

**Physical
Education
All
Grades**

K5

**Instructional
Goals &
Objectives**

PHYSICAL EDUCATION

TEXT: *Dynamic Physical Education for Elementary School Children (BJUP)*

Goal 1: To develop manipulative skills using beanbags

- 1.1 The student will move in a large group without bumping into each other.
- 1.2 The student will freeze on signal.
- 1.3 The student will learn tossing and catching skills.
- 1.4 The student will cooperate in game activities.

Goal 2: To develop manipulative skills using hoops

- 2.1 The student will learn to move in an evasive fashion.
- 2.2 The student will manipulate the hoop in a variety of challenges.
- 2.3 The student will strike a ball with a bat.
- 2.4 The student will hula-hoop using various body parts such a waist, neck, knees.
- 2.5 The student will jump rope with the hoop forward and backward.
- 2.6 The student will roll hoop and run alongside of it.
- 2.7 The student will spin the hoop like a top.

Goal 3: To develop throwing skills

- 3.1 The student will throw a ball using the overhand technique.
- 3.2 The student will throw with velocity using side orientation and opposition.
- 3.3 The student will mimic different throwing patterns.
- 3.4 The student will learn the basic rules of simple game activities.
- 3.5 The student will develop locomotor tasks using yarn balls.
- 3.6 The student will demonstrate activities using form.
- 3.7 The student will know cues for correct throwing.
- 3.8 The student will throw using large targets focusing on velocity and not accuracy.

Goal 4: To develop manipulative skills using playground balls

- 4.1 The student will perform combinations of locomotor and non-locomotor movements.
- 4.2 The student will bounce, toss, and catch a ball in a stationary position.
- 4.3 The student will roll, bounce, and throw a ball to a partner.

Goal 5: To develop movement skills and concepts

- 5.1 The student will run rhythmically.
- 5.2 The student will jump a self- turned rope.
- 5.3 The student will perform wailing variations.
- 5.4 The student will understand the concept of personal space.
- 5.5 The student will move in an evasive fashion.
- 5.6 The student will perform a variety of gallop and slide steps.
- 5.7 The student will run, leap, roll, shake, pounce, freeze, collapse, explode, whirl, sink, creep, swirl, sway, and expand.
- 5.8 The student will change locomotor movement quickly on signal.
- 5.9 The student will place a ball on the floor and scoop it up with a scoop.
- 5.10 The student will toss the ball upward and catch it with the scoop.
- 5.11 The student will recognize different shapes and make them with their body.

Goal 6: To develop gymnastics skills

- 6.1 The student will perform animal walks.
- 6.2 The student will balance body weight in a variety of positions.
- 6.3 The student will manage body weight in gymnastics activities.
- 6.4 The student will sustain moderate physical activity.
- 6.5 The student will absorb body weight on hands.
- 6.6 The student will balance body weight on hands using different challenges.
- 6.7 The student will perform balance stunts.
- 6.8 The student will perform partner and group stunts.

Goal 7: To develop jumping, tossing, catching, and moving in general space

- 7.1 The student will evade or follow a partner while moving under control in general space.
- 7.2 The student will demonstrate a variety of jumping skills.
- 7.3 The student will demonstrate how forceful movements are generated.
- 7.4 The student will toss and catch yarn balls to self.

Goal 8: To develop kicking, trapping, bowling, and rolling skills

- 8.1 The student will cooperatively play tag games and maintain body control.
- 8.2 The student will change speeds and directions of movement.
- 8.3 The student will practice kicking, trapping, bowling, and rolling skills.
- 8.4 The student will successfully participate in simple games.

Goal 9: To develop fundamental skills using parachute activity

- 9.1 The student will move utilizing locomotor movements and holding the chute at various levels.
- 9.2 The student will make a dome.
- 9.3 The student will mushroom.

- 9.4 The student will popcorn.
- 9.5 The student will tug-of-war with the chute.

Goal 10: To develop skills in recreational activities

- 10.1 The student will move continuously in moderately active activities.
- 10.2 The student will learn the rules of recreational activities.
- 10.3 The student will play in recreational activities independently such as hopscotch, jacks, rubber horseshoes, foursquare.

Goal 11: To develop walking and jogging skills

- 11.1 The student will make a variety of shapes with the body.
- 11.2 The student will walk or jog at a continuous and personalized pace.
- 11.3 The student will describe the benefits of aerobic activity.

