

PHYSICAL EDUCATION

Goal 1: To develop manipulative skills using wands and hoops

- 1.1 The student will demonstrate activities designed to improve cardiovascular fitness
- 1.2 The student will perform strength exercises using wands
- 1.3 The student will perform stretching exercises using wands
- 1.4 The student will perform wand challenges
- 1.5 The student will perform coordination activities using a hoop

Goal 2: To develop long rope jumping skills

- 2.1 The student will jump a rope turned by other students
- 2.2 The student will enter a turning rope from the front
- 2.3 The student will enter a turning rope from the back
- 2.4 The student will turn a rope for other students
- 2.5 The student will run in place while jumping a rope
- 2.6 The student will catch a ball while jumping a rope

Goal 3: To develop football skills

- 3.1 The student will learn the basic rules of football
- 3.2 The student will throw a forward pass
- 3.3 The student will center a ball accurately
- 3.4 The student will catch a forward pass
- 3.5 The student will recover a fumbled ball
- 3.6 The student will hold a ball correctly while running

Goal 4: To develop skills needed to participate in relays

- 4.1 The student will listen carefully when given relay instruction
- 4.2 The student will follow rules given for a relay
- 4.3 The student will cooperatively participate in a relay activity
- 4.4 The student will win or lose with a good attitude
- 4.5 The student will support teammates in a relay activity

Goal 5: To perform gymnastics skills

- 5.1 The student will exercise in a circuit training activity
- 5.2 The student will understand stability and balance
- 5.3 The student will control their body weight while completing tumblers exercises
- 5.4 The student will control their body weight while performing stunts

Goal 6: To demonstrate and apply basic soccer skills

- 6.1 The student will perform the correct method of dribbling a soccer ball.
- 6.2 The student will perform the correct method of passing a soccer ball.
- 6.3 The student will perform the correct method of trapping a soccer ball with different parts of the body.
- 6.4 The student will strike a soccer ball with different parts of the body.
- 6.5 The student will apply soccer skills in game activity.

Goal 7: To demonstrate playground and recreational activities.

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

Goal 8: To demonstrate walking and jogging skills.

- 8.1 The student will travel through an area and avoid contact with other students.
- 8.2 The student will travel through an area and make contact with other students.
- 8.3 The student will comprehend the different aerobic capacity of other students.
- 8.4 The student will find a walking or jogging pace that is comfortable for an extended period of time.

Goal 9: To develop cross-country running and walking skills

- 9.1 The student will participate in cross-country activities as a participating team member
- 9.2 The student will encourage and respect their teammate regardless of the difference in ability
- 9.3 The student will create a personalized warm-up routine that enhances flexibility
- 9.4 The student will learn how a cross-country meet is scored

Goal 10: To develop juggling skills

- 10.1 The student will juggle two scarves with one hand
- 10.2 The student will juggle three scarves with two hands
- 10.3 The student will juggle two yarn balls with one hand
- 10.4 The student will juggle three yarn balls with two hands

Goal 11: To develop basketball skills

- 11.1 Students will dribble a basketball with either hand
- 11.2 Students will chest pass.
- 11.3 Students will bounce pass.
- 11.4 Students will catch a ball that has been passed to them.
- 11.5 Students will figure-eight dribble.
- 11.6 Students will spider dribble.
- 11.7 Students will perform a spin dribble.
- 11.8 Students will perform a cross-over dribble.
- 11.9 Students will perform a right-hand lay-up.
- 11.10 Students will perform a left-hand lay-up.

Goal 12: To develop individual jump roping skills

- 12.1 The student will jump slow and fast with a self-turned rope
- 12.2 The student will identify safety considerations for a fast-moving game
- 12.3 The student will maintain continuous fitness activity
- 12.4 The student will side-spin a rope
- 12.5 The student will windmill a rope
- 12.6 The student will helicopter a rope
- 12.7 The student will perform the “atomic one-leg” jump
- 12.8 The student will body-wrap the rope
- 12.9 The student will leg-wrap the rope