

Grade: 7th
Subject area: Physical Education

Insert Category here	Q1	Q2	Q3	Q4
Jump rope				
Forward jump double bounce			D	
Forward right foot double			D	
Forward left foot double			D	
Backward jump double jump			D	
Backward right foot double			D	
Backward left foot double			D	
Forward jump single bounce			D	
Forward right foot single			D	
Forward left foot single			D	
Backward jump single bounce			D	
Backward right foot single			D	
Forward left foot single			D	
Backward jump single bounce			D	
backward right foot single			D	
Backward left foot single			D	
Jog in place –20 turns			D	
Crossies			D	
Speed Jumping			D	
Extended Jump			I	
Floor hockey				
Dribbling			D	
Passing			D	
Shooting goals			D	
Grip and carrying stick			D	
Face-off			D	
Goalkeeping			D	
Partner passing			D	
Know rules			D	
Play game			D	
Tournament			D	
Soccer				
Kick ball with inside of foot				D
Kick ball with outside of foot				D
Punt ball with top of foot				D
Pass ball to a partner				D
Foot trap				D
Knee trap				D
Dribble ball				D
Goalkeeping				D
Keep away				D
Line soccer				D
Heading				D
Body trap				D
Know rules				D
Sideline soccer				D
Play game				D
Football				
Forward pass	D			
Centering	D			
Catching	D			

I: Introduced D: Developing P: Proficient

Insert Category here	Q1	Q2	Q3	Q4
Punting ball	D			
Place kicking	D			
Pass ball	D			
Ball exchanging	D			
Ultimate football	D			
Play game	D			
Develop plays	D			
Know rules	D			
Basketball				
Dribbling with left and right		D		
Pivoting		D		
Know rules		D		
Relay races		D		
Dribble keep away		D		
Horse		D		
Sideline basketball		D		
5 on 5 basketball		D		
Tournament		D		
Lay-ups with both hands		D		
Lightning		D		
Know rules		D		
Frisbee				
Backhand throw	D			
Sandwich catch	D			
C-catch	D			
Underhand throw	D			
Sidearm throw	D			
Tipping	D			
Catch with fingers	D			
Distance throw	D			
Ultimate	D			
Frisbee Golf	D			
Softball				
Overhand throw				D
Underhand throw				D
Catching thrown ball				D
Catching fly ball				D
Catching grounders				D
Pitching				D
Hitting a pitched ball				D
Batting				D
Baserunning				D
Playing game				D
Line coaching				D
Know rules				D
Volleyball				
Setting			D	
Bumping			D	
Underhand Serving			D	
Spiking			D	
Know Rules			D	
Keep it up			D	
6 on 6 volleyball			D	
Omniken volleyball			D	
Tournament			D	

I: Introduced D: Developing P: Proficient

Insert Category here	Q1	Q2	Q3	Q4
Badminton				
Serving			D	
Overhand hitting			D	
Underhand hitting			D	
Know Rules			D	
Boundaries			D	
Play Game			D	
Tournament			D	
Fitness				
Fitness stations	D			
Physical Fitness Testing				
Presidential testing	D			

I: Introduced D: Developing P: Proficient