Goal 12: To develop fundamental skills using long jump ropes

- 12.1 The student will perform locomotor movements on cue.
- 12.2 The student will choose fitness activities that assure personal success.
- 12.3 The student will perform long jump roping skills: pendulum swing, run throughs, ocean waves.
- 12.4 The student will know the difference between front and back door entry in long rope jumping.

Goal 13: To develop skills that are basketball related

- 13.1 The student will perform basketball related skills for chest and bounce pass.
- 13.2 The student will perform basketball related skills to dribbling.
- 13.3 The student will perform basketball related skills for shooting.
- 13.4 The student will perform one-handed passes.

Goal 14: To develop partner manipulative activities using balls

- 14.1 The student will catch a passed ball from a partner.
- 14.2 The student will pass a ball to a partner with chest and bounce pass.
- 14.3 The student will dribble a ball.

Goal 15: To develop fundamentals in using mats

- 15.1 The student will identify eight locomotor movements.
- 15.2 The student will manage body space on the floor.
- 15.3 The student will perform locomotor movements over the mats.
- 15.4 The student will perform movements around the mat.

15.5 The student will perform different challenge movements using the mats as a base.

Goal 16: To develop fundamental skills using individual mats

16.1 The student will perform challenges on mats independently: curl, bridge, reach, rock, roll, and twist.

16.2 The student will manage body space on the floor: hop, jump, leap, animal walks, and combination movements.

Goal 17: To develop fundamentals using balance beams

17.1 The student will know the names of fitness activities in Astronaut exercises.

17.2 The student will learn to balance the body while walking on a beam.

17.3 The student will manipulate an object while walking a beam.

17.4 The student will walk on the beam with a variety of arm and body positions.

17.5 The student will balance on beam performing animal movements.

Goal 18: To develop racquet skills

18.1 The student will handle a racquet and ball.

18.2 The student will place ball on racquet face and roll it around.

18.3 The student will bounce ball on floor using racquet.

18.4 The student will alternate bouncing upward and then to the floor.

**First Grade
Instructional
Goals &
Objectives**

PHYSICAL EDUCATION

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Goal 1: To develop manipulative skills using beanbags

- 1.3 The student will move in a large group without bumping into each other.
- 1.4 The student will freeze on signal.
- 1.3 The student will learn tossing and catching skills.
- 1.4 The student will cooperate in game activities.

Goal 2: To develop manipulative skills using hoops

- 2.1 The student will learn to move in an evasive fashion.
- 2.2 The student will manipulate the hoop in a variety of challenges.
- 2.3 The student will strike a ball with a bat.
- 2.4 The student will hula-hoop using various body parts such as waist, neck, knees.
- 2.5 The student will jump rope with the hoop forward and backward.
- 2.6 The student will roll hoop and run alongside of it.
- 2.7 The student will spin the hoop like a top.

Goal 3: To develop throwing skills

- 3.1 The student will throw a ball using the overhand technique.
- 3.2 The student will throw with velocity using side orientation and opposition.
- 3.3 The student will mimic different throwing patterns.
- 3.4 The student will learn the basic rules of simple game activities.
- 3.5 The student will develop locomotor tasks using yarn balls.
- 3.6 The student will demonstrate activities using form.
- 3.7 The student will know cues for correct throwing.
- 3.8 The student will throw using large targets focusing on velocity and not accuracy.

Goal 4: To develop manipulative skills using playground balls

- 4.1 The student will perform combinations of locomotor and non-locomotor movements.
- 4.2 The student will bounce, toss, and catch a ball in a stationary position.
- 4.3 The student will roll, bounce, and throw a ball to a partner.

Goal 5: To develop movement skills and concepts

- 5.1 The student will run rhythmically.
- 5.2 The student will jump a self- turned rope.
- 5.3 The student will perform wailing variations.
- 5.4 The student will understand the concept of personal space.
- 5.5 The student will move in an evasive fashion.
- 5.6 The student will perform a variety of gallop and slide steps.
- 5.7 The student will run, leap, roll, shake, pounce, freeze, collapse, explode, whirl, sink, creep, swirl, sway, and expand.
- 5.8 The student will change locomotor movement quickly on signal.
- 5.9 The student will place a ball on the floor and scoop it up with a scoop.
- 5.10 The student will toss the ball upward and catch it with the scoop.
- 5.11 The student will recognize different shapes and make them with their body.

