Coordination and Fluency

I can perform skills smoothly ensuring sub-routines flow and are not disjointed

Fourth Level

Third Level

I can move different body parts simultaneously

Consistently performs an efficient sequence of movements with accuracy.

Performs a fluent sequence of movements with confidence.



Independently selects and applies the key elements of movement that leads to a quality performance.

Consistently demonstrates efficient movement with poise that leads to successful outcomes.

Evaluates the key elements of movement that leads to a quality performance.

Demonstrates efficient movement that leads to successful outcomes.