

PHYSICAL EDUCATION

Text: *Dynamic Physical Education for Elementary School Children*

Goal 1: To develop basketball related skills

- 1.1 The student will follow simple rules of fitness games.
- 1.2 The student will perform basketball related skills for the chest pass.
- 1.3 The student will perform basketball related skills for the bounce pass.
- 1.4 The student will perform basketball related skills for dribbling.
- 1.5 The student will perform basketball related skills for shooting.

Goal 2: To develop movement skills for sliding, galloping, hoops, and movement combinations

- 2.1 The student will move in an evasive fashion.
- 2.2 The student will work cooperatively with others in the parachute activity.
- 2.3 The student will perform a variety of gallop and slide steps.
- 2.4 The student will demonstrate body management skills by performing a variety of movements through hoops.

Goal 3: To develop fundamental skills using benches

- 3.1 The student will lead other students in simple locomotor movements.
- 3.2 The student will move rhythmically.
- 3.3 The student will learn new exercises utilizing a jump rope.
- 3.4 The student will pull one's body weight across a bench.
- 3.5 The student will balance one's body while moving on a bench.

Goal 4: To develop movement skills and concepts for skipping, catching with scoops, leading, and body support

- 4.1 The student will change locomotor movements quickly on signal.
- 4.2 The student will support the body weight with the arms.
- 4.3 The student will demonstrate the concept of leading; one arm, one foot, elbow, head, shoulder.
- 4.4 The student will handle a ball with an implement.
- 4.5 The student will place the ball on the floor and scoop it up.
- 4.6 The student will throw the ball against a wall and catch it with a scoop.
- 4.7 The student will toss the ball upward and catch it with the scoop.
- 4.8 The student will skip backwards, and clap as they skip.

Goal 5: To develop movement skills and concepts using hopping, hoop activities, and body shapes and letters

- 5.1 The student will cooperatively play tag games and maintain body control.

- 5.2 The student will be able to recognize different shapes and make them with their body.
- 5.3 The student will hop numbered sequences.
- 5.4 The student will hop different patterns.
- 5.5 The student will hop on one foot and do heel/toe pattern.

Goal 6: To develop movement skills and concepts using jump rope patterns

- 6.1 The student will perform locomotor movements using a jump rope: crisscross, slow time, fast time, forward, backward.
- 6.2 The student will jump a self turned rope.
- 6.3 The student will make different letters, numbers, and shapes with a rope.

Goal 7: To develop partner manipulative activities using balls

- 7.1 The student will catch a passed ball from a partner.
- 7.2 The student will pass a ball to a partner with chest and bounce pass.
- 7.3 The student will dribble the ball.
- 7.4 The student will roll the ball back and forth to a partner.

Goal 8: To develop fundamental skills using jump boxes

- 8.1 The student will perform a variety of locomotor movements by choice.
- 8.2 The student will perform balance skills while manipulating an object.
- 8.3 The student will manage body weight in space.
- 8.4 The student will absorb force when making contact with the floor.

Goal 9: To develop movement skills using twisting, turning, stretching and relaxing movements

- 9.1 The student will independently select an active introductory activity
- 9.2 The student will relax muscle groups.
- 9.3 The student will recognize and perform twisting and turning movements.
- 9.4 The student will twist two parts at the same time.
- 9.5 The student will show different shapes that can be made using twisted body parts.
- 9.6 The student will make themselves tense and then relax.
- 9.7 The student will tense one body part and relax another.

Goal 10: To develop movement skills and concepts using bending, stretching, and weight transfer

- 10.1 The student will understand the difference between bending and stretching.
- 10.2 The student will bend and stretch in many different ways.
- 10.3 The student will transfer weight from one body part to another.

Goal 11: To develop fundamental skills using individual mats

- 11.1 The student will identify the eight locomotor movements.
- 11.2 The student will perform fitness challenges independently.
- 11.3 The student will manage the body in space and on the floor.
- 11.4 The student will perform locomotor movements off and on the mat.
- 11.5 The student will perform locomotor movements over the mat.
- 11.6 The student will perform movements around the mats.

Goal 12: To develop fundamental skills using climbing ropes

- 12.1 The student will recite safety rules for rope climbing.
- 12.2 The student will hang on a climbing rope for 5 seconds.
- 12.3 The student will hand and swing on a climbing rope.

Goal 13: To develop manipulative skills using wands and hoops

- 13.1 The student will stop quickly and under control.
- 13.2 The student will maintain the fitness development activity.
- 13.3 The student will toss and catch an object in a variety of situations.
- 13.4 The student will perform strength exercises with wands.
- 13.5 The student will perform stretching exercises with wands.
- 13.6 The student will perform a variety of wand challenges.
- 13.7 The student will perform hoop activities using various body parts such as waist, neck, arms, fingers, and knees.

Goal 14: To develop throwing skills

- 14.1 The student will know the elements of proper throwing.
- 14.2 The student will throw with maximum velocity.
- 14.3 The student will throw for form.

Goal 15: To develop football related activities

- 15.1 The student will throw and catch a football.
- 15.2 The student will center a football.
- 15.3 The student will forward pass.
- 15.4 The student will perform correct stance.
- 15.5 The student will perform passing and receiving from a partner.

Goal 16: To develop skills using playground balls

- 16.1 The student will sequence a series of locomotor movements.
- 16.2 The student will throw and catch a playground ball.
- 16.3 The student will control a playground ball with their feet.

- 16.4 The student will bounce and catch with two hands, one hand.
- 16.5 The student will toss and catch at varying heights.
- 16.6 The student will bat the ball to self.
- 16.7 The student will roll the ball to partner and flick it in the air with feet.

Goal 17: To develop soccer related activities

- 17.1 The student will strike a foam soccer ball with a variety of body parts.
- 17.2 The student will dribble the soccer ball with feet.
- 17.3 The student will trap the soccer ball with variety of body parts.

Goal 18: To develop fundamental skills using parachute activities

- 18.1 The student will perform a variety of fitness activities using the parachute.
- 18.2 The student will work together with peers to accomplish parachute activities.
- 18.3 The student will develop strength through parachute activities.