Goal 6: To develop gymnastics skills

- 6.1 The student will perform animal walks.
- 6.2 The student will balance body weight in a variety of positions.
- 6.3 The student will manage body weight in gymnastics activities.
- 6.4 The student will sustain moderate physical activity.
- 6.5 The student will absorb body weight on hands.
- 6.6 the student will balance body weight on hands using different challenges.
- 6.7 The student will perform balance stunts.
- 6.8 The student will perform partner and group stunts.

Goal 7: To develop jumping, tossing, catching, and moving in general space

- 7.1 The student will evade or follow a partner while moving under control in general space.
- 7.2 The student will demonstrate a variety of jumping skills.

- 7.3 The student will use forceful movements
- 7.4 The student will toss and catch yarn balls to self.

Goal 8: To develop kicking, trapping, bowling, and rolling skills

- 8.1 The student will cooperatively play tag games and maintain body control.
- 8.2 The student will change speeds and directions of movement.
- 8.3 The student will practice kicking, trapping, bowling, and rolling skills.
- 8.4 The student will successfully participate in simple games.

Goal 9: To develop fundamental skills using parachute activity

- 9.1 The student will move utilizing locomotor movements and holding the chute at various levels.
- 9.2 The student will make a dome.
- 9.3 The student will mushroom.
- 9.4 The student will popcorn.
- 9.5 The student will tug-of-war with the chute.

Goal 10: To develop skills in recreational activities

- 10.1 The student will move continuously in moderately active activities.
- 10.2 The student will recite the rules of recreational activities.
- 10.3 The student will play in recreational activities independently such as hopscotch, jacks, rubber horseshoes, foursquare.

Goal 11: To develop walking and jogging skills

- 11.1 The student will make a variety of shapes with the body.
- 11.2 The student will walk or jog at a continuous and personalized pace.
- 11.3 The student will describe the benefits of aerobic activity.

Goal 12: To develop fundamental skills using long jump ropes

- 12.1 The student will perform locomotor movements on cue.
- 12.2 The student will choose fitness activities that assure personal success.
- 12.3 The student will perform long jump roping skills: pendulum swing, run throughs, ocean waves.
- 12.4 The student will explain the difference between front and back door entry in long rope jumping.

Goal 13: To develop skills that are basketball related

- 13.1 The student will perform basketball related skills for chest and bounce pass.
- 13.2 The student will perform basketball related skills to dribbling.
- 13.3 The student will perform basketball related skills for shooting.
- 13.4 The student will perform one-handed passes.

Goal 14: To develop partner manipulative activities using balls

- 14.1 The student will catch a passed ball from a partner.
- 14.2 The student will pass a ball to a partner with chest and bounce pass.
- 14.3 The student will dribble a ball.

Goal 15: To develop fundamentals in using mats

- 15.1 The student will identify eight locomotor movements.
- 15.2 The student will manage body space on the floor.
- 15.3 The student will perform locomotor movements over the mats.
- 15.4 The student will perform movements around the mat.
- 15.5 The student will perform different challenge movements using the mats as a base.

Goal 16: To develop fundamental skills using individual mats

- 16.1 The student will perform challenges on mats independently: curl, bridge, reach, rock, roll, and twist.
- 16.2 The student will manage body space on the floor: hop, jump, leap, animal walks, and combination movements.

Goal 17: To develop fundamentals using balance beams

- 17.1 The student will give the names of fitness activities in Astronaut exercises.
- 17.2 The student will balance the body while walking on a beam.
- 17.3 The student will manipulate an object while walking a beam.
- 17.4 The student will walk on the beam with a variety of arm and body positions.
- 17.5 The student will balance on beam performing animal movements.

Goal 18: To develop racquet skills

- 18.1 The student will handle a racquet and ball.
- 18.2 The student will place ball on racquet face and roll it around.
- 18.3 The student will bounce ball on floor using racquet.
- 18.4 The student will alternate bouncing upward and then to the floor.

**Second
Grade
Instructional
Goals &
Objectives**

PHYSICAL EDUCATION

Text: *Dynamic Physical Education for Elementary School Children (BJUP)*

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.

**Third Grade
Instructional
Goals &
Objectives**

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.

