

PHYSICAL EDUCATION	
Grade 4	
Grade 5	
PBLO: Motor Skills	
	Demonstrates competency in a variety of motor skills.
	Performance Indicators
* 1.	I can demonstrate the mature pattern of locomotor skills in dynamic small sided practice tasks/ game environments.
2.	I can throw underhand, overhand, catch, pass with hands and feet using a mature pattern in non dynamic environments (closed skills), with different sizes and types of balls.
3.	I can strike an object consecutively, with a partner, using a short-handled implement, over a net or against a wall, in either a competitive or a cooperative game environment.
Reason	Being able to explain or do a video demonstration allows for flexibility with assessing. This is also broad enough to be able to encompass a lot of activities.
PBLO: Movement Concepts	
	Applies knowledge of concepts, principles, strategies and skills related to: movement, performance, and maintaining a health-enhancing level of physical activity and fitness.
	Performance Indicators
1.	I can combine movement concepts with skills in small-sided practice tasks in game environments, gymnastics and dance with self-direction.
2.	I can apply basic offensive and defensive strategies and tactics in invasion small-sided practice tasks.
* 3.	I can actively engage in physical activity with responsible interpersonal behavior (e.g., peer to peer, student to teacher, student to referee).
Reason	Engaging and being active is SO important
PBLO: Personal & Social Behavior	

	Recognizes the value of physical activity while exhibiting responsible personal and social behavior that respects self and others.
	Performance Indicators
1.	I can accept, recognize and actively involve others with both higher and lower skill abilities into physical activities and group projects.
2.	I can compare the health benefits of participating in selected physical activities.
* 3.	I can analyze different physical activities for enjoyment and challenge, identifying reasons for a positive or negative response.
Reason	Being aware of this could help them with a lifetime of physical activity and it's good to reflect.

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