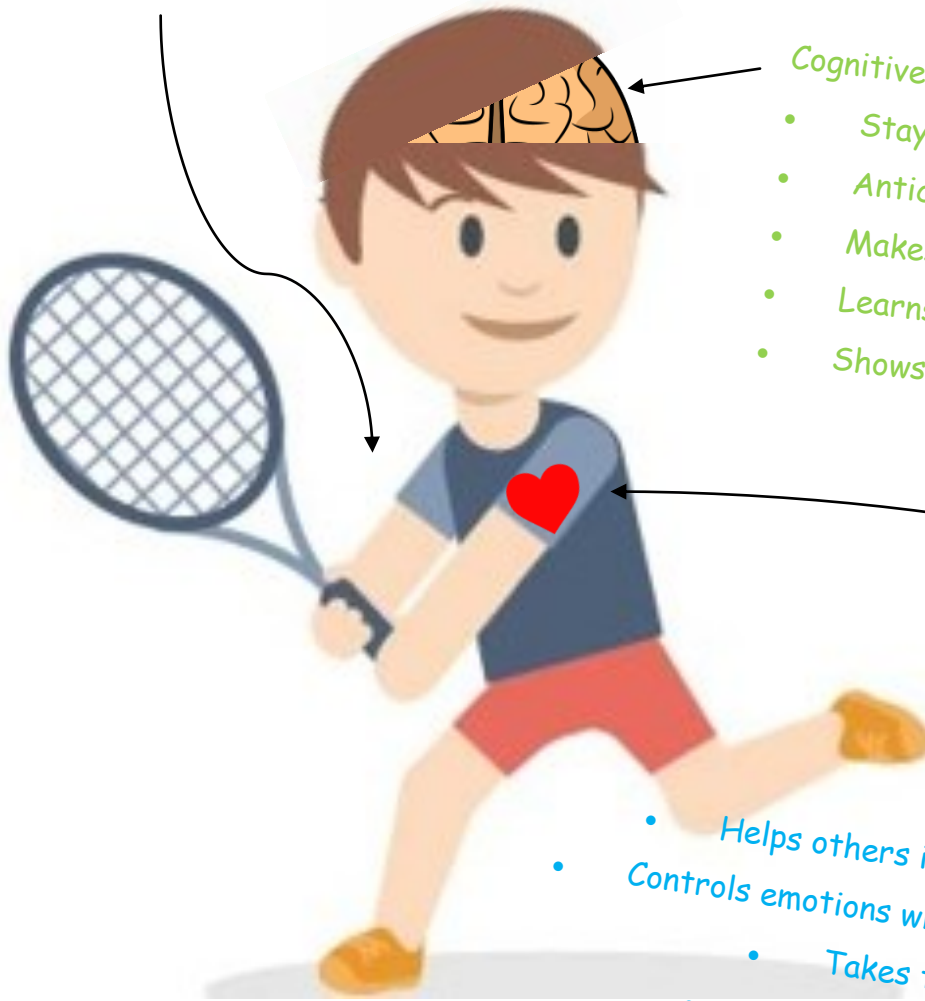


## Physical Fitness:

- Keeps going — stamina
- Runs fast
- Can get into and hold a balance
- Can show stability when moving
- Move arms or legs quickly to hit or strike a ball

# 2A



### Cognitive Skills:

- Stays focused
- Anticipate what needs done first
- Makes successful decisions
- Learns from mistakes
- Shows originality

### Personal Qualities:

- Doesn't give up
- Helps others improve performance
- Controls emotions when winning or losing
- Takes the lead effectively
- Self installed, positive outlook

### Physical Competencies:

- Shows awareness of personal and shared space
- Can demonstrate balance and control when on the move
- Moves with fluency and coordination
- Keeps timing and rhythm in a sequence or when dribbling
- Can demonstrate transitions: e.g. hop, skip and jump