Fourth Grade Instructional Goals & Objectives

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

**Fifth Grade
Instructional
Goals &
Objectives**

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

**Sixth Grade
Instructional
Goals &
Objectives**

PHYSICAL EDUCATION

Goal 1: To develop basketball skills

- 1.1 The student will dribble a basketball with either hand
- 1.2 The student will chest pass.
- 1.3 The student will bounce pass.
- 1.4 The student will catch a ball that has been passed to them.
- 1.5 The student will figure-eight dribble.
- 1.6 The student will spider dribble.
- 1.7 The student will perform a spin dribble.
- 1.8 The student will perform a cross-over dribble.
- 1.9 The student will perform a right-hand lay-up.
- 1.10 The student will perform a left-hand lay-up.

Goal 2: To perform gymnastics skills

- 2.1 The student will exercise in a circuit training activity
- 2.2 The student will understand stability and balance
- 2.3 The student will control their body weight while completing tumblers exercises
- 2.4 The student will control their body weight while performing stunts
- 2.5 The student will participate in “one on one” competition and have good sportsmanship
- 2.6 The student will perform the long reach
- 2.7 The student will perform the walk through

Goal 3: To develop hockey-related skills

- 3.1 The student will understand and translate into movement the concepts of level, direction, and size
- 3.2 The student will demonstrate how the hockey stick should be handled for safety
- 3.3 The student will grip and carry the stick correctly
- 3.4 The student will dribble under control
- 3.5 The student will pass accurately
- 3.6 The student will cooperatively participate in hockey-related games

Goal 4: To develop gymnastics skills

- 4.1 The student will perform a headstand
- 4.2 The student will backward roll from headstand position
- 4.3 The student will perform the pretzel
- 4.4 The student will perform the dead person lift

Goal 5: To develop track and field skills

- 5.1 The student will sprint from a standing start
- 5.2 The student will sprint from a sprinter's start
- 5.3 The student will use correct form when sprinting
- 5.4 The student will perform a correct baton pass
- 5.5 The student will perform a long jump
- 5.6 The student will use the proper stride when running

Goal 6: To develop racquet sport skills

- 6.1 The student will hold the racquet correctly for a forehand
- 6.2 The student will hold the racquet correctly for a backhand
- 6.3 The student will air dribble a ball using a racquet
- 6.4 The student will dribble a ball using a racquet
- 6.5 The student will pick a ball off the floor without using their hands
- 6.6 The student will hit a ball over a net
- 6.7 The student will hit a ball over a net and hit it inbounds
- 6.8 The student will return a ball hit to them
- 6.9 The student will volley a ball
- 6.10 The student will participate in a tennis style game

Goal 7: To develop individual jump roping skills

- 7.1 The student will jump slow and fast with a self-turned rope
- 7.2 The student will identify safety considerations for a fast-moving game
- 7.3 The student will maintain continuous fitness activity
- 7.4 The student will side-spin a rope
- 7.5 The student will windmill a rope
- 7.6 The student will helicopter a rope
- 7.7 The student will perform the "atomic one-leg" jump
- 7.8 The student will body-wrap the rope
- 7.9 The student will leg-wrap the rope

Goal 8: To develop volleyball skills

- 8.1 The student will perform the correct method of passing the volleyball
- 8.2 The student will perform the correct method of setting the volleyball
- 8.3 The student will perform the correct method of serving the volleyball
- 8.4 The student will demonstrate volleyball skills in game play

Goal 9: To develop Frisbee skills

- 9.1 The student will perform an underhand throw
- 9.2 The student will perform a backhand throw
- 9.3 The student will throw a Frisbee with either hand
- 9.4 The student will catch a Frisbee with either hand

- 9.5 The student will throw a Frisbee with accuracy
- 9.6 The student will cooperatively throw a Frisbee with a partner

Goal 10: To demonstrate and apply basic softball skills

- 10.1 The student will catch a thrown ball in their glove.
- 10.2 The student will throw a catch-able ball to a fellow student.
- 10.3 The student will catch a fly ball.
- 10.4 The student will field a ground ball and throw to a designated base.
- 10.5 The student will attempt to hit a pitched ball in fair territory.
- 10.6 The student will perform softball skills in a game setting.

Seventh Grade
Goals &
Objectives

7th Grade Physical Education

Goal 1: To demonstrate and apply basic soccer skills.

