

**Elementary School Physical Education**  
**Striking Theme Grades Pk - 5**

Skill Theme	SHAPE Standard	Exit Outcomes
<b>Pre-K</b>	Bounces a ball down with two hands and attempts to catch it while remaining in personal space. (S1.PK.14)	Strikes a lightweight object with body parts
	Taps a stationary ball using the inside of the foot, maintaining body control. (S1.PK.15)	Strikes a lightweight object with body parts
	Kicks a stationary ball from a stationary position, maintaining body control. (S1.PK.16)	Strikes a lightweight object with body parts
	Volleys a lightweight object using different body parts. (S1.PK.17)	Strikes a lightweight object with body parts
<b>K</b>	Dribbles a ball with 1 hand, attempting the second contact. S1.GK.14	Dribbles a ball with hand
	Taps a ball using the inside of the foot, sending it forward. S1.GK.15	Kick a stationary and moving ball with control
	Kicks a stationary ball from a stationary position, demonstrating some critical elements. S1.GK.16	Kick a stationary and moving ball with control
	Volleys a lightweight object, sending it upward. S1.GK.17	Underhand volley
	Strikes a lightweight object with a paddle or short-handled racket. S1.GK.18	Underhand (serve), Forehand

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<b>Grade 1</b>	Dribbles continuously in personal space using the preferred hand. S1.G1.14	Dribble a ball with dominant hand /foot
	Taps or dribbles a ball using the inside of the foot walking in general space. S1.G1.15	Dribble a ball with dominant hand /foot
	Approaches a stationary ball and kicks it forward, demonstrating some of the critical elements. S1.G1.16	Kicking – stationary
	Volleys an object with an open palm, sending it upward. S1.G1.17	Underhand (serve)
	Strikes a ball with a short-handled implement, sending it upward. S1.G1.18	Underhand (serve)
<b>Grade 2</b>	Dribbles in personal space with preferred hand demonstrating a mature pattern. S1.G2.14a  Dribbles while walking in general space. S1.G2.14b	Dribbles with control with dominant hand and non-dominant hand
	Dribbles with the feet in general space with control of ball and body. S1.G2.15	Dribbles with control with dominant hand and non-dominant hand
	Uses a continuous running approach and kicks a moving ball, demonstrating some critical elements. S1.G2.16	Kick a rolled ball with a forward approach
	Volleys an object upward with consecutive hits. S1.G2.17	Underhand volley
	Strikes an object upward with a short-handled implement, using consecutive hits. S1.G2.18	Overhead (serve), Underhand (serve), Forehand
	Strikes a stationary object, demonstrating some of the critical elements. S1.G2.20	Underhand (serve), Forehand

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<b>Grade 3</b>	Dribbles and travels in general space at slow to moderate jogging speed, with control of ball and body. (S1..G3.15))	Dribbles with control, with dominant and non-dominant hand and foot while moving
	Passes and receives a ball with the insides of the feet to a stationary partner, "giving" on reception before returning the pass. (S1.G3.18)	Dribbles with control, with dominant and non-dominant hand and foot while moving
	Uses a continuous running approach and intentionally performs a kick along the ground and a kick in the air, demonstrating 4 of the 5 critical elements of a mature pattern for each. (S1.G3.20)	Kicking – stationary; on the move; moving object while on the move  Dribbling with Feet
	Volleys an object with an underhand or sidearm striking pattern, sending it forward over a net, to the wall or over a line to a partner, while demonstrating 4 of the 5 critical elements of a mature pattern. (S1.G3.21)	
	Strikes an object with a shorthanded implement, sending it forward over a low net or to a wall. (S1.G3.23a)  Strikes an object with a shorthanded implement while demonstrating 3 out of the 5 critical elements of a mature pattern. (S1G3.23a)	Strikes an object with control using an implement
	Strikes a ball with a long-handled implement (e.g., hockey stick, bat, golf club), sending it forward, while using proper grip for the implement. Note: Use batting tee or ball tossed by teacher for batting. (S1.G3.25)	Strikes an object with control using an implement

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<b>Grade 4</b>	Dribbles in self space with both the preferred and the nonpreferred hands using a mature pattern. (S1.G4.17) Dribbles in general space with control of ball and body while increasing and decreasing speed. (S1.G4.17)	Dribble and pass a ball while moving
	Dribbles with the feet in general space with control of ball and body while increasing and decreasing speed. (S1.G4.17)	Dribble and pass a ball while moving
	Passes and receives a ball with the insides of the feet to a moving partner in a nondynamic environment (closed skills). (S1.G4.18b)  Passes and receives a ball with the outsides and insides of the feet to a stationary partner, "giving" on reception before returning the pass. (S1G4.18b)	Dribble and pass a ball while moving
	Strikes an object with a long-handled implement (e.g., hockey stick, golf club, bat, tennis racket, badminton racket), while demonstrating 3 of the 5 critical elements of a mature pattern for the implement (grip, stance, body orientation, swing plane and follow through). (S1.G4.26)	Demonstrate striking with control in a small group.
	Dribbles with hands or feet in combination with other skills (e.g., passing, receiving, shooting). (S1.G4.19)	Dribble and pass a ball while moving
	Kicks along the ground and in the air, and punts using mature patterns. (S1.G4.20)	Kicking in the Air
	Volleys underhand using a mature pattern, in a dynamic environment (e.g., two square, four square, handball). (S1.G4.21)	Demonstrates striking with control in a small group
	Volleys a ball with a two-hand overhead pattern, sending it upward, demonstrating 4 of the 5 critical elements of a mature pattern. (S1.G4.22)	Demonstrates striking with control in a small group
	Strikes an object with a short -handled implement while demonstrating a mature pattern. (S1.G4.23a)  Strikes an object with a short- handled implement, alternating hits with a partner over a low net or against a wall. (S1.G4.23b)	Demonstrates striking with control in a small group

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<b>Grade 5</b>	Combines hand dribbling with other skills during 1v1 practice tasks. (S1.G5.17)	Demonstrates mature striking skills in a modified game
	Combines foot dribbling with other skills in 1v1 practice tasks. (S1.G5.17)	Demonstrates mature striking skills in a modified game
	Passes with the feet using a mature pattern as both partners travel. (S1.G5.18a) Receives a pass with the feet using a mature pattern as both partners travel. (S1.G5.18b)	Demonstrates mature striking skills in a modified game
	Dribbles with hands or feet with mature patterns in a variety of small-sided game forms. (S1.G5.19)	Demonstrates mature striking skills in a modified game
	Demonstrates mature patterns in kicking and punting in small-sided practice task environments. (S1.G5.20)	Kicking in the Air
	Volleys a ball using a two-hand pattern, then, sending it upward to a target. (S1.G5.22)	Demonstrates mature striking skills in a modified game
	Strikes an object consecutively, with a partner, using a short-handled implement, over a low net, in either a competitive or cooperative game environment. (S1.G5.23)	Demonstrates mature striking skills in a modified game
	Strikes a pitched ball with a bat using a mature pattern. (S1.E25.5a) Combines striking with a long implement (e.g., bat, hockey stick) with receiving and traveling skills in a small-sided game. (S1.G5.25)	Demonstrates mature striking skills in a modified game