

Physical Education Essential Movement Skills Scope and Sequence		
Skill Category	Grade 7	Grade 8
Emphasis on Locomotion	Track and Field <input type="checkbox"/> sprinting Dance <input type="checkbox"/> folk dance steps <input type="checkbox"/> line dance steps	Basketball <input type="checkbox"/> moving to catch a basketball <input type="checkbox"/> rebounding <input type="checkbox"/> pivot Track and Field <input type="checkbox"/> middle distance running techniques Dance <input type="checkbox"/> square dance steps <input type="checkbox"/> classic dance steps
Emphasis on Manipulation	Volleyball <input type="checkbox"/> volley <input type="checkbox"/> underhand serve <input type="checkbox"/> bump Basketball <input type="checkbox"/> chest pass <input type="checkbox"/> bounce pass <input type="checkbox"/> two hand overhead pass <input type="checkbox"/> one hand overhead pass <input type="checkbox"/> dribble <input type="checkbox"/> guarding	Basketball <input type="checkbox"/> set shot <input type="checkbox"/> lay up shot <input type="checkbox"/> fake and pass or shoot Badminton <input type="checkbox"/> backhand/forehand net shots <input type="checkbox"/> forehand/backhand underhand clears <input type="checkbox"/> overhead clear <input type="checkbox"/> forehand high serve
Emphasis on Stability	Gymnastics <input type="checkbox"/> tripod <input type="checkbox"/> shoulder balance <input type="checkbox"/> V sit <input type="checkbox"/> arabesque <input type="checkbox"/> stork stand <input type="checkbox"/> handstand <input type="checkbox"/> front scale <input type="checkbox"/> cartwheel <input type="checkbox"/> handstand to forward roll <input type="checkbox"/> cartwheel dismount <input type="checkbox"/> straddle dismount Track and Field <input type="checkbox"/> long jump	Gymnastics <input type="checkbox"/> partner balances: shoulder balance, back support, side support, flying angel <input type="checkbox"/> forward roll on equipment <input type="checkbox"/> round off <input type="checkbox"/> pike roll <input type="checkbox"/> straddle roll <input type="checkbox"/> shoulder roll <input type="checkbox"/> flank vault <input type="checkbox"/> squat vault <input type="checkbox"/> straddle vault Track and Field <input type="checkbox"/> high jump: the back layout technique