

# Sending an Object: Success Criteria

Description: Applying force to an object with the hand, the foot or with an implement.

Examples: serving, throwing, kicking, striking, volleying.

## Movement Skills

### Preparation:

- I can place my feet shoulder width apart with knees bent.
- I can square my shoulders and feet to the target.
- I can keep my eyes on the target.
- I can move my arm backward in preparation with my opposite elbow raised for balance.
- I can rotate my trunk to my throwing side.
- I can place my weight on my back foot.

### Execution:

- I can move my elbow forward horizontally as I extend my arm when throwing.
- I can swing my arms in opposite directions to each other when kicking.
- I can apply force in the direction of the target with larger muscles used before smaller muscles.
- I can release the object at the point where it will hit the target.
- I can transfer my weight from my back foot to my front foot.
- I can initiate a kicking movement from my hip.
- I can bend my opposite leg for support when kicking.

### Follow-Through:

- I can bend my trunk during my follow through while kicking.
- I can extend my trunk during my follow through while volleying.
- I can follow through in direction of the target.
- I can maintain my balance to be ready for my next movement.

### Combining Manipulation with Locomotion Skills:

- I can send an object while moving toward my teammate or the goal.
- I can send an object while avoiding my defender.
- I can move in a variety of directions while dribbling/carrying an object.

### Applying Movement Concepts:

- I am aware of how to move my body to successfully send an object.
- I can move my body in a variety of directions and pathways to successfully send an object.
- I can apply the appropriate amount of effort to send an object to my target.
- I can avoid obstacles while sending an object to a target.
- I can adjust to environmental conditions while sending an object to a target.

### Applying Movement Principles:

- I can increase my base of support by lowering my centre of gravity while in a ready position.
- I can decrease my stability to effectively send an object by raising my centre of gravity and decreasing my base of support.
- I can control the force I use to send an object to a target.
- I can control the speed at which I send the object.
- I can control the direction I send the object toward my target.

### Thinking About Performance (Living Skills):

- I can analyze my sending skills and make adjustments to hit my target.
- I can use feedback to improve my ability to send an object while moving in a variety of environments.
- I can use verbal and non-verbal skills when working with teammates to successfully send an object to my target.

### Improving Performance:

- What factors do you need to consider when throwing an object?
- What do you need to do to send an object with more power?
- How do you apply the phases of movement for effectively sending an object while moving toward your target in a game?

# Individual Pursuits: Success Criteria

Objective of Individual Pursuits: Participants work individually with their own equipment and monitor their own behaviour, movements and physical expenditure.

Examples: endurance activities, aquatics, dance, resistance and strength activities, Arctic sports, First Nations, Métis and Inuit games, gymnastics, outdoor activities, track and field.

## Applying Movement Skills:

- I can apply the phases of movement to refine my skills in a variety of individual activities.
- I can use my core strength to maintain my stability while performing skills in a variety of individual activities.
- I can use a variety of locomotor patterns while participating in a variety of individual activities.

## Applying Movement Concepts:

- I can adapt how I move in relation to objects on the trail, hill or pathway.
- I can adapt how I move with equipment in relation to my body.
- I can adapt how I move in relation to others.
- I can adapt how I move in relation to environmental factors such as weather.

## Applying Movement Principles:

- I can apply the laws of motion to refine my skills in a variety of individual activities.
- I can apply the laws of force to refine my skills in a variety of individual activities.

## Applying Movement Strategies:

- I can apply rules, guidelines and etiquette for fair and safe participation in a variety of indoor individual activities.
- I can apply rules, guidelines and etiquette for fair and safe participation in a variety of outdoor individual activities.

## Thinking About Performance (Living Skills):

- I can apply my understanding of the laws of motion to refine my movement skills in a variety of indoor and outdoor individual activities.
- I can use my critical thinking skills to make connections between rules, guidelines and etiquette in a variety of indoor and outdoor individual activities.

## Improving Performance:

- How can you apply the phases of movement when refining a new skill such as a dance move, a jump or a dive?
- What are all the factors to consider to adequately prepare for participation in an activity that takes place outdoors on ice?
- Why is improving your movement competence in a variety of individual activities important to maintaining lifelong participation in physical activity?

# Locomotion/Travelling Skills: Success Criteria

Description: Moving the body from one point to another in various ways.

Examples: wheeling, running, dodging, sliding, jumping, lunging.

## Applying Movement Skills:

- I can keep my weight on the balls of my feet.
- I can maintain a ready position in order to make a quick movement.
- I can turn my head, shoulders, eyes or body to face the new direction of travel.
- I can keep my head up and focus on my target as I propel myself forward.

