

PHYSICAL EDUCATION

Goal 1: To develop throwing skills

- 1.1 The student will cooperatively participate in a tag game
- 1.2 The student will know the elements of proper throwing
- 1.3 The student will throw with maximum velocity
- 1.4 The student will perform a continuous fitness activity

Goal 2: To develop hockey-related skills

- 2.1 The student will understand and translate into movement the concepts of level, direction, and size
- 2.2 The student will demonstrate how the hockey stick should be handled for safety
- 2.3 The student will practice passing and fielding a hockey puck
- 2.4 The student will cooperatively participate in hockey-related games

Goal 3: To develop gymnastics skills

- 3.1 The student will put together a combination of movements in a smooth and flowing manner
- 3.2 The student will support the body weight in a variety of settings
- 3.3 The student will work cooperatively with a partner while doing gymnastics skills

Goal 4: To develop track and field-related skills

- 4.1 The student will understand how to stretch prior to strenuous activity
- 4.2 The student will recognize the different levels of ability among classmates
- 4.3 The student will get a basic knowledge of the fundamentals of track and field events

Goal 5: To develop manipulative skills using beanbags

- 5.1 The student will stop quickly and under control
- 5.2 The student will understand the different aerobic abilities of classmates
- 5.3 The student will toss and catch an object in a variety of situations
- 5.4 The student will balance a beanbag on different parts of the body

Goal 6: To develop rhythmic movement skills

- 6.1 The student will turn a long jump rope
- 6.2 The student will jump a long jump rope
- 6.3 The student will cooperatively perform parachute fitness activities
- 6.4 The student will understand strategies in simple game activities

Goal 7: To develop manipulative skills using paddles and balls

- 7.1 The student will quickly assemble in a small group formation
- 7.2 The student will know the proper method of holding a paddle
- 7.3 The student will hit a ball in a intended direction with a paddle
- 7.4 The student will dribble a ball with a paddle
- 7.5 The student will bounce the ball in the air with a paddle
- 7.6 The student will balance a ball on a paddle
- 7.7 The student will pass a ball back and forth with a partner

Goal 8: To develop individual jump rope skills

- 8.1 The student will jump slow and fast with a self-turned rope
- 8.2 The student will identify safety considerations for a fast-moving game
- 8.3 The student will maintain continuous fitness activity

Goal 9: To develop volleyball-related skills

- 9.1 The student will perform overhand and underhand volleyball passing skills
- 9.2 The student will volley the ball a number of times against a wall
- 9.3 The student will pass with a partner
- 9.4 The student will explain the basic rules of volleyball

Goal 10: To develop rhythmic movement while handling equipment

- 10.1 The student will evade or stay near a partner while traveling
- 10.2 The student will jump a rope at different speeds in rhythm
- 10.3 The student will pass a ball with a group of classmates in rhythm
- 10.4 The student will create different movements using a ball
- 10.5 The student will develop a routine using rhythmic movement and equipment

Goal 11: To develop manipulative skills using Frisbees

- 11.1 The student will demonstrate the unique throwing style required with Frisbees
- 11.2 The student will explain the rules of Frisbee golf
- 11.3 The student will throw a Frisbee backhanded
- 11.4 The student will throw a Frisbee underhanded
- 11.5 The student will catch a Frisbee thrown by a partner

Goal 12: To develop skills using balance beams

- 12.1 The student will single jump from a beam
- 12.2 The student will jump with half turns from a beam
- 12.3 The student will jump backwards from a beam

- 12.4 The student will walk the length of a beam
- 12.5 The student will walk different directions in different body positions
- 12.6 The student will move across a beam in a variety of methods

Goal 13: To develop softball related skills

- 13.1 The student will throw and catch a softball
- 13.2 The student will hit a softball
- 13.3 The student will field ground balls
- 13.4 The student will field fly balls
- 13.5 The student will overhand throw
- 13.6 The student will throw to a designated base