

AAC - SHAPE Alignment – Level 1

Traveling – Locomotor

The Athlos Athletic Curriculum embeds SHAPE America National Physical Education Standards 1-3 throughout each unit in Level 1. Standards 4-5 are deeply rooted in our *Performance Character integration*. It is important to note that this is not an exhaustive list of grade level outcomes, the AAC addresses multiple standard-aligned outcomes in each unit. The primary grade level outcome(s), of each standard, within this unit are listed below.

SHAPE Standard 1 – The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

- Kindergarten
 - Performs locomotor skills (hopping, galloping, running, sliding, skipping) while maintaining balance. (S1.E1.K)
- 1st Grade
 - Hops, gallops, jogs and slides using a mature pattern. (S1.E1.1)

SHAPE Standard 2 – The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- Kindergarten
 - Travels in general space with different speeds. (S2.E3.K)
- 1st Grade
 - Differentiates between fast and slow speeds. (S2.E3.1a)
 - Differentiates between strong and light force. (S2.E3.1b)

SHAPE Standard 3 – The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- Kindergarten
 - Participates actively in physical education class. (S3.E2.K)
 - Recognizes that when you move fast, your heart beats faster and you breathe faster. 3 (S3.E3.K)
- 1st Grade
 - Engages actively in physical education class. (S3.E2.1)
 - Identifies the heart as a muscle that grows stronger with exercise, play and physical activity. (S3.E3.1)



Body Control – Locomotor

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SHAPE Standard 1 – The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

- Kindergarten
 - Maintains momentary stillness on different bases of support. (S1.E7.Ka)
 - Forms wide, narrow, curled and twisted body shapes. (S1.E7.Kb)
 - 1st Grade
 - Maintains stillness on different bases of support with different body shapes. (S1.E7.1)
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SHAPE Standard 2 – The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- Kindergarten
 - Travels in three different pathways. (S2.E2.K)
 - 1st Grade
 - Travels demonstrating low, middle and high levels. (S2.E2.1a)
 - Travels demonstrating a variety of relationships with objects (e.g., over, under, around, through). (S2.E2.1b)
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SHAPE Standard 3 – The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- Kindergarten
 - Participates actively in physical education class. (S3.E2.K)
 - Recognizes that when you move fast, your heart beats faster and you breathe faster. 3 (S3.E3.K)
- 1st Grade
 - Engages actively in physical education class. (S3.E2.1)
 - Identifies the heart as a muscle that grows stronger with exercise, play and physical activity. (S3.E3.1)



Body Awareness – Locomotor/Nonlocomotor

The Athlos Athletic Curriculum embeds SHAPE America National Physical Education Standards 1-3 throughout each unit in Level 1. Standards 4-5 are deeply rooted in our *Performance Character integration*. It is important to note that this is not an exhaustive list of grade level outcomes, the AAC addresses multiple standard-aligned outcomes in each unit. The primary grade level outcome(s), of each standard, within this unit are listed below.

SHAPE Standard 1 – The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

- Kindergarten
 - Performs jumping and landing actions with balance. (S1.E3.K and S1.E4.K)
 - Rolls sideways in a narrow body shape. (S1.E9.K)

 - 1st Grade
 - Demonstrates 2 of the 5 critical elements for jumping and landing in a horizontal and vertical plane using two-foot takeoffs and landings. (S1.E3.1 and S1.E4.1)
 - Rolls with either a narrow or curled body shape. (S1.E9.1)
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SHAPE Standard 2 – The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- Kindergarten
 - Travels in three different pathways. (S2.E2.K)

 - 1st Grade
 - Travels demonstrating low, middle and high levels. (S2.E2.1a)
 - Travels demonstrating a variety of relationships with objects (e.g., over, under, around, through). (S2.E2.1b)
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SHAPE Standard 3 – The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- Kindergarten
 - Participates actively in physical education class. (S3.E2.K)
 - Recognizes that when you move fast, your heart beats faster and you breathe faster. 3 (S3.E3.K)

- 1st Grade
 - Engages actively in physical education class. (S3.E2.1)
 - Identifies the heart as a muscle that grows stronger with exercise, play and physical activity. (S3.E3.1)



Sensory Awareness – Locomotor/Nonlocomotor

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SHAPE Standard 1 – The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

- Kindergarten
 - Maintains momentary stillness on different bases of support. (S1.E7.Ka)
 - Forms wide, narrow, curled and twisted body shapes. (S1.E7.Kb)
- 1st Grade
 - Maintains stillness on different bases of support with different body shapes. (S1.E7.1)

SHAPE Standard 2 – The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- Kindergarten
 - Differentiates between movement in personal (self-space) and general space. (S2.E1.Ka)
 - Moves in personal space to a rhythm. (S2.E1.Kb)
- 1st Grade
 - Moves in self-space and general space in response to designated beats or rhythms. (S2.E1.1)

SHAPE Standard 3 – The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- Kindergarten
 - Participates actively in physical education class. (S3.E2.K)
 - Recognizes that when you move fast, your heart beats faster and you breathe faster. 3 (S3.E3.K)
- 1st Grade
 - Engages actively in physical education class. (S3.E2.1)
 - Identifies the heart as a muscle that grows stronger with exercise, play and physical activity. (S3.E3.1)



AAC - SHAPE Alignment – Level 2

Catching & Receiving – Manipulative

The Athlos Athletic Curriculum embeds SHAPE America National Physical Education Standards 1-3 throughout each unit in Level 2. Standards 4-5 are deeply rooted in our *Performance Character integration*. It is important to note that this is not an exhaustive list of grade level outcomes, the AAC addresses multiple standard-aligned outcomes in each unit. The primary grade level outcome(s), of each standard, within this unit are listed below.

SHAPE Standard 1 – The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

- 2nd Grade
 - Catches a self-tossed or well thrown large ball with hands, not trapping or cradling against the body. (S1.E16.2)
- 3rd Grade
 - Passes and receives a ball with the insides of the feet to a stationary partner, “giving” on reception before returning the pass. (S1.E19.3)

SHAPE Standard 2 – The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- 2nd Grade
 - Combines locomotor skills in general space to a rhythm. (S2.E1.2)
- 3rd Grade
 - Recognizes the concept of open spaces in a movement context. (S2.E1.3)

SHAPE Standard 3 – The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- 2nd Grade
 - Engages actively in physical education class in response to instruction and practice. (S3.E2.2)
- 3rd Grade
 - Engages actively in the activities of physical education class without teacher prompting. (S3.E2.3)



Throwing & Passing – Manipulative

The Athlos Athletic Curriculum embeds SHAPE America National Physical Education Standards 1-3 throughout each unit in Level 2. Standards 4-5 are deeply rooted in our *Performance Character integration*. It is important to note that this is not an exhaustive list of grade level outcomes, the AAC addresses multiple standard-aligned outcomes in each unit. The primary grade level outcome(s), of each standard, within this unit are listed below.

