbarrow walk	I	D	D	C	M	M	M	M	M
256										
257	Perform tumbling skills: wring the dishrag	I	D	D	D	C	M	M	M	M
258										
259	Perform tumbling skills: partner get up	I	D	D	D	C	M	M	M	M