## Combining Locomotion and Manipulation Skills:

- I can move in a variety of directions while carrying and sending an implement.
- I can move in a variety of ways to move to open space to receive a pass.

## Applying Movement Concepts:

- I can keep my centre of gravity low for better balance while moving.
- I can move my centre of gravity outside my base of support for quick movement.
- I can move in a variety of pathways to get into position to receive an object.
- I can move in a variety of pathways to avoid a defender.
- I can change direction in a fluid motion.
- I can move at a variety of speeds in response to others, the play or objects on the terrain.
- I can adjust my pace to various environmental factors such as weather.

## Applying Movement Principles:

- I can apply force with my hips, knees and ankles to propel myself upward or forward.
- I can use my arms simultaneously with my legs to generate force to propel myself upward or forward.
- I can exert the appropriate force to propel my body in various contexts.
- I can apply force in the opposite direction to propel my body in the desired direction of travel.

## Thinking About Performance (Living Skills):

- I can analyze how I apply the laws of motion and force to make adjustments to improve my skills.
- I can use feedback from others to refine my movement when engaging in a variety of activities.
- I can use my critical thinking skills to explain how the ability to apply movement concepts and principles increases my movement competence and confidence in a variety of activities.

## Improving Performance:

- How can you apply the law of reaction to increase your movement efficiency when swimming, skiing or skating?
- How can you use the law of applied impulse to increase your efficiency at moving at different speeds and when adjusting to environmental conditions?
- What do you need to do to maintain your stability while moving and sending or receiving objects?

# Receiving an Object: Success Criteria

Description: Receiving force from an object with the hand, the foot or with an implement.

Examples: catching, trapping, collecting.

## Movement Skills

### Preparation:

- I can create a strong base of support.
- I can provide a target for the sender.
- I can position myself between the object and my defender.
- I can keep my eyes focused on the path of the object.

### Execution:

- I can keep my eyes on the object until it reaches my hands, leg or implement.
- I can extend my arms in front of my body ready to receive the object.
- I can adjust my arms/legs to the flight of the object.
- I can absorb the force of the object.

### Follow-Through:

- I can re-establish a strong base of support.
- I can put an object in position to perform the next movement (e.g., to send or carry).

### Combining Manipulation with Locomotion Skills:

- I can receive an object while moving toward the object, my teammate, the goal or the base.
- I can receive an object to then tag an opponent or while avoiding a defender.
- I can receive an object while moving to defend space.

### Applying Movement Concepts:

- I can move my body in a variety of directions and pathways to successfully receive a pass.
- I can use my body to absorb the force of the object.
- I can move to an open space to successfully receive an object.
- I can adjust to environmental conditions while receiving an object.

### Applying Movement Principles:

- I can increase my base of support by lowering my centre of gravity to be ready to receive a pass.
- I can control the force of the object when receiving it.

### Thinking About Performance (Living Skills):

- I can analyze my receiving skills to make adjustments to successfully receive an object.
- I can refine my receiving skills by using feedback from others.
- I can use verbal and non-verbal skills with my teammates to successfully receive an object.
- I can use my critical thinking skills to decide where to move to successfully receive an object.

### Improving Performance:

- What do you need to consider when deciding where to position yourself to increase your chance of success at receiving an object?
- What are the most important factors you need to remember to receive a pass?
- After receiving a pass, what factors do you need to think about to determine your next action?

# Retaining an Object: Success Criteria

Description: Retaining or controlling an object with the hand, the foot or with an implement.

Examples: carrying, dribbling, stickhandling.

## Applying Movement Skills:

- I can keep the object close to my body.
- I can keep my body between the defender and the object.
- I can position the object to keep the object away from my defender.
- I can keep my head up to see where my teammates and opponents are in the playing area.
- I can make contact with the object with appropriate placement of my hands, my feet or an implement.
- I can carry an object while moving toward the goal.

## Combining Manipulation with Locomotion Skills:

- I can move in a variety of directions and pathways while maintaining possession of an object.
- I can receive and re-position an object to dribble or carry it while moving.
- I can continue to move toward my target without pausing to receive and carry an object.

## Applying Movement Concepts:

- I can dribble or carry an object when challenged by a defender.
- I can dribble or carry an object while avoiding obstacles.
- I can change my speed while dribbling or carrying an object.
- I can stop or start my movement while dribbling or carrying an object.
- I can adjust to environmental conditions when dribbling or carrying an object.
- I can maintain appropriate contact with the object using my hands, feet or implement while moving toward the goal.
- I can change where I dribble or carry an object based on the position of my teammates and my opponents.