SHAPE Standard 1 – The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

- 2nd Grade
 - Throws underhand using a mature pattern. (S1.E13.2)
 - Throws overhand, demonstrating 2 of the 5 critical elements of a mature pattern. (S1.E14.2)
- 3rd Grade
 - Throws underhand to a partner or target with reasonable accuracy. (S1.E13.3)
 - Throws overhand, demonstrating 3 of the 5 critical elements of a mature pattern, in nondynamic environments (closed skills), for distance and/or force. (S1.E14.3)

SHAPE Standard 2 – The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- 2nd Grade
 - Varies time and force with gradual increases and decreases. (S2.E3.2)
- 3rd Grade
 - Combines movement concepts (direction, levels, force, time) with skills as directed by the teacher. (S2.E3.3)

SHAPE Standard 3 – The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- 2nd Grade
 - Engages actively in physical education class in response to instruction and practice. (S3.E2.2)
- 3rd Grade
 - Engages actively in the activities of physical education class without teacher prompting. (S3.E2.3)



Kicking & Striking – Manipulative

The Athlos Athletic Curriculum embeds SHAPE America National Physical Education Standards 1-3 throughout each unit in Level 2. Standards 4-5 are deeply rooted in our *Performance Character integration*. It is important to note that this is not an exhaustive list of grade level outcomes, the AAC addresses multiple standard-aligned outcomes in each unit. The primary grade level outcome(s), of each standard, within this unit are listed below.

SHAPE Standard 1 – The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

- 2nd Grade
 - Uses a continuous running approach and kicks a moving ball, demonstrating 3 of the 5 critical elements of a mature pattern. (S1.E21.2)
 - Strikes an object upward with short-handled implement, using consecutive hits. (S1.E24.2)
- 3rd Grade
 - Uses a continuous running approach and intentionally performs a kick along the ground and a kick in the air, demonstrating 4 of the 5 critical elements of a mature pattern for each. (S1.E21.3a)
 - Strikes an object with a short-handled implement, sending it forward over a low net or to a wall. (S1.E24.3a)

SHAPE Standard 2 – The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- 2nd Grade
 - Combines locomotor skills in general space to a rhythm. (S2.E1.2)
- 3rd Grade
 - Recognizes locomotor skills specific to a wide variety of physical activities. (S2.E2.3)
 - Applies simple strategies and tactics in chasing and fleeing activities. (S2.E5.3a and S2.E5.3b)

SHAPE Standard 3 – The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- 2nd Grade
 - Engages actively in physical education class in response to instruction and practice. (S3.E2.2)
- 3rd Grade
 - Engages actively in the activities of physical education class without teacher prompting. (S3.E2.3)



Dribbling – Manipulative

The Athlos Athletic Curriculum embeds SHAPE America National Physical Education Standards 1-3 throughout each unit in Level 2. Standards 4-5 are deeply rooted in our *Performance Character integration*. It is important to note that this is not an exhaustive list of grade level outcomes, the AAC addresses multiple standard-aligned outcomes in each unit. The primary grade level outcome(s), of each standard, within this unit are listed below.

SHAPE Standard 1 – The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

- 2nd Grade
 - Dribbles in self-space with preferred hand demonstrating a mature pattern. (S1.E17.2a)
 - Dribbles with the feet in general space with control of ball and body. (S1.E18.2)
 - 3rd Grade
 - Dribbles and travels in general space at slow to moderate jogging speed, with control of ball and body. (S1.E17.3)
 - Dribbles with the feet in general space at slow to moderate jogging speed with control of ball and body. (S1.E18.3)
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SHAPE Standard 2 – The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- 2nd Grade
 - Varies time and force with gradual increases and decreases. (S2.E3.2)
 - 3rd Grade
 - Combines movement concepts (direction, levels, force, time) with skills as directed by the teacher. (S2.E3.3)
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SHAPE Standard 3 – The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- 2nd Grade
 - Engages actively in physical education class in response to instruction and practice. (S3.E2.2)
- 3rd Grade
 - Engages actively in the activities of physical education class without teacher prompting. (S3.E2.3)



AAC - SHAPE Alignment – Level 3

Soccer

The Athlos Athletic Curriculum embeds SHAPE America National Physical Education Standards 1-3 throughout each unit in Level 3. Standards 4-5 are deeply rooted in our *Performance Character integration*. It is important to note that this is not an exhaustive list of grade level outcomes, the AAC addresses multiple standard-aligned outcomes in each unit. The primary grade level outcome(s), of each standard, within this unit are listed below.

SHAPE Standard 1 – The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

- 4th Grade
 - Dribbles with the feet in general space with control of ball and body while increasing and decreasing speed. (S1.E18.4)
 - Dribbles with hands or feet in combination with other skills (e.g., passing, receiving, shooting). (S1.E20.4)
- 5th Grade
 - Combines foot dribbling with other skills in 1v1 practice tasks. (S1.E18.5)
 - Dribbles with hands or feet with mature patterns in a variety of small-sided game forms. (S1.E20.5)

SHAPE Standard 2 – The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- 4th Grade
 - Applies the concept of open spaces to combination skills involving traveling (e.g., dribbling and traveling). (S2.E1.4a)
 - Applies simple offensive and defensive strategies and tactics in chasing and fleeing activities. (S2.E5.4a and S2.E5.4b)
- 5th Grade
 - Combines spatial concepts with locomotor and nonlocomotor movements for small groups in gymnastics, dance and games environments. (S2.E1.5)
 - Applies basic offensive and defensive strategies and tactics in invasion small-sided practice tasks. (S2.E5.5a)

SHAPE Standard 3 – The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- 4th Grade
 - Engages actively in the activities of physical education class, both teacher-directed and independent. (S3.E2.4)
- 5th Grade
 - Engages actively in all of the activities of physical education. (S3.E2.5)



Basketball

The Athlos Athletic Curriculum embeds SHAPE America National Physical Education Standards 1-3 throughout each unit in Level 3. Standards 4-5 are deeply rooted in our *Performance Character integration*. It is important to note that this is not an exhaustive list of grade level outcomes, the AAC addresses multiple standard-aligned outcomes in each unit. The primary grade level outcome(s), of each standard, within this unit are listed below.

