

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.