## Applying Movement Principles:

- I can raise my centre of gravity and narrow my base of support to carry an object after receiving it.
- I can keep a stable base of support while dribbling an object.
- I can exert the appropriate amount of force to maintain possession of an object with my hands, feet or implement.
- I can apply force to an object to move it in the direction of travel or the target.

## Thinking About Performance (Living Skills):

- I can analyze my retaining skills to make adjustments to be successful in a variety of games.
- I can refine my retaining skills by using feedback from others.
- I can use my critical thinking skills to decide my next action while successfully retaining an object.

## Improving Performance:

- What do you need to do to maintain possession of an object while being opposed by a defender?
- While dribbling or carrying an object what factors do you need to think about to determine your next action?
- What key skills do you need to refine to transfer your retaining skills from one type of game to another?

# Net/Wall Games: Success Criteria

Objective of Net/Wall Games: Players send an object towards a court or target area that an opponent is defending.

Examples: volleyball, badminton, tennis, table tennis, squash, racquetball, jai lai.

## Applying Offensive Strategies:

- I can place a shot in open space away from my opponent.
- I can use different shots to gain advantage (e.g., lob, float, drive, smash, overhead).
- I can move my opponent around the court to create open space to attack.
- I can hit a shot that my opponent has difficulty returning.
- I can position myself on my own court for the best advantage.

## Applying Defensive Strategies:

- I can use a ready position to successfully receive a serve or shot.
- I can position myself to defend space on my own court.
- I can move from my position to return a shot and back to my position.
- I can read my opponent's body cues to move to the point of attack.
- I can stop, start and change directions quickly to defend my space.

## Applying Transition Skills:

- I can make a quick transition from offence to defence and from defence to offence.

## Thinking About Performance (Living Skills):

- I can refine the strategies I use by seeking out and using feedback from others.
- I can communicate with my teammates to set up an attack on my opponent.
- I can communicate with my teammates to effectively use and cover the court.
- I can use my critical thinking skills to determine where to best place a shot.
- I can use my critical thinking skills to determine how to react to my opponent's attack.

## Improving Performance:

- When serving, what do you need to remember to control the power and path of the object?
- What strategies can you use to effectively defend your playing area against an opponent's attack?
- What clues do you pay attention to when anticipating an opponent's attack?
- How can you disguise your attack from your opponent?

# Stability Skills: Success Criteria

Description of Static Balance: Maintaining a desired shape in a stationary position.

Description of Dynamic Balance: Using core strength to maintain balance and control of the body as it moves through space.

Examples: bending, stretching, twisting, turning, rolling, balancing, transfer of weight, lunging, landing.

## Movement Skills

### Static Balance:

- I can position my arms and legs effectively to maintain my balance.
- I can use different body parts for counterbalance.
- I can focus on an external object to help maintain balance.
- I can contract my muscles to hold a balanced pose.

### Dynamic Balance:

- I can shift weight from one body part to another without losing my balance.
- I can absorb force through my ankles, knees and hips.
- I can use my hands or feet evenly to maintain my balance while supporting my body.
- I can use my hands or feet evenly to maintain my balance while pushing or pulling an object.
- I can contract my muscles to maintain balance while transitioning between poses, repetitions or elements of a routine.

### Combining Stability with Locomotion Skills:

- I can establish a wide base of support for a controlled landing.
- I can maintain my balance during an aerobics routine.
- I can maintain my balance while wheeling around obstacles on a course.

### Applying Movement Concepts:

- I can move in a fluid motion while maintaining my balance.
- I can maintain my balance during a partner balance.
- I can maintain my balance while moving in different pathways, directions and levels.
- I can adjust to various environmental conditions to maintain my balance.

### Applying Movement Principles:

- I can establish a wide base of support to be more stable.
- I can lower my centre of gravity by bending my knees or arms.
- I can place my centre of gravity over my base of support to be more stable.
- I can shift my centre of gravity outside my base of support to become less stable to move.
- I can maintain my balance while giving force to my body or an object.
- I can maintain my balance while receiving force to the body.
- I can maintain my balance while rotating around an axis.

### Thinking About Performance (Living Skills):

- I can analyze my ability to perform a stability skill and make adjustments to improve my skills.
- I can use feedback from my partner to improve my stability while performing a dance routine.
- I can use my critical thinking skills to plan how I can challenge myself while using my stability skills in a yoga routine.