SHAPE Standard 1 – The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

- 4th Grade
 - Dribbles in self-space with both the preferred and the nonpreferred hands using a mature pattern. (S1.E17.4a)
 - Dribbles with hands or feet in combination with other skills (e.g., passing, receiving, shooting). (S1.E20.4)
- 5th Grade
 - Combines hand dribbling with other skills during 1v1 practice tasks. (S1.E17.5)
 - Dribbles with hands or feet with mature patterns in a variety of small-sided game forms. (S1.E20.5)

SHAPE Standard 2 – The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- 4th Grade
 - Dribbles in general space with changes in direction and speed. (S2.E1.4c)
 - Applies simple offensive and defensive strategies and tactics in chasing and fleeing activities. (S2.E5.4a and S2.E5.4b)
- 5th Grade
 - Combines spatial concepts with locomotor and nonlocomotor movements for small groups in gymnastics, dance and games environments. (S2.E1.5)
 - Applies basic offensive and defensive strategies and tactics in invasion small-sided practice tasks. (S2.E5.5a)

SHAPE Standard 3 – The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- 4th Grade
 - Engages actively in the activities of physical education class, both teacher-directed and independent. (S3.E2.4)
- 5th Grade
 - Engages actively in all of the activities of physical education. (S3.E2.5)



Volleyball

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SHAPE Standard 1 – The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

- 4th Grade
 - Volleys underhand using a mature pattern, in a dynamic environment (e.g., two square, four square, handball). (S1.E22.4)
 - Volleys a ball with a two-hand overhead pattern, sending it upward, demonstrating 4 of the 5 critical elements of a mature pattern. (S1.E23.4)
- 5th Grade
 - Volleys a ball using a two-hand pattern, sending it upward to a target. (S1.E23.5)

SHAPE Standard 2 – The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- 4th Grade
 - Combines movement concepts with skills in small-sided practice tasks, gymnastics and dance environments. (S2.E2.4)
- 5th Grade
 - Recognizes the type of throw, volley or striking action needed for different games and sports situations. (S2.E5.5c)

SHAPE Standard 3 – The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- 4th Grade
 - Engages actively in the activities of physical education class, both teacher-directed and independent. (S3.E2.4)
- 5th Grade
 - Engages actively in all of the activities of physical education. (S3.E2.5)



Hockey

The Athlos Athletic Curriculum embeds SHAPE America National Physical Education Standards 1-3 throughout each unit in Level 3. Standards 4-5 are deeply rooted in our *Performance Character integration*. It is important to note that this is not an exhaustive list of grade level outcomes, the AAC addresses multiple standard-aligned outcomes in each unit. The primary grade level outcome(s), of each standard, within this unit are listed below.

SHAPE Standard 1 – The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

- 4th Grade
 - Strikes an object with a long-handled implement (e.g., hockey stick, golf club, bat, tennis racket, badminton racket), while demonstrating 3 of the 5 critical elements of a mature pattern for the implement (grip, stance, body orientation, swing plane and follow through). (S1.E25.4)
 - Combines traveling with the manipulative skills of dribbling, throwing, catching and striking in teacher- and/ or student-designed small-sided practice-task environments. (S1.E26.4)
- 5th Grade
 - Combines striking with a long implement (e.g., bat, hockey stick) with receiving and traveling skills in a small-sided game. (S1.E25.5b)
 - Combines manipulative skills and traveling for execution to a target (e.g., scoring in soccer, hockey and basketball). (S1.E26.5)

SHAPE Standard 2 – The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- 4th Grade
 - Applies simple offensive and defensive strategies and tactics in chasing and fleeing activities. (S2.E5.4a and S2.E5.4a)
- 5th Grade
 - Applies the concepts of direction and force to strike an object with a long-handled implement. (S2.E3.5b)

SHAPE Standard 3 – The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- 4th Grade
 - Engages actively in the activities of physical education class, both teacher-directed and independent. (S3.E2.4)
- 5th Grade
 - Engages actively in all of the activities of physical education. (S3.E2.5)



Handball

The Athlos Athletic Curriculum embeds SHAPE America National Physical Education Standards 1-3 throughout each unit in Level 3. Standards 4-5 are deeply rooted in our *Performance Character integration*. It is important to note that this is not an exhaustive list of grade level outcomes, the AAC addresses multiple standard-aligned outcomes in each unit. The primary grade level outcome(s), of each standard, within this unit are listed below.

SHAPE Standard 1 – The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

- 4th Grade
 - Throws to a moving partner with reasonable accuracy in a nondynamic environment (closed skills). (S1.E15.4)
 - Catches a thrown ball above the head, at chest or waist level, and below the waist using a mature pattern in a nondynamic environment (closed skills). (S1.E16.4)
- 5th Grade
 - Throws with accuracy, both partners moving. (S1.E15.5a)
 - Catches with accuracy, both partners moving. (S1.E16.5b)

SHAPE Standard 2 – The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- 4th Grade
 - Combines movement concepts with skills in small-sided practice tasks, gymnastics and dance environments. (S2.E2.4)
 - Applies simple offensive and defensive strategies and tactics in chasing and fleeing activities. (S2.E5.4a and S2.E5.4a)
- 5th Grade
 - Combines spatial concepts with locomotor and non-locomotor movements for small groups in gymnastics, dance and games environments. (S2.E1.5)
 - Analyzes movement situations and applies movement concepts (e.g., force, direction, speed, pathways, extensions) in small-sided practice tasks in game environments, dance and gymnastics. (S2.E3.5c)

SHAPE Standard 3 – The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- 4th Grade
 - Engages actively in the activities of physical education class, both teacher-directed and independent. (S3.E2.4)
- 5th Grade
 - Engages actively in all of the activities of physical education. (S3.E2.5)



Football

The Athlos Athletic Curriculum embeds SHAPE America National Physical Education Standards 1-3 throughout each unit in Level 3. Standards 4-5 are deeply rooted in our *Performance Character integration*. It is important to note that this is not an exhaustive list of grade level outcomes, the AAC addresses multiple standard-aligned outcomes in each unit. The primary grade level outcome(s), of each standard, within this unit are listed below.

SHAPE Standard 1 – The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

- 4th Grade
 - Throws to a moving partner with reasonable accuracy in a nondynamic environment (closed skills). (S1.E15.4)
 - Catches a thrown ball above the head, at chest or waist level, and below the waist using a mature pattern in a nondynamic environment (closed skills). (S1.E16.4)
- 5th Grade
 - Throws overhand using a mature pattern in nondynamic environments (closed skills), with different sizes and types of balls. (S1.E13.5a)
 - Catches with reasonable accuracy in dynamic, small sided practice tasks. (S1.E16.5c)

SHAPE Standard 2 – The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- 4th Grade
 - Applies the concept of closing spaces in small-sided practice tasks. (S2.E1.4b)
- 5th Grade
 - Combines movement concepts with skills in small-sided practice tasks in game environments, gymnastics and dance with self-direction. (S2.E2.5)

SHAPE Standard 3 – The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- 4th Grade
 - Engages actively in the activities of physical education class, both teacher-directed and independent. (S3.E2.4)
- 5th Grade
 - Engages actively in all of the activities of physical education. (S3.E2.5)



Lacrosse

The Athlos Athletic Curriculum embeds SHAPE America National Physical Education Standards 1-3 throughout each unit in Level 3. Standards 4-5 are deeply rooted in our *Performance Character integration*. It is important to note that this is not an exhaustive list of grade level outcomes, the AAC addresses multiple standard-aligned outcomes in each unit. The primary grade level outcome(s), of each standard, within this unit are listed below.

