

Transferring Weight

K-5 Physical Education

Benchmarks

Kindergarten

1. Is able to demonstrate loco motor movements in general space.
2. Is able to transfer weight from feet to back in general space.
3. Is able to transfer weight from feet to back in self-space.

Grade One

1. Is able to move onto and off equipment safely.

Grade Two

1. Is able to transfer weight to hands while moving across the mats.
2. Is able to combine body parts to move freely across the mats.

Grade Three

1. Is able to transfer weight at different levels.
2. Is able to use a spring/step takeoff across the mats.

Grade Four

1. Is able to stretch, curl, and twist into transfer sequences.