Sample Mastery Scale: Standard: Every student needs to be able to ride a bicycle safely. (PE 1.1)

The progression of skills moves left to right. The Performance indicator is the numeral 1, 2, 3, 4

| 1. | Student has limited skills, demonstrates little to no progress and needs support to do grade level work. |
| 2. | Making progress toward grade level expectations. Can demonstrate some basic foundational skills, partial knowledge or recall of vocabulary |
| 3. | Meets grade level expectations. Consistently demonstrates mastery of all aspects of the grade level standard |
| 4. | Demonstrates learning that goes Above and Beyond grade level expectations. Consistently works at a greater depth of understanding. |

A first grade student at this level:

A first grade student at this level can do some of the following:

A first grade student at this level can:

- Needs support from an adult to balance on the bike.
- Needs adult assistance to sit and balance on the bicycle while moving
- Can ride with the assistance of training wheels
- Can get on and off the bicycle without falling over.
- Can use the pedals to put the bike into motion
- Can put on his/her helmet and protective gear without assistance
- Can use hand brakes or pedal brakes to stop the bicycle independently

Student is able to independently ride a bicycle. Student can mount, dismount, negotiate turns, start and stop independently. Student knows and understands safe riding practices including wearing proper safety gear such as a helmet.

- Student is able to ride his/her bicycle with a high degree of skill such as navigating a course or rough terrain
- Student can his/her ride bike for extended periods of time - ie: long distance courses
- Student can perform tricks, jumps, or other difficult stunts