SHAPE Standard 1 – The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

- 4th Grade
 - Combines traveling with the manipulative skills of dribbling, throwing, catching and striking in teacher- and/ or student-designed small-sided practice-task environments. (S1.E26.4)
- 5th Grade
 - Combines manipulative skills and traveling for execution to a target (e.g., scoring in soccer, hockey and basketball). (S1.E26.5)

SHAPE Standard 2 – The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- 4th Grade
 - Applies simple offensive and defensive strategies and tactics in chasing and fleeing activities. (S2.E5.4a and S2.E5.4a)
- 5th Grade
 - Applies the concepts of direction and force to strike an object with a long-handled implement. (S2.E3.5b)

SHAPE Standard 3 – The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- 4th Grade
 - Engages actively in the activities of physical education class, both teacher-directed and independent. (S3.E2.4)
- 5th Grade
 - Engages actively in all of the activities of physical education. (S3.E2.5)



Ultimate Frisbee

The Athlos Athletic Curriculum embeds SHAPE America National Physical Education Standards 1-3 throughout each unit in Level 3. Standards 4-5 are deeply rooted in our *Performance Character integration*. It is important to note that this is not an exhaustive list of grade level outcomes, the AAC addresses multiple standard-aligned outcomes in each unit. The primary grade level outcome(s), of each standard, within this unit are listed below.

SHAPE Standard 1 – The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

- 4th Grade
 - Combines traveling with the manipulative skills of dribbling, throwing, catching and striking in teacher- and/ or student-designed small-sided practice-task environments. (S1.E26.4)
- 5th Grade
 - Throws with accuracy, both partners moving. (S1.E15.5a)
 - Catches with accuracy, both partners moving. (S1.E16.5b)

SHAPE Standard 2 – The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- 4th Grade
 - Applies simple offensive and defensive strategies and tactics in chasing and fleeing activities. (S2.E5.4a and S2.E5.4a)
- 5th Grade
 - Recognizes the type of throw, volley or striking action needed for different games and sports situations. (S2.E5.5c)

SHAPE Standard 3 – The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- 4th Grade
 - Engages actively in the activities of physical education class, both teacher-directed and independent. (S3.E2.4)
- 5th Grade
 - Engages actively in all of the activities of physical education. (S3.E2.5)



Badminton

The Athlos Athletic Curriculum embeds SHAPE America National Physical Education Standards 1-3 throughout each unit in Level 3. Standards 4-5 are deeply rooted in our *Performance Character integration*. It is important to note that this is not an exhaustive list of grade level outcomes, the AAC addresses multiple standard-aligned outcomes in each unit. The primary grade level outcome(s), of each standard, within this unit are listed below.

SHAPE Standard 1 – The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

- 4th Grade
 - Strikes an object with a long-handled implement (e.g., hockey stick, golf club, bat, tennis racket, badminton racket), while demonstrating 3 of the 5 critical elements of a mature pattern for the implement (grip, stance, body orientation, swing plane and follow through). (S1.E25.4)
- 5th Grade
 - Combines manipulative skills and traveling for execution to a target (e.g., scoring in soccer, hockey and basketball). (S1.E26.5)

SHAPE Standard 2 – The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- 4th Grade
 - Combines movement concepts with skills in small-sided practice tasks, gymnastics and dance environments. (S2.E2.4)
- 5th Grade
 - Applies the concepts of direction and force to strike an object with a long-handled implement. (S2.E3.5b)
 - Applies basic offensive and defensive strategies and tactics in net and wall small-sided practice tasks. (S2.E5.5b)

SHAPE Standard 3 – The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- 4th Grade
 - Engages actively in the activities of physical education class, both teacher-directed and independent. (S3.E2.4)
- 5th Grade
 - Engages actively in all of the activities of physical education. (S3.E2.5)



Roundnet

The Athlos Athletic Curriculum embeds SHAPE America National Physical Education Standards 1-3 throughout each unit in Level 3. Standards 4-5 are deeply rooted in our *Performance Character integration*. It is important to note that this is not an exhaustive list of grade level outcomes, the AAC addresses multiple standard-aligned outcomes in each unit. The primary grade level outcome(s), of each standard, within this unit are listed below.

SHAPE Standard 1 – The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

- 4th Grade
 - Volleys underhand using a mature pattern, in a dynamic environment (e.g., two square, four square, handball). (S1.E22.4)
 - Combines traveling with the manipulative skills of dribbling, throwing, catching and striking in teacher- and/ or student-designed small-sided practice-task environments. (S1.E26.4)
- 5th Grade
 - Combines manipulative skills and traveling for execution to a target (e.g., scoring in soccer, hockey and basketball). (S1.E26.5)

SHAPE Standard 2 – The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- 4th Grade
 - Applies the concepts of direction and force when striking an object with a short-handled implement, sending it toward a designated target. (S2.E3.4b)
- 5th Grade
 - Applies basic offensive and defensive strategies and tactics in net and wall small-sided practice tasks. (S2.E5.5b)

SHAPE Standard 3 – The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- 4th Grade
 - Engages actively in the activities of physical education class, both teacher-directed and independent. (S3.E2.4)
- 5th Grade
 - Engages actively in all of the activities of physical education. (S3.E2.5)



AAC - SHAPE Alignment – Level 4

Soccer

The Athlos Athletic Curriculum embeds SHAPE America National Physical Education Standards 1-3 throughout each unit in Level 4. Standards 4-5 are deeply rooted in our *Performance Character integration*. It is important to note that this is not an exhaustive list of grade level outcomes, the AAC addresses multiple standard-aligned outcomes in each unit. The primary grade level outcome(s), of each standard, within this unit are listed below.

SHAPE Standard 1 – The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

- 6th Grade
 - Foot-dribbles or dribbles with an implement with control, changing speed and direction in a variety of practice tasks. (S1.M9.6)
- 7th Grade
 - Foot-dribbles or dribbles with an implement combined with passing in a variety of practice tasks. (S1.M9.7)
- 8th Grade
 - Foot-dribbles or dribbles with an implement with control, changing speed and direction during small-sided game play. (S1.M9.8)

SHAPE Standard 2 – The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- 6th Grade
 - Creates open space by using the width and length of the field/court on offense. (S2.M3.6)
- 7th Grade
 - Creates open space by staying spread on offense and cutting and passing quickly. (S2.M3.7)
- 8th Grade
 - Creates open space by staying spread on offense, cutting and passing quickly, and using fakes off the ball. (S2.M3.8)

SHAPE Standard 3 – The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- 6th Grade
 - Participates in a variety of lifetime recreational team sports, outdoor pursuits or dance activities. (S3.M5.6)
- 7th Grade
 - Participates in a variety of lifetime dual and individual sports, martial arts or aquatic activities. (S3.M5.7)
- 8th Grade
 - Participates in a self-selected lifetime sport, dance, aquatic or outdoor activity outside of the school day. (S3.M5.8)



Basketball

The Athlos Athletic Curriculum embeds SHAPE America National Physical Education Standards 1-3 throughout each unit in Level 4. Standards 4-5 are deeply rooted in our *Performance Character integration*. It is important to note that this is not an exhaustive list of grade level outcomes, the AAC addresses multiple standard-aligned outcomes in each unit. The primary grade level outcome(s), of each standard, within this unit are listed below.

