

# **PHYSICAL EDUCATION**

## **Goal 1: To develop manipulative skills using wands and hoops**

- 1.1 The student will pick up the wand without bending their knees.
- 1.2 The student will balance the wand on different body parts.
- 1.3 The student will hold their wand against a wall and walk under it.
- 1.4 The student will toss the wand from one hand to the other and catch it.
- 1.5 The student will hula-hoop around different body parts
- 1.6 The student will use the hula-hoop like a jump rope.
- 1.7 The student will roll the hula-hoop and run alongside it.
- 1.8 The student will reverse-roll the hoop and make it return to the thrower.
- 1.9 The student will toss the hoop and have their partner catch it.
- 1.10 The student will move through a hoop held by a partner.

## **Goal 2: To demonstrate basic throwing skills**

- 2.1 The student will hit a mat with a fleece ball from 15-20 feet.
- 2.2 The student will step with the correct foot when throwing a ball.
- 2.3 The student will keep their elbow above their shoulder when they throw a ball.

## **Goal 3: To develop basic football skills**

- 3.1 The student will perform a forward pass.
- 3.2 The student will catch a thrown football.
- 3.3 The student will center a ball on a signal to a quarterback.
- 3.4 The student will catch a ball that has been centered

## **Goal 4: To develop manipulative skills using playground balls**

- 4.1 The student will bounce a ball with one hand.
- 4.2 The student will bounce a ball with two hands
- 4.3 The student will bounce a ball at different levels
- 4.4 The student will bounce a ball between their legs
- 4.5 The student will bounce a ball with their eyes closed.
- 4.6 The student will dribble a ball in a stationary and/or moving position.
- 4.7 The student will toss and catch a ball.
- 4.8 The student will perform different challenges (touch floor, clap hands, turn, sit down, lie down) while tossing the playground ball.
- 4.9 The student will pick the ball up with their feet.
- 4.10 The student will toss the ball up with their feet and catch it while sitting

## **Goal 5: To demonstrate fundamental skills of Tug-of-War rope and relays**

- 5.1 The student will lead and follow peers performing an activity.

- 5.2 The student will perform fitness activities independently.
- 5.3 The student will show cooperative skills required in performing relay activities.
- 5.4 The student will show how to generate maximum force in pulling activity.
- 5.5 The student will show personal responsibility skills when competing.

**Goal 6: To demonstrate basic gymnastic skills**

- 6.1 The student will support their body weight in a variety of tumbling and stunting exercises.
- 6.2 The student will control their body weight in a variety of tumbling and stunting exercises.
- 6.3 The student will perform cooperative tumbling and stunting exercises.

**Goal 7: To demonstrate and apply basic soccer skills**

- 7.1 The student will perform the correct method of dribbling a soccer ball.
- 7.2 The student will perform the correct method of passing a soccer ball.
- 7.3 The student will perform the correct method of trapping a soccer ball with different parts of the body.
- 7.4 The student will strike a soccer ball with different parts of the body.
- 7.5 The student will apply soccer skills in game activity.

**Goal 8: To demonstrate fundamental skills using a parachute**

- 8.1 The student will show cooperative skills with their peers using a parachute.
- 8.2 The student will develop strength through parachute activities.

**Goal 9: To demonstrate playground and recreational activities**

- 9.1 The student will apply rules of games that are common on local playgrounds.
- 9.2 The student will apply the etiquette of games that are common on a local playground.
- 9.3 The student will understand the recreational and self-directed nature of playground games

**Goal 10: To demonstrate walking and jogging skills**

- 10.1 The student will travel through an area and avoid contact with other students.
- 10.2 The student will travel through an area and make contact with other students.
- 10.3 The student will comprehend the different aerobic capacity of other students.

- 10.4 The student will find a walking or jogging pace that is comfortable for an extended period of time.

**Goal 11: To demonstrate long jump roping skills**

- 11.1 The student will jump a rope turned by other students.  
11.2 The student will perform the skill of turning a rope.  
11.3 The student will enter a turning rope from the “back door”.  
11.4 The student will enter a turning rope from the “front door”.  
11.5 The student will show cooperative skills in performing long rope activities.

**Goal 12: To demonstrate basic basketball skills**

- 12.1 The student will perform a chest pass.  
12.2 The student will perform a bounce pass.  
12.3 The student will perform the skill of catching a passed ball.  
12.4 The student will dribble a basketball with their right hand.  
12.5 The student will dribble a basketball with their left hand.  
12.6 The student will participate in basketball related games.  
12.7 The student will perform basic defensive skills.  
12.8 The student will perform a lay-up shot with either hand.  
12.9 The student will show cooperative skills in basketball related games.

**Goal 13: To demonstrate basic scooter board activities**

- 13.1 The student will move themselves on a scooter board with different body parts.  
13.2 The student will pull another student using a scooter board.  
13.3 The student will show cooperative skills using a scooter board.  
13.4 The student will show controlled movement using a scooter board.  
13.5 The student will propel themselves in different directions using a scooter board.