





Name: \_\_\_\_\_ Physical Education: Mr. O'Loughlin

**Skip** Kindergarten Benchmark: Demonstrate the correct step-hop movement pattern.

**Report Card Scoring Key**

Step	Hop	Step	Hop
			
Steps forward onto ball of foot	Extends hip, knee, and ankle to push off ground	Lands, then steps with other foot	Extends other hip, knee, and ankle to push off ground

4 =S  
3=G  
2=G  
1=G  
0=G

**Total Score for Motor Skills:**

**MS** – Meeting Standard (S on each motor skill)





**OT** – Approaching – On Target (at least one S on a motor skill)

**AS** – Approaching w/ support (some parts of each motor skill)

**NY** – Not Yet

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**Foot Dribble** Kindergarten Benchmark: Demonstrate correct foot and body posture when tapping a ball from one foot to other when stationary.

Ready You	Shift to One	Tap Shift to Other	Tap With Inside
			
Feet shoulder-width apart. Knees bent. Slight forward lean over ball	Shifts weight and balances on foot 1	Taps ball softly with inside of foot 2. Shifts weight to foot 2	Stops ball with inside of foot 1

4 =S  
3=G  
2=G  
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**Individual Score for Motor Skills:**

**S** = Strength (score of 4 on a motor skill)

**G** = Growth opportunity (score of 3,2,1,or 0 on a motor skill)

**Knowledge and Skills:**

**MS** – Meeting Standard (Actively participates, can identify skills)

**OT** – Approaching – On Target

**AS** – Approaching Standard

**NY** – Not Yet





**Personal-Social Skills:**

Follows rules and procedures while demonstrating responsible behavior that respect self and others.

**C** - Consistently  
**U** -Usually  
**O** – Occasionally  
**N** – Not Yet  
**W** – Area of Weakness

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**Underhand Throw Kindergarten Benchmark:** Demonstrate correct arm swing and stride when throwing a ball underhand for at least 15 feet.

Ready You	Swing Back	Swing Forward	Swing Through
			
Feet slightly staggered with knees and hips slightly bent. Touches ball with open hand	Swings arm backward beyond 45 degrees	Swings arm forward directly under shoulder	Follows through beyond point of contact and in line with target

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**Overhand Throw Kindergarten Benchmark:** Demonstrate the correct T position when throwing a ball overhand throw at least 20 feet, starting from a side orientation.

T Position	Hand on Top	Twist Tummy	Tickle Knee
			
Sideways to target. Arms out to sides	Hand on top of ball	Rotates toward target	Follows through and the ball travels at least 20 feet in the air

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