SHAPE Standard 1 – The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

- 6th Grade
 - Passes and receives with hands in combination with locomotor patterns of running and change of direction & speed with competency in invasion games such as basketball, flag football, speedball or team handball. (S1.M4.6)
- 7th Grade
 - Passes and receives with feet in combination with locomotor patterns of running and change of direction and speed with competency in invasion games such as soccer or speedball. (S1.M4.7)
- 8th Grade
 - Passes and receives with an implement in combination with locomotor patterns of running and change of direction, speed and/or level with competency in invasion games such as lacrosse or hockey (floor, field, ice). (S1.M4.8)

SHAPE Standard 2 – The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- 6th Grade
 - Creates open space by using the width and length of the field/court on offense. (S2.M3.6)
- 7th Grade
 - Creates open space by staying spread on offense and cutting and passing quickly. (S2.M3.7)
- 8th Grade
 - Creates open space by staying spread on offense, cutting and passing quickly, and using fakes off the ball. (S2.M3.8)

SHAPE Standard 3 – The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- 6th Grade
 - Participates in a variety of lifetime recreational team sports, outdoor pursuits or dance activities. (S3.M5.6)
- 7th Grade
 - Participates in a variety of lifetime dual and individual sports, martial arts or aquatic activities. (S3.M5.7)
- 8th Grade
 - Participates in a self-selected lifetime sport, dance, aquatic or outdoor activity outside of the school day. (S3.M5.8)



Volleyball

The Athlos Athletic Curriculum embeds SHAPE America National Physical Education Standards 1-3 throughout each unit in Level 4. Standards 4-5 are deeply rooted in our *Performance Character integration*. It is important to note that this is not an exhaustive list of grade level outcomes, the AAC addresses multiple standard-aligned outcomes in each unit. The primary grade level outcome(s), of each standard, within this unit are listed below.

SHAPE Standard 1 – The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

- 6th Grade
 - Performs a legal underhand serve with control for net and wall games such as badminton, volleyball or pickleball. (S1.M12.6)
- 7th Grade
 - Strikes with a mature overhand pattern in a dynamic environment for net/ wall games such as volleyball, handball, badminton or tennis. (S1.M13.7)
- 8th Grade
 - Strikes with a mature overhand pattern in a modified net/wall game such as volleyball, handball, badminton or tennis. (S1.M13.8)

SHAPE Standard 2 – The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- 6th Grade
 - Reduces offensive options for opponents by returning to home position. (S2.M8.6)
- 7th Grade
 - Selects offensive shot based on opponent's location (hit where opponent is not). (S2.M8.7)
- 8th Grade
 - Varies placement, force and timing of return to prevent anticipation by opponent. (S2.M8.8)

SHAPE Standard 3 – The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- 6th Grade
 - Participates in a variety of lifetime recreational team sports, outdoor pursuits or dance activities. (S3.M5.6)
- 7th Grade
 - Participates in a variety of lifetime dual and individual sports, martial arts or aquatic activities. (S3.M5.7)
- 8th Grade
 - Participates in a self-selected lifetime sport, dance, aquatic or outdoor activity outside of the school day. (S3.M5.8)



Hockey

The Athlos Athletic Curriculum embeds SHAPE America National Physical Education Standards 1-3 throughout each unit in Level 4. Standards 4-5 are deeply rooted in our *Performance Character integration*. It is important to note that this is not an exhaustive list of grade level outcomes, the AAC addresses multiple standard-aligned outcomes in each unit. The primary grade level outcome(s), of each standard, within this unit are listed below.

SHAPE Standard 1 – The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

- 6th Grade
 - Shoots on goal with power in a dynamic environment as appropriate to the activity. (S1.M10.6)
- 7th Grade
 - Shoots on goal with power and accuracy in small-sided game play. (S1.M10.7)
- 8th Grade
 - Shoots on goal with a long-handled implement for power and accuracy in modified invasion games such as hockey (floor, field, ice) or lacrosse. (S1.M10.8)

SHAPE Standard 2 – The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- 6th Grade
 - Transitions from offense to defense or defense to offense by recovering quickly. (S2.M6.6)
- 7th Grade
 - Transitions from offense to defense or defense to offense by recovering quickly and communicating with teammates. (S2.M6.7)
- 8th Grade
 - Transitions from offense to defense or defense to offense by recovering quickly, communicating with teammates and capitalizing on an advantage. (S2.M6.8)

SHAPE Standard 3 – The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- 6th Grade
 - Participates in a variety of lifetime recreational team sports, outdoor pursuits or dance activities. (S3.M5.6)
- 7th Grade
 - Participates in a variety of lifetime dual and individual sports, martial arts or aquatic activities. (S3.M5.7)
- 8th Grade
 - Participates in a self-selected lifetime sport, dance, aquatic or outdoor activity outside of the school day. (S3.M5.8)



Handball

The Athlos Athletic Curriculum embeds SHAPE America National Physical Education Standards 1-3 throughout each unit in Level 4. Standards 4-5 are deeply rooted in our *Performance Character integration*. It is important to note that this is not an exhaustive list of grade level outcomes, the AAC addresses multiple standard-aligned outcomes in each unit. The primary grade level outcome(s), of each standard, within this unit are listed below.

SHAPE Standard 1 – The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

- 6th Grade
 - Throws with a mature pattern for distance or power appropriate to the practice task (e.g., distance = outfield to home plate; power = 2nd base to 1st base). (S1.M2.6)
- 7th Grade
 - Throws with a mature pattern for distance or power appropriate to the activity in a dynamic environment. (S1.M2.7)
- 8th Grade
 - Throws with a mature pattern for distance or power appropriate to the activity during small-sided game play. (S1.M2.8)

SHAPE Standard 2 – The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- 6th Grade
 - Creates open space by using locomotor movements (e.g., walking, running, jumping and landing) in combination with movement (e.g., varying pathways; change of speed, direction or pace). (S2.M1.6)
- 7th Grade
 - Reduces open space by using locomotor movements (e.g., walking, running, jumping and landing, changing size and shape of the body) in combination with movement concepts (e.g., reducing the angle in the space, reducing distance between player and goal). (S2.M1.7)
- 8th Grade
 - Opens and closes space during small-sided game play by combining locomotor movements with movement concepts. (S2.M1.8)

SHAPE Standard 3 – The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- 6th Grade
 - Participates in a variety of lifetime recreational team sports, outdoor pursuits or dance activities. (S3.M5.6)
- 7th Grade
 - Participates in a variety of lifetime dual and individual sports, martial arts or aquatic activities. (S3.M5.7)
- 8th Grade
 - Participates in a self-selected lifetime sport, dance, aquatic or outdoor activity outside of the school day. (S3.M5.8)



Football

The Athlos Athletic Curriculum embeds SHAPE America National Physical Education Standards 1-3 throughout each unit in Level 4. Standards 4-5 are deeply rooted in our *Performance Character integration*. It is important to note that this is not an exhaustive list of grade level outcomes, the AAC addresses multiple standard-aligned outcomes in each unit. The primary grade level outcome(s), of each standard, within this unit are listed below.

