Move Skillfully

CT <u>H&BLCF</u> Standard 9: Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities

CT <u>H&BLCF</u> Standard 10: Demonstrate understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.

Student	Below Standard	Developing	Proficient	Exemplary
Movement	Students cannot adapt	Students can adapt and	Students can adapt and	Students can adapt and
with Closed	movement and/or perform	combine fundamental skills,	combine fundamental skills,	combine fundamental and
and Open	combinations of	techniques, and strategies in	techniques, and strategies in	advanced skills, techniques,
Environments	fundamental skills,	both closed and simple, open	a variety of open, complex	and strategies in a variety of
		environments.	and dynamic environments.	open, complex and dynamic
				environments.
Purposeful	Student cannot select and	Student sporadically selects	Student selects and	Student selects and
Movement	perform the appropriate	and performs the	performs the appropriate	performs the appropriate
	fundamental technique, skill,	appropriate fundamental	fundamental skills,	fundamental and advanced
(Right skill,	or strategy in either a closed	technique, skill, or strategy	technique, or strategy	skills, techniques, and
technique, or	or simple, open	in both closed and simple,	strategies in a variety of	strategies in a variety of
	environments.	open environments.	open, complex and dynamic	open, complex and dynamic
time)			environments.	environments.