- 1.1 The student will be able to dribble a soccer ball under control.
- 1.2 The student will be able to perform a ball pull.
- 1.3 The student will be able to perform a ball roll-over.
- 1.4 The student will be able to perform a scissors move.
- 1.5 The student will be able to perform a step-over move.
- 1.6 The student will be able to pass a ball to another student while they are moving.
- 1.7 The student will be able to trap a soccer ball to within 3-5 feet of themselves.
- 1.8 The student will be able to control a ball with their chest.
- 1.9 The student will be able to control a ball with their head.
- 1.10 The student will be able to juggle a soccer ball for ten consecutive touches.
- 1.11 The student will be able to perform basic soccer skills in game play

Goal 2: To demonstrate and apply basic hockey skills and answer questions on the fundamental rules of the game on a written test with 90% accuracy.

- 2.1 The student will be able to dribble a ball with their hockey stick.
- 2.2 The student will be able to pass the ball to a teammate while moving.
- 2.3 The student will be able to shoot a ball at a goal and score with 60% accuracy.
- 2.4 The student will be able to control a pass with their hockey stick.
- 2.5 The student will be able to perform basic hockey skills in game play.
- 2.6 The student will be able to define off-sides.
- 2.7 The student will be able to define crease.
- 2.8 The student will be able to define icing.
- 2.9 The student will be able to define hat trick.
- 2.10 The student will know where the NHL Hall of Fame is located.

Goal 3: To demonstrate and apply basic basketball skills and answer questions on the fundamental rules of the game on a written test with 90% accuracy.

- 3.1 The student will be able to dribble a basketball with either hand.
- 3.2 The student will be able to chest pass.
- 3.3 The student will be able to bounce pass.
- 3.4 The student will be able to baseball pass.

- 3.5 The student will be able to catch a ball that has been passed to them.
- 3.6 The student will be able to figure-eight dribble.
- 3.7 The student will be able to spider dribble.
- 3.8 The student will be able to perform a spin dribble.
- 3.9 The student will be able to perform a cross-over dribble.
- 3.10 The student will be able to perform a right-hand lay-up.
- 3.11 The student will be able to perform a left-hand lay-up.
- 3.12 The student will be able to attempt a jump-shot.
- 3.13 The student will be able to demonstrate the proper defensive stance.
- 3.14 The student will be able to properly box-out on a shot.
- 3.15 The student will be able to rebound a shot ball and pivot.

Goal 4: To demonstrate and apply basic softball skills.

- 4.1 The student will be able to catch a thrown ball in their glove.
- 4.2 The student will be able to throw a catch-able ball to a fellow student.
- 4.3 The student will be able to catch a fly ball.
- 4.4 The student will be able to field a ground ball and throw to a designated base.
- 4.5 The student will be able to attempt to hit a pitched ball in fair territory.
- 4.6 The student will be able to perform softball skills in a game setting.
- 4.7 The student will be able to fill in a diagram of positions on a softball field

Goal 5: To complete all the aspects of the Presidential Fitness Test.

- 5.1 The student will attempt the mile run in the Presidential Fitness Test.
- 5.2 The student will attempt the shuttle run in the Presidential Fitness Test.
- 5.3 The student will attempt push-ups in the Presidential Fitness Test.
- 5.4 The student will attempt the sit and reach in the Presidential Fitness Test.
- 5.5 The student will attempt the partial curl-up in the Presidential Fitness Test.

Eighth Grade
Goals &
Objectives

8th Grade Physical Education

Goal 1: To demonstrate and apply basic volleyball knowledge and skills.

- 1.1 The student will be able to perform the correct method of passing the volleyball.
- 1.2 The student will be able to perform the correct method of setting the volleyball.
- 1.3 The student will be able to perform the correct method of serving the volleyball.
- 1.4 The student will be able to demonstrate volleyball skills in game play.
- 1.5 The student will be able to identify correct game rules on a written test.

Goal 2: To demonstrate and apply lacrosse knowledge and skills.

- 2.1 The student will be able to perform the correct method of passing the ball.
- 2.2 The student will be able to perform the correct method of catching the ball.
- 2.3 The student will be able to perform the correct method of passing the ball while moving.
- 2.4 The student will be able to perform the correct method of catching the ball while moving.
- 2.5 The student will be able to perform the correct method of picking a ball up.
- 2.6 The student will be able to perform the correct method of shooting.
- 2.7 The student will be able to perform lacrosse skills in game play.