SHAPE Standard 1 – The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

- 6th Grade
 - Throws, while stationary, a leading pass to a moving receiver. (S1.M5.6)
- 7th Grade
 - Throws, while moving, a leading pass to a moving receiver. (S1.M5.7)
- 8th Grade
 - Throws a lead pass to a moving partner off a dribble or pass. (S1.M5.8)

SHAPE Standard 2 – The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- 6th Grade
 - Reduces open space by not allowing the catch (denial) or by allowing the catch but not the return pass. (S2.M5.6)
- 7th Grade
 - Reduces open space by not allowing the catch (denial) or anticipating the speed of the object and person for the purpose of interception or deflection. (S2.M5.7)
- 8th Grade
 - Reduces open space by not allowing the catch (denial) and anticipating the speed of the object and person for the purpose of interception or deflection. (S2.M5.8)

SHAPE Standard 3 – The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- 6th Grade
 - Participates in a variety of lifetime recreational team sports, outdoor pursuits or dance activities. (S3.M5.6)
- 7th Grade
 - Participates in a variety of lifetime dual and individual sports, martial arts or aquatic activities. (S3.M5.7)
- 8th Grade
 - Participates in a self-selected lifetime sport, dance, aquatic or outdoor activity outside of the school day. (S3.M5.8)



Lacrosse

The Athlos Athletic Curriculum embeds SHAPE America National Physical Education Standards 1-3 throughout each unit in Level 4. Standards 4-5 are deeply rooted in our *Performance Character integration*. It is important to note that this is not an exhaustive list of grade level outcomes, the AAC addresses multiple standard-aligned outcomes in each unit. The primary grade level outcome(s), of each standard, within this unit are listed below.

SHAPE Standard 1 – The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

- 6th Grade
 - Catches, with a mature pattern, from different trajectories using a variety of objects in a varying practice tasks. (S1.M21.6)
- 7th Grade
 - Catches, with a mature pattern, from different trajectories using a variety of objects in small-sided game play. (S1.M21.7)
- 8th Grade
 - Catches, using an implement, from different trajectories and speeds in a dynamic environment or modified game play. (S1.M21.8)

SHAPE Standard 2 – The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- 6th Grade
 - Transitions from offense to defense or defense to offense by recovering quickly. (S2.M6.6)
- 7th Grade
 - Transitions from offense to defense or defense to offense by recovering quickly and communicating with teammates. (S2.M6.7)
- 8th Grade
 - Transitions from offense to defense or defense to offense by recovering quickly, communicating with teammates and capitalizing on an advantage. (S2.M6.8)

SHAPE Standard 3 – The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- 6th Grade
 - Participates in a variety of lifetime recreational team sports, outdoor pursuits or dance activities. (S3.M5.6)
- 7th Grade
 - Participates in a variety of lifetime dual and individual sports, martial arts or aquatic activities. (S3.M5.7)
- 8th Grade
 - Participates in a self-selected lifetime sport, dance, aquatic or outdoor activity outside of the school day. (S3.M5.8)



Ultimate Frisbee

The Athlos Athletic Curriculum embeds SHAPE America National Physical Education Standards 1-3 throughout each unit in Level 4. Standards 4-5 are deeply rooted in our *Performance Character integration*. It is important to note that this is not an exhaustive list of grade level outcomes, the AAC addresses multiple standard-aligned outcomes in each unit. The primary grade level outcome(s), of each standard, within this unit are listed below.

SHAPE Standard 1 – The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

- 6th Grade
 - Performs the following offensive skills without defensive pressure: pivot, give and go, and fakes. (S1.M7.6)
- 7th Grade
 - Performs the following offensive skills with defensive pressure: pivot, give and go, and fakes. (S1.M7.7)
- 8th Grade
 - Executes the following offensive skills during small-sided game play: pivot, give and go, and fakes. (S1.M7.8)

SHAPE Standard 2 – The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- 6th Grade
 - Reduces open space on defense by making the body larger and reducing passing angles. (S2.M4.6)
- 7th Grade
 - Reduces open space on defense by staying close to the opponent as he/ she nears the goal. (S2.M4.7)
- 8th Grade
 - Reduces open space on defense by staying on the goal side of the offensive player and reducing the distance to him/ her (third-party perspective). (S2.M4.8)

SHAPE Standard 3 – The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- 6th Grade
 - Participates in a variety of lifetime recreational team sports, outdoor pursuits or dance activities. (S3.M5.6)
- 7th Grade
 - Participates in a variety of lifetime dual and individual sports, martial arts or aquatic activities. (S3.M5.7)
- 8th Grade
 - Participates in a self-selected lifetime sport, dance, aquatic or outdoor activity outside of the school day. (S3.M5.8)



Badminton

The Athlos Athletic Curriculum embeds SHAPE America National Physical Education Standards 1-3 throughout each unit in Level 4. Standards 4-5 are deeply rooted in our *Performance Character integration*. It is important to note that this is not an exhaustive list of grade level outcomes, the AAC addresses multiple standard-aligned outcomes in each unit. The primary grade level outcome(s), of each standard, within this unit are listed below.

SHAPE Standard 1 – The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

- 6th Grade
 - Performs a legal underhand serve with control for net and wall games such as badminton, volleyball or pickleball. (S1.M12.6)
- 7th Grade
 - Strikes with a mature overhand pattern in a dynamic environment for net/ wall games such as volleyball, handball, badminton or tennis. (S1.M13.7)
- 8th Grade
 - Strikes with a mature overhand pattern in a modified net/wall game such as volleyball, handball, badminton or tennis. (S1.M13.8)

SHAPE Standard 2 – The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- 6th Grade
 - Reduces offensive options for opponents by returning to home position. (S2.M8.6)
- 7th Grade
 - Selects offensive shot based on opponent's location (hit where opponent is not). (S2.M8.7)
- 8th Grade
 - Varies placement, force and timing of return to prevent anticipation by opponent. (S2.M8.8)

SHAPE Standard 3 – The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- 6th Grade
 - Participates in a variety of lifetime recreational team sports, outdoor pursuits or dance activities. (S3.M5.6)
- 7th Grade
 - Participates in a variety of lifetime dual and individual sports, martial arts or aquatic activities. (S3.M5.7)
- 8th Grade
 - Participates in a self-selected lifetime sport, dance, aquatic or outdoor activity outside of the school day. (S3.M5.8)



Roundnet

The Athlos Athletic Curriculum embeds SHAPE America National Physical Education Standards 1-3 throughout each unit in Level 4. Standards 4-5 are deeply rooted in our *Performance Character integration*. It is important to note that this is not an exhaustive list of grade level outcomes, the AAC addresses multiple standard-aligned outcomes in each unit. The primary grade level outcome(s), of each standard, within this unit are listed below.

