

**Elementary School Physical Education
Throwing and Catching Theme Grades Pk - 5**

Skill Theme	SHAPE Standard	Exit Outcomes
Pre-K	Rolls a ball to a stationary partner or target while seated. S1.PK.10	Roll a ball.
	Underhand throws to a large, stationary target. S1.PK.11	Throw a ball.
Grade K	Demonstrates an underhand throw with the opposite foot forward. S1.GK.11	Demonstrate an underhand throw.
	S1 The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.	Demonstrate an overhand throw.
	Drops a ball and catches it before it bounces twice. S1.GK.13a Catches a large ball tossed by a skilled thrower. S1.GK.13b	Catch a bounced ball to self /partner.
Grade 1	Demonstrates an underhand throw using some critical elements. S1.G1.11	Demonstrate an over/underhand throw with opposition.
	Catches a soft object from a self-toss before it bounces. S1.G1.13a Catches a variety of objects tossed by a skilled thrower S1.G1.13b	Catch a self-tossed object Catch an object tossed by a skilled thrower
Grade 2	Demonstrate some critical elements of an overhand throw. S1.G2.12	Overhand throw with opposition and rotation.
	Catches a self-tossed or well-thrown large ball with hands, not trapping or cradling it against the body. S1.G2.13	Catch an object thrown overhand.
	Demonstrates an underhand throw using a mature pattern. S1.G2.11	Underhand throw with a mature pattern

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Grade 3	Throws underhand to a partner or target with reasonable accuracy, demonstrating most of the critical elements. S1.G3.12	Perform a mature underhand throw with an object for accuracy.
	Throws overhand, demonstrating most of the critical elements, in non-dynamic environments (closed skills), for distance and/or force. S1.G3.13	Perform a mature overhand throw with a ball.
	Catches a gently tossed hand-size ball from a partner, demonstrating most of the critical elements. S1.G3.15	Catch a rebounded or partner tossed ball.
Grade 4	Catches a thrown ball above the head, at chest or waist level, and below the waist using a mature pattern in a nondynamic environment. S1.G4.15	Catch a thrown object using a mature pattern.
	Throws overhand to a partner or at a target with accuracy at a reasonable distance. S1.G4.13b	Accurately throws overhand to a stationary target.
	Throws overhand demonstrating a mature pattern in a nondynamic environments. S1.G4.13a	Accurately throw overhand to a moving partner.
	Catches a ball at different levels using a mature pattern in a non-dynamic environment while using a short-handled implement. S1.G4.24	Accurately throw and catch using an implement.

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Grade 5	<p>Throws with reasonable accuracy in dynamic, small-sided practice tasks. S1.G5.14b</p> <p>Catches with reasonable accuracy in dynamic, small- sided practice tasks. S1.G5.15c</p>	Demonstrate mature skills within a modified game.
	<p>Throws overhand using a mature pattern in non- dynamic environments, with different sizes and types of objects. S1.G5.13a</p> <p>Throws overhand at a large target with accuracy. S1.G5.13b</p>	Throw overhand using a mature pattern in non- dynamic environments (closed) with different sizes and types of objects.
	Throws underhand using a mature pattern in non-dynamic environments with different sizes and types of objects. S1.G5.12	Throws underhand to a target with accuracy.