Goal 3: To demonstrate and apply basic soccer knowledge and skills.

- 3.1 The student will be able to dribble a soccer ball under control.
- 3.2 The student will be able to perform a ball pull.
- 3.3 The student will be able to perform a ball roll-over.
- 3.4 The student will be able to perform a scissors move.
- 3.5 The student will be able to perform a step-over move.
- 3.6 The student will be able to pass a ball to another student while they are moving.
- 3.7 The student will be able to trap a soccer ball to within 3-5 feet of themselves.
- 3.8 The student will be able to control a ball with their chest.
- 3.9 The student will be able to control a ball with their head.
- 3.10 The student will be able to juggle a soccer ball for ten consecutive touches.
- 3.11 The student will be able to perform basic soccer skills in game play.

Goal 4: To demonstrate and apply basic basketball knowledge and skills.

- 4.1 The student will be able to dribble a basketball with either hand.
- 4.2 The student will be able to chest pass.
- 4.3 The student will be able to bounce pass.
- 4.4 The student will be able to baseball pass.
- 4.5 The student will be able to catch a ball that has been passed to them.
- 4.6 The student will be able to figure-eight dribble.
- 4.7 The student will be able to spider dribble.
- 4.8 The student will be able to perform a spin dribble.
- 4.9 The student will be able to perform a cross-over dribble.
- 4.10 The student will be able to perform a right-hand lay-up.
- 4.11 The student will be able to perform a left-hand lay-up.
- 4.12 The student will be able to attempt a jump-shot.
- 4.13 The student will be able to demonstrate the proper defensive stance.
- 4.14 The student will be able to properly box-out on a shot.
- 4.15 The student will be able to rebound a shot ball and pivot.

Goal 5: To demonstrate and apply basic softball knowledge and skills.

- 5.1 The student will be able to catch a thrown ball in their glove.
- 5.2 The student will be able to throw a catch-able ball to a fellow student.
- 5.3 The student will be able to catch a fly ball.
- 5.4 The student will be able to field a ground ball and throw to a designated base.
- 5.5 The student will be able to attempt to hit a pitched ball in fair territory.
- 5.6 The student will be able to perform softball skills in a game setting.
- 5.7 The student will be able to fill in a diagram of positions on a softball field

Goal 6: To complete all the aspects of the Presidential Fitness Test.

- 6.1 The student will attempt the mile run in the Presidential Fitness Test.
- 6.2 The student will attempt the shuttle run in the Presidential Fitness Test.
- 6.3 The student will attempt push-ups in the Presidential Fitness Test.
- 6.4 The student will attempt the sit and reach in the Presidential Fitness Test.
- 6.5 The student will attempt the partial curl-up in the Presidential Fitness Test

Goal 7: To understand and demonstrate basic orienteering skills.

- 7.1 The student will know the parts of a compass.
- 7.2 The student will be able to find a point on a map using a compass.
- 7.3 The student will be able to locate an object in the outdoors using a compass.
- 7.4 The student will be able to navigate around the outdoors using a compass.

High School Goals and Objectives

PHYSICAL EDUCATION DEPARTMENT

9th Grade Health

Text: Health for Christian Schools (BJU Press)

Goal 1: To understand proper nutrition, good eating habits and wise food choices.

- 1.1 The student will list three ways a Christian can glorify God by the way he eats or drinks.
- 1.2 The student will be able to define nutrition.
- 1.3 The student will explain malnutrition.
- 1.4 The student will differentiate between malnutrition and under nutrition.
- 1.5 The student will explain the importance of obtaining calories for the body.
- 1.6 The student will discuss the relationship between calories and kilocalories.
- 1.7 The student will differentiate between metabolism and basal metabolism.
- 1.8 The student will define factors that determine metabolic rate.
- 1.9 The student will differentiate between the RDA, US RDA, and Daily Values.
- 1.10 The student will explain the importance of water to the body.
- 1.11 The student will identify ways water is lost from the body.
- 1.12 The student will explain the special requirements for hydration of athletes.
- 1.13 The student will explain primary function of carbohydrates for the body.
- 1.14 The student will identify good sources of carbohydrates.
- 1.15 The student will explain the importance of fiber in the diet.
- 1.16 The student will identify the primary function of protein in the body.
- 1.17 The student will identify between complete and incomplete proteins.
- 1.18 The student will list four functions of fat in the body.
- 1.19 The student will explain the importance of reducing fat in a diet.
- 1.20 The student will explain the danger so high levels of cholesterol.
- 1.21 The student will distinguish between fats and unsaturated fats.
- 1.22 The student will identify the five trace minerals.
- 1.23 The student will list the basic food groups and explain the importance of each.
- 1.24 The student will identify two eating disorders that are shown by abnormal eating habits.