SHAPE Standard 1 – The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

- 6th Grade
 - Transfers weight with correct timing for the striking pattern. (S1.M15.6)
- 7th Grade
 - Transfers weight with correct timing using low to high striking pattern with a short-handled implement on the forehand side. (S1.M15.7)
- 8th Grade
 - Transfers weight with correct timing using low to high striking pattern with a long-handled implement on the forehand and backhand sides. (S1.M15.8)

SHAPE Standard 2 – The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- 6th Grade
 - Transitions from offense to defense or defense to offense by recovering quickly. (S2.M6.6)
- 7th Grade
 - Transitions from offense to defense or defense to offense by recovering quickly and communicating with teammates. (S2.M6.7)
- 8th Grade
 - Transitions from offense to defense or defense to offense by recovering quickly, communicating with teammates and capitalizing on an advantage. (S2.M6.8)

SHAPE Standard 3 – The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- 6th Grade
 - Participates in a variety of lifetime recreational team sports, outdoor pursuits or dance activities. (S3.M5.6)
- 7th Grade
 - Participates in a variety of lifetime dual and individual sports, martial arts or aquatic activities. (S3.M5.7)
- 8th Grade
 - Participates in a self-selected lifetime sport, dance, aquatic or outdoor activity outside of the school day. (S3.M5.8)



Resistance Training

The Athlos Athletic Curriculum reaches beyond the standards and grade level outcomes described in the SHAPE America National Physical Education Standards with its integration of movement methodologies. The strategic combination of teaching to traditional physical education standards and the most recent research-based sports performance/exercise physiology practices guide the Resistance Training Unit in Level 4 of the AAC. The Resistance Training Unit is vertically aligned and builds off a foundation of Fundamental Movement Skills explicitly taught in Level 3 of the AAC.



AAC - SHAPE Alignment – Level 5

Soccer

The Athlos Athletic Curriculum embeds SHAPE America National Physical Education Standards 1-3 throughout each unit in Level 5. Standards 4-5 are deeply rooted in our *Performance Character integration*. It is important to note that this is not an exhaustive list of grade level outcomes, the AAC addresses multiple standard-aligned outcomes in each unit. The primary grade level outcome(s), of each standard, within this unit are listed below.

Note: Outcomes for high school students have been organized into two levels. Level 1 outlines base levels of knowledge and skills for students to be considered “college- or career-ready” by SHAPE America. Level 2 outlines what students can do to build off the knowledge and skills listed in Level 1.

SHAPE Standard 1 – The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

- Level 1
 - Demonstrates competency and/or refines activity-specific movement skills in 2 or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net/wall games or target games). (S1.H1.L1)
- Level 2
 - Refines activity-specific movement skills in 1 or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net/wall games, or target games). (S1.H1.L2)

SHAPE Standard 2 – The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- Level 1
 - Uses movement concepts and principles (e.g., force, motion, rotation) to analyze and improve performance of self and/or others in a selected skill. (S2.H2.L1)
 - Creates a practice plan to improve performance for a self-selected skill. (S2.H3.L1)
- Level 2
 - Describes the speed vs. accuracy trade-off in throwing and striking skills. (S2.H2.L2)

SHAPE Standard 3 – The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- Level 1
 - Participates several times a week in a self-selected lifetime activity, dance or fitness activity outside of the school day. (S3.H6.L1)
 - Demonstrates appropriate technique on resistance training machines and with free weights. (S3.H7.L1)
- Level 2
 - Creates a plan, trains for and participates in a community event with a focus on physical activity (e.g., 5K, triathlon, tournament, dance performance, cycling event). (S3.H6.L2)



Basketball

The Athlos Athletic Curriculum embeds SHAPE America National Physical Education Standards 1-3 throughout each unit in Level 5. Standards 4-5 are deeply rooted in our *Performance Character integration*. It is important to note that this is not an exhaustive list of grade level outcomes, the AAC addresses multiple standard-aligned outcomes in each unit. The primary grade level outcome(s), of each standard, within this unit are listed below.

Note: Outcomes for high school students have been organized into two levels. Level 1 outlines base levels of knowledge and skills for students to be considered “college- or career-ready” by SHAPE America. Level 2 outlines what students can do to build off the knowledge and skills listed in Level 1.

SHAPE Standard 1 – The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

- Level 1
 - Demonstrates competency and/or refines activity-specific movement skills in 2 or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net/wall games or target games). (S1.H1.L1)
- Level 2
 - Refines activity-specific movement skills in 1 or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net/wall games, or target games). (S1.H1.L2)

SHAPE Standard 2 – The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- Level 1
 - Uses strategies and tactics effectively during game play in net/wall and/or target games. (S2.H5.L1)
- Level 2
 - Applies strategies and tactics when analyzing errors in game play in net/wall and/or target games. (S2.H5.L2)

SHAPE Standard 3 – The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- Level 1
 - Participates several times a week in a self-selected lifetime activity, dance or fitness activity outside of the school day. (S3.H6.L1)
 - Demonstrates appropriate technique on resistance training machines and with free weights. (S3.H7.L1)
- Level 2
 - Creates a plan, trains for and participates in a community event with a focus on physical activity (e.g., 5K, triathlon, tournament, dance performance, cycling event). (S3.H6.L2)
 - Designs and implements a strength and conditioning program that develops balance in opposing muscle groups (agonist/antagonist) and supports a healthy, active lifestyle. (S3.H7.L2)



Volleyball

The Athlos Athletic Curriculum embeds SHAPE America National Physical Education Standards 1-3 throughout each unit in Level 5. Standards 4-5 are deeply rooted in our *Performance Character integration*. It is important to note that this is not an exhaustive list of grade level outcomes, the AAC addresses multiple standard-aligned outcomes in each unit. The primary grade level outcome(s), of each standard, within this unit are listed below.

Note: Outcomes for high school students have been organized into two levels. Level 1 outlines base levels of knowledge and skills for students to be considered “college- or career-ready” by SHAPE America. Level 2 outlines what students can do to build off the knowledge and skills listed in Level 1.

SHAPE Standard 1 – The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

- Level 1
 - Demonstrates competency and/or refines activity-specific movement skills in 2 or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net/wall games or target games). (S1.H1.L1)
- Level 2
 - Refines activity-specific movement skills in 1 or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net/wall games, or target games). (S1.H1.L2)

SHAPE Standard 2 – The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- Level 1
 - Uses movement concepts and principles (e.g., force, motion, rotation) to analyze and improve performance of self and/or others in a selected skill. (S2.H2.L1)
- Level 2
 - Describes the speed vs. accuracy trade-off in throwing and striking skills. (S2.H2.L2)

SHAPE Standard 3 – The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- Level 1
 - Participates several times a week in a self-selected lifetime activity, dance or fitness activity outside of the school day. (S3.H6.L1)
 - Demonstrates appropriate technique on resistance training machines and with free weights. (S3.H7.L1)
- Level 2
 - Creates a plan, trains for and participates in a community event with a focus on physical activity (e.g., 5K, triathlon, tournament, dance performance, cycling event). (S3.H6.L2)
 - Designs and implements a strength and conditioning program that develops balance in opposing muscle groups (agonist/antagonist) and supports a healthy, active lifestyle. (S3.H7.L2)



Hockey

The Athlos Athletic Curriculum embeds SHAPE America National Physical Education Standards 1-3 throughout each unit in Level 5. Standards 4-5 are deeply rooted in our *Performance Character integration*. It is important to note that this is not an exhaustive list of grade level outcomes, the AAC addresses multiple standard-aligned outcomes in each unit. The primary grade level outcome(s), of each standard, within this unit are listed below.