### Improving Performance:

- What stability concepts and principles are important to use when completing your fitness, yoga or dance routines?
- How can you use the same principles of stability when starting a race or sending or receiving an object in a variety of activities?
- How can you improve your stability to increase your success during physical activity?

# Striking/Fielding Games: Success Criteria

Objective of Striking/Fielding Games: Players score points by striking an object and running to designated playing areas to prevent opponents from scoring.

Examples: baseball, softball, cricket, rounders, kickball.

## Applying Offensive Strategies:

- I can send an object to an open space or where it cannot be caught.
- I can avoid being tagged out by advancing between bases before the object reaches the base.
- I can avoid hitting an object that is outside the strike zone.
- I can use a variety of different hits to place the object away from my opponent (e.g., bunt, line drive).

## Applying Defensive Strategies:

- I can be in a ready position to quickly react to the play.
- I can narrow my base of support to quickly move to react to the path of the object.
- I can anticipate the path of the object and move toward it.
- I can position myself to catch the object in the air to get a runner out.
- I can position myself to trap the object to avoid it getting past me.
- I can reposition myself to react to different hitters.
- I can send the object to the base before the runner.
- I can tag the runner before the runner reaches the base.
- I can change the speed of the pitch.

## Thinking About Performance (Living Skills):

- I can monitor my performance in a game and set a goal to increase my success.
- I can collaborate with my teammates to cover the field of play when on defence.
- I can use my leadership skills to help my team on defence by calling plays.
- I can work with my teammates to determine successful offensive and defensive strategies.

## Improving Performance:

- What factors do you need to consider when selecting strategies to advance a runner?
- What do you need to consider when deciding where to throw the ball when you are on defence?
- What do you have to consider as a base runner to be successful at advancing bases?



# Target Games: Success Criteria

Objective of Target Games: Players send an object toward a target while avoiding any obstacles.

Examples: golf, archery, bowling, curling, horseshoes, bocce, shuffleboard.

## Applying Offensive Strategies:

- I can plan a path to the target.
- I can use spin to control the landing or roll of an object.
- I can place an object closest to or in a designated target.
- I can place an object in an advantageous position in relation to other objects.
- I can try to use as few strokes as possible to reach my target.
- I can alter the path of the object to reach the target.

## Applying Defensive Strategies:

- I can block the target by placing objects in front of it.
- I can increase the difficulty of the path to the target by placing obstacles in the path.
- I can knock my opponent's object away from the target.

## Thinking About Performance (Living Skills):

- I can use feedback during a game to improve my performance.
- I can work with my teammates to analyze the strategies my opponents are using.
- I can work with my teammates to decide on tactics we can use to be successful in the game.

## Improving Performance:

- How can you increase your chance of success by strategically planning your path to the target?
- How can you effectively use your object to set up a successful offence?
- How can you effectively use your object to block your opponent's path to the target?
- How can you apply the same strategies and tactics when playing other target games?

# Territory Games: Success Criteria

Objective of Territory Games: Players control an object, keeping it away from opponents and move it into position to score.

Examples: basketball, handball, lacrosse, soccer, wheelchair basketball, double ball.

## Applying Offensive Strategies:

- I can move in a variety of ways to create open space.
- I can move in a variety of ways to get open to send or receive a pass.
- I can move in the direction of the goal to score.
- I can move the object into a more advantageous scoring position.
- I can try to score by invading my opponent's territory and keeping possession of the object.

## Applying Defensive Strategies:

- I can guard my space and reposition myself to deny space to my opponent.
- I can anticipate my opponent's attack and move to intercept to get possession of the object.
- I can guard my opponents to interfere with their movements or their ability to manipulate the object.
- I can position myself between my opponent and the goal area.

## Applying Transition Skills:

- I can make a quick transition from offence to defence and defence to offence.

## Thinking About Performance (Living Skills):

- I can analyze the strategies I use in a game and make adjustments to improve my performance.
- I can communicate effectively with teammates using both verbal and non-verbal cues.
- I can work cooperatively with my teammates to increase our chances of success in completing a play.
- I can work with my teammates to analyze the game tactics my opponents are using.
- I can work with my teammates to decide on tactics we can use to be successful in the game.

## Improving Performance:

- How can you increase your chances of success by using effective positioning in a territory game?
- What strategies are most effective to maintain possession of the object when your team is on offence?
- What strategies can you use to effectively communicate with your teammates while participating in territory games?
- How can you use the same strategies and tactics when playing other territory games?