Goal 2: To understand exercise as a tool to enhance physical health.

- 2.1 The student will compare the value of bodily exercise to the value of Godliness.

- 2.2 The student will give two reasons why people are not physically fit.
- 2.3 The student will define physical fitness.
- 2.4 The student will list the four basic principles of a training program.
- 2.5 The student will explain the importance of intensity, specificity, duration, and frequency for the success of a training program.
- 2.6 The student will discuss the proper progression rate of a training program.
- 2.7 The student will design a training program.
- 2.8 The student will define cardio respiratory fitness.
- 2.9 The student will identify the most important component of fitness.
- 2.10 The student will calculate their target heart rates.
- 2.11 The student will list the five components of physical fitness.
- 2.12 The student will compare muscular strength to muscular endurance.
- 2.13 The student will identify two benefits of flexibility.
- 2.14 The student will explain differences in isotonic, isometric, isokinetic exercises.
- 2.15 The student will discuss the importance of warm-up and cool-down activities.
- 2.16 The student will discern risks that may occur when exercising.

Goal 3: To recognize the dangers of drugs, alcohol, and tobacco.

- 3.1 The student will classify alcohol and tobacco as drugs.
- 3.2 The student will differentiate between drugs and medicine.
- 3.3 The student will explain the difference between drug misuse and drug abuse.
- 3.4 The student will the difference in a drug habit and a drug addiction.
- 3.5 The student will infer the proper uses of medicines.
- 3.6 The student will explain the difference between prescription and non-prescription drugs.
- 3.7 The student will identify alcohol as a depressant drug.
- 3.8 The student will distinguish between alcohol that is used externally and alcohol that is consumed.
- 3.9 The student will describe ways that alcohol produces a danger to others.
- 3.10 The student will list ways to refuse alcohol when placed in a situation encouraging alcohol use.
- 3.11 The student will discuss nicotine as an addictive drug and the harmful effects of tobacco upon the body.
- 3.12 The student will identify harmful substances found in tobacco.
- 3.13 The student will list diseases and health problems associated with the use of tobacco.
- 3.14 The student will describe ways that tobacco produces dangers to others.

Goal 4: To understand the male and female reproductive systems.

- 4.1 The student will define female reproductive organs.
- 4.2 The student will define male reproductive organs.
- 4.3 The student will identify reproductive organs from a diagram.
- 4.4 The student will describe the development of the unborn child.
- 4.5 The student will critique man's rational of legalizing abortion.
- 4.6 The student will describe specific physical changes that occur during puberty.

Goal 5: To understand body systems.

- 5.1 The student will differentiate between the anatomical components: cell, tissue, organs, and body systems.
- 5.2 The student will list four major types of tissue in the human body.
- 5.3 The student will describe the skeletal system.
- 5.4 The student will list two functions of muscles.
- 5.5 The student will identify three types of muscle tissue.
- 5.6 The student will recognize the major components of blood.
- 5.7 The student will trace the route of oxygen through the respiratory system.
- 5.8 The student will explain the organs that aid in the digestion process.
- 5.9 The student will explain the individual functions of the excretory system.
- 5.10 The student will list the names and major components of the central nervous system.
- 5.11 The student will explain the major functions and locations of the endocrine glands.

Goal 6: To render basic first aid and how to be of service in emergency situations.

- 6.1 The student will identify the purposes of first aid.
- 6.2 The student will explain why a person should receive basic first aid training.
- 6.3 The student will list the correct emergency procedures of first aid in the correct order.
- 6.4 The student will understand who to call in emergency situations.
- 6.5 The student will describe symptoms of shock and how to treat a person with these symptoms.
- 6.6 The student will demonstrate the correct procedures for giving rescue breathing.
- 6.7 The student will list the four major types of wounds.
- 6.8 The student will explain ways to control bleeding.
- 6.9 The student will demonstrate correctly how to apply first aid to a wound.