Note: Outcomes for high school students have been organized into two levels. Level 1 outlines base levels of knowledge and skills for students to be considered “college- or career-ready” by SHAPE America. Level 2 outlines what students can do to build off the knowledge and skills listed in Level 1.

SHAPE Standard 1 – The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

- Level 1
 - Demonstrates competency and/or refines activity-specific movement skills in 2 or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net/wall games or target games). (S1.H1.L1)
- Level 2
 - Refines activity-specific movement skills in 1 or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net/wall games, or target games). (S1.H1.L2)

SHAPE Standard 2 – The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- Level 1
 - Creates a practice plan to improve performance for a self-selected skill. (S2.H3.L1)
- Level 2
 - Identifies the stages of learning a motor skill. (S2.H3.L2)

SHAPE Standard 3 – The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- Level 1
 - Participates several times a week in a self-selected lifetime activity, dance or fitness activity outside of the school day. (S3.H6.L1)
 - Demonstrates appropriate technique on resistance training machines and with free weights. (S3.H7.L1)
- Level 2
 - Creates a plan, trains for and participates in a community event with a focus on physical activity (e.g., 5K, triathlon, tournament, dance performance, cycling event). (S3.H6.L2)
 - Designs and implements a strength and conditioning program that develops balance in opposing muscle groups (agonist/antagonist) and supports a healthy, active lifestyle. (S3.H7.L2)



Football

The Athlos Athletic Curriculum embeds SHAPE America National Physical Education Standards 1-3 throughout each unit in Level 5. Standards 4-5 are deeply rooted in our *Performance Character integration*. It is important to note that this is not an exhaustive list of grade level outcomes, the AAC addresses multiple standard-aligned outcomes in each unit. The primary grade level outcome(s), of each standard, within this unit are listed below.

Note: Outcomes for high school students have been organized into two levels. Level 1 outlines base levels of knowledge and skills for students to be considered “college- or career-ready” by SHAPE America. Level 2 outlines what students can do to build off the knowledge and skills listed in Level 1.

SHAPE Standard 1 – The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

- Level 1
 - Demonstrates competency and/or refines activity-specific movement skills in 2 or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net/wall games or target games). (S1.H1.L1)
- Level 2
 - Refines activity-specific movement skills in 1 or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net/wall games, or target games). (S1.H1.L2)

SHAPE Standard 2 – The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- Level 1
 - Uses movement concepts and principles (e.g., force, motion, rotation) to analyze and improve performance of self and/or others in a selected skill. (S2.H2.L1)
- Level 2
 - Describes the speed vs. accuracy trade-off in throwing and striking skills. (S2.H2.L2)

SHAPE Standard 3 – The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- Level 1
 - Participates several times a week in a self-selected lifetime activity, dance or fitness activity outside of the school day. (S3.H6.L1)
 - Demonstrates appropriate technique on resistance training machines and with free weights. (S3.H7.L1)
- Level 2
 - Creates a plan, trains for and participates in a community event with a focus on physical activity (e.g., 5K, triathlon, tournament, dance performance, cycling event). (S3.H6.L2)
 - Designs and implements a strength and conditioning program that develops balance in opposing muscle groups (agonist/antagonist) and supports a healthy, active lifestyle. (S3.H7.L2)



Badminton

The Athlos Athletic Curriculum embeds SHAPE America National Physical Education Standards 1-3 throughout each unit in Level 5. Standards 4-5 are deeply rooted in our *Performance Character integration*. It is important to note that this is not an exhaustive list of grade level outcomes, the AAC addresses multiple standard-aligned outcomes in each unit. The primary grade level outcome(s), of each standard, within this unit are listed below.

Note: Outcomes for high school students have been organized into two levels. Level 1 outlines base levels of knowledge and skills for students to be considered “college- or career-ready” by SHAPE America. Level 2 outlines what students can do to build off the knowledge and skills listed in Level 1.

SHAPE Standard 1 – The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

- Level 1
 - Demonstrates competency and/or refines activity-specific movement skills in 2 or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net/wall games or target games). (S1.H1.L1)
- Level 2
 - Refines activity-specific movement skills in 1 or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net/wall games, or target games). (S1.H1.L2)

SHAPE Standard 2 – The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- Level 1
 - Uses strategies and tactics effectively during game play in net/wall and/or target games. (S2.H5.L1)
- Level 2
 - Applies strategies and tactics when analyzing errors in game play in net/wall and/or target games. (S2.H5.L2)

SHAPE Standard 3 – The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- Level 1
 - Participates several times a week in a self-selected lifetime activity, dance or fitness activity outside of the school day. (S3.H6.L1)
 - Demonstrates appropriate technique on resistance training machines and with free weights. (S3.H7.L1)
- Level 2
 - Creates a plan, trains for and participates in a community event with a focus on physical activity (e.g., 5K, triathlon, tournament, dance performance, cycling event). (S3.H6.L2)
 - Designs and implements a strength and conditioning program that develops balance in opposing muscle groups (agonist/antagonist) and supports a healthy, active lifestyle. (S3.H7.L2)



Resistance Training

The Athlos Athletic Curriculum embeds SHAPE America National Physical Education Standards 1-3 throughout each unit in Level 5. Standards 4-5 are deeply rooted in our *Performance Character integration*. It is important to note that this is not an exhaustive list of grade level outcomes, the AAC addresses multiple standard-aligned outcomes in each unit. The primary grade level outcome(s), of each standard, within this unit are listed below.

Note: Outcomes for high school students have been organized into two levels. Level 1 outlines base levels of knowledge and skills for students to be considered “college- or career-ready” by SHAPE America. Level 2 outlines what students can do to build off the knowledge and skills listed in Level 1.

SHAPE Standard 1 – The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

- Level 1
 - Demonstrates competency in 1 or more specialized skills in health-related fitness activities. (S1.H3.L1)
- Level 2
 - Demonstrates competency in 2 or more specialized skills in health-related fitness activities. (S1.H3.L2)

SHAPE Standard 2 – The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- Level 1
 - Applies the terminology associated with exercise and participation in selected individual-performance activities, dance, net/wall games, target games, aquatics and/or outdoor pursuits appropriately. (S2.H1.L1)
- Level 2
 - Identifies and discusses the historical and cultural roles of games, sports and dance in a society. (S2.H1.L2)

SHAPE Standard 3 – The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- Level 1
 - Participates several times a week in a self-selected lifetime activity, dance or fitness activity outside of the school day. (S3.H6.L1)
 - Demonstrates appropriate technique on resistance training machines and with free weights. (S3.H7.L1)
- Level 2
 - Creates a plan, trains for and participates in a community event with a focus on physical activity (e.g., 5K, triathlon, tournament, dance performance, cycling event). (S3.H6.L2)
 - Designs and implements a strength and conditioning program that develops balance in opposing muscle groups (agonist/antagonist) and supports a healthy, active lifestyle. (S3.H7.L2)

