

Table 5. Focus on Movements Skills by Grade Level

| Movement Skills – Developmental Progression | | | | | | | |
|--|--|---------------------------------|----------|-------------|----------|-----------------|----------|
| Grade Level Focus | | | | | | | |
| E – Explore | | P – Progressing towards Control | | C – Control | | U – Utilization | |
| Basic Movement Patterns | Movement Skills | K | 1 | 2 | 3 | 4 | 5 |
| Locomotions | Locomotor Skills: | | | | | | |
| | Walking | P | C | U | U | | |
| | Running | P | C | U | U | | |
| | Jumping Forward and Sideways and Landing | P | C | U | U | | |
| | Jumping Backward and Landing | E | P | C | U | U | |
| | Hopping | E | P | C | U | U | |
| | Skipping | E | P | C | U | U | |
| | Galloping | E | P | C | U | U | |
| | Leaping | E | P | C | U | U | |
| | Sliding | E | P | C | U | U | |
| | Rolling Forward and Sideways | E | P | C | U | U | |
| Rolling Backward | | | P | C | U | U | |
| Statics, Landings, and Rotations | Non-locomotor Skills: | | | | | | |
| | Balancing | P | C | U | U | U | |
| | Jumping and Landing on Feet on the Spot | P | C | U | U | | |
| | Landing on Hands from Kneeling Position | E | P | C | U | U | |
| | Landing on Hands from Standing Position | | E | P | C | U | U |
| Rotating on the Spot | E | P | C | U | U | | |
| Sending | Manipulative Skills: | | | | | | |
| | Throwing | E | P | C | U | U | |
| | Kicking | E | P | C | U | U | |
| | Striking Objects with Hands | | E | P | C | U | U |
| | Striking Objects with Short-handled Implements | | E | P | C | U | U |
| | Volleying | | | E | P | C | U |
| | Striking with Long-handled Implements | | | E | P | C | U |
| Punting | | | | E | P | C | |
| Receiving | Catching (Gathering, Collecting) | E | P | C | U | U | |
| Accompanying | Hand Dribbling | | E | P | C | U | U |
| | Foot Dribbling | | E | P | C | U | U |