Physical Education 2

Goal 1: To volunteer for Special Olympics events.

- 1.1 The student will research history of Special Olympics.
- 1.2 The student will meet with special populations director for training.
- 1.3 The student will assist participants at Special Olympic events: Day at the Park, Fall Olympics, Basketball Olympics, and Spring Olympics.
- 1.4 The student will design and host a training program for Special Olympic students who participate in the events.

Goal 2: To understand exercise as a tool to enhance physical health.

- 2.17 The student will compare the value of bodily exercise to the value of Godliness.
- 2.18 The student will give two reasons why people are not physically fit.
- 2.19 The student will define physical fitness.
- 2.20 The student will list the four basic principles of a training program.
- 2.21 The student will explain the importance of intensity, specificity, duration, and frequency for the success of a training program.
- 2.22 The student will discuss the proper progression rate of a training program.
- 2.23 The student will design a training program.
- 2.24 The student will define cardio respiratory fitness.
- 2.25 The student will identify the most important component of fitness.
- 2.26 The student will calculate their target heart rates.
- 2.27 The student will list the five components of physical fitness.
- 2.28 The student will participate in aerobic activities monitoring target heart rate.
- 2.29 The student will participate in weight training program.
- 2.30 The student will explain the difference in repetitions and sets in weight training.
- 2.31 The student will design circuit training program using toning, aerobic activity, and weight training techniques.
- 2.32 The student will participate in a variety of lifetime fitness activities: pilates, kickboxing, upper and lower body toning workouts, abdominal training, and aerobic fitness.

Goal 3: To understand and participate in the game of volleyball.

- 3.1 The student will pass the volleyball to another player in game play.
- 3.2 The student will set the volleyball to another player in game play.
- 3.3 The student will serve the volleyball across the net with accuracy during game play.
- 3.4 The student will explain the rules of a regulation volleyball game.
- 3.5 The student will participate in refereeing a volleyball match.
- 3.6 The student will participate in a round robin volleyball tournament: team play, officiating the matches, line judging.

Goal 4: To understand gun safety.

- 4.1 The student will participate in taking gun safety course given by a licensed teacher.
- 4.2 The student will complete gun safety course by passing the final exam and receiving a certificate.
- 4.3 The student will participate in a field trip to a rifle range course.
- 4.4 The student will meet with instructors that will introduce them to the range course.
- 4.5 The student will participate in specific target and shooting events at the rifle range.

Goal 5: To understand the principles kayaking.

- 5.1 The student will participate in taking a kayaking instructional course given by a licensed instructor given by Carolina Coastal Adventures.
- 5.2 The student will complete the kayaking course by passing the final exam and receiving a certificate.
- 5.3 The student will take a field trip to participate in kayaking with trained instructors.

Goal 5: To understand and participate in the game of bowling.

- 5.1 The student will explain the scoring system for bowling.
- 5.2 The student will demonstrate the four-step approach for bowling.
- 5.3 The student will demonstrate the correct fingering for using a bowling ball.
- 5.4 The student will participate in a field trip to the local bowling alley.

Goal 6: To teach a physical education class to elementary students.

- 6.1 The student will choose a specific grade level of interest to teach a physical education lesson to for a class period.
- 6.2 The student will receive lesson plan for that specific grade level from teacher to study.
- 6.3 The student will demonstrate knowledge of lesson by teaching the lesson to their class peers.
- 6.4 The student will instruct elementary students in a physical education class at a scheduled time.

Goal 7: To participate in round robin basketball tournament.

- 7.1 The student will be play on an assigned team for tournament.
- 7.2 The student will choose a name for their assigned team.
- 7.3 The student will play in the tournament to completion of schedule.
- 7.4 The student will determine tournament winner most games won.

Goal 8: To will design a game file.

- 8.1 The student will research a variety games for toddler to teen level.
- 8.2 The student will design an original game.
- 8.3 The student will teach original game to class peers.
- 8.4 The student will create a game file classifying all age level abilities.
- 8.5 The student will collect a minimum of 10 games per age category for file.
- 8.6 The student will complete all rules and instructions for each game for file.
- 8.7 The student will choose a game from their completed file and teach the game to class peers.