

As a result of this course, students will be able to . . .

Goal 19

Acquire movement skills and understand concepts needed to engage in health enhancing physical activity.

STANDARD A

Demonstrate physical competency in individual and team sports, creative movement, and leisure and work-related activities.

- _____ Travel in forward and sideways directions using a variety of locomotor and non-locomotor patterns and change direction quickly in response to a signal.
- _____ Demonstrate clear contrasts between slow and fast movement while traveling.
- _____ Walk and run using mature form.
- _____ Roll sideways without hesitating or stopping.
- _____ Toss a ball and catch it before it bounces twice.
- _____ Kick a stationary ball using a smooth continuous running step.
- _____ Maintain momentary stillness bearing weight on a variety of body parts.
- _____ Follow directions and stay on task while working independently.

STANDARD B

Analyze various movement concepts and applications.

- _____ Walk, run, hop, and skip, in forward and sideway directions, and change direction quickly in response to a signal.
- _____ Identify and use a variety of relationships with objects (e.g., over/under, behind, alongside, through).
- _____ Show the boundaries or limits to their space when alone and when using equipment.
- _____ Find a self-space on their own in a large boundaried area.
- _____ Stop and start traveling in response to a signal, and show ability to travel and stop in a self-space.
- _____ Move in a variety of ways at different levels.
- _____ Put a variety of body parts and objects into different levels.
- _____ Move on a straight, curved, and zigzag pathway.

STANDARD C

Demonstrate knowledge of rules, safety, and strategies during physical activity.

- _____ Know the rules for participating in the gymnasium and on the playground.
- _____ Work in a group setting without interfering with others.
- _____ Respond to teacher signals for attention.
- _____ Respond to rule infractions when reminded once.
- _____ Follow directions given to the class for an all-class activity.
- _____ Handle equipment safely and put it away when directed.
- _____ Take turns using a piece of equipment.
- _____ Transfer rules of the gym to "rules of the playground."

Goal 20

Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.

STANDARD A

Know and apply the principles and components of health-related fitness.

- _____ Identify differences between strength activities, flexibility exercises, and cardiovascular activities.
- _____ Participate regularly in health-enhancing physical activities.
- _____ Sustain moderate to vigorous physical activity for short periods of time.
- _____ Participate at a level sufficient to increase breathing and sweating.

STANDARD B

Assess individual fitness levels.

- _____ Associate the faster heartbeat with vigorous activity.
- _____ Associate the slower heartbeat with rest.
- _____ Identify other physical activities that elicit a faster heartbeat.

STANDARD C

Set goals based on fitness data and develop, implement, and monitor an individual fitness improvement plan.

- _____ Identify feelings following participation in physical activity.
- _____ Differentiate between activities that are more or less pleasurable.
- _____ Enjoy participating alone and maintain self-control.

Goal 21

Develop team-building skills by working with others through physical activity.

STANDARD A

Demonstrate individual responsibility during group physical activities.

- _____ Comply with the rules or procedures established in the class.
- _____ Comply after being reminded of a rule or procedure.
- _____ Is able to explain the questioned behavior and establish the expected behavior.
- _____ Respond accurately to the identified rules and procedures.
- _____ Respond quickly to the teacher's signals.
- _____ Work independently on tasks for short periods of time.

STANDARD B

Demonstrate cooperative skills during structured group physical activity.

- _____ Demonstrate willingness to join in the activity.
- _____ Participate in group activities readily as evidenced by the interval between the teacher's instruction and initiation of activity.
- _____ Demonstrate cooperating with others in group tasks.

As a result of this course, students will be able to . . .

Goal 19

Acquire movement skills and understand concepts needed to engage in health enhancing physical activity.

STANDARD A

Demonstrate physical competency in individual and team sports, creative movement and leisure and work-related activities.

- _____ Travel in forward and sideway directions using a variety of locomotor and non-locomotor patterns.
- _____ Catch a ball thrown to them with their hands, with and without a bounce.
- _____ Walk and dribble a ball in a controlled manner for 10 feet.
- _____ Dribble a ball using the inside of the feet in an alternate pattern for 20 feet.
- _____ Demonstrate weight shift while performing an underhand throw.

STANDARD B

Analyze various movement concepts and applications.

- _____ Use all locomotor movements in forward, sideways, and backward directions and change directions quickly on command.
- _____ Identify and use a variety of relationships with object (front, back, left, right, on, in, out, up, down, through, over, and under).
- _____ Find a self-space on their own in a large boundary area.
- _____ Show boundaries or spatial units when performing skills.

STANDARD C

Demonstrate knowledge of rules, safety, and strategies during physical activity.

- _____ Work safely with others while performing skills.
- _____ Know and follow safety directions for specific activities.
- _____ Handle equipment properly and safely.
- _____ Take turns and share equipment.

Goal 20

Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.

STANDARD A

Know and apply the principles and components of health-related fitness.

- _____ Understand gross motor activity that is moderate and vigorous in nature.
- _____ Participate regularly in health enhancing physical activities.
- _____ Sustain moderate to vigorous physical activity for a longer period of time.
- _____ Participate at a level sufficient to increase breathing and sweating.

STANDARD B

Assess individual fitness levels.

- _____ Identify physical activities that elicit a moderate and fast heartbeat.

STANDARD C

Set goals based on fitness data and develop, implement, and monitor an individual fitness improvement plan.

- _____ Identify healthy choices.
- _____ Work independently on tasks for short periods of time.
- _____ Follow directions and stay on task while working independently.

Goal 21

Develop team-building skills by working with others through physical activity.

STANDARD A

Demonstrate individual responsibility during group physical activities.

- _____ Follow established classroom rules.
- _____ Explain the questioned behavior and establish the expected behavior.
- _____ Work cooperatively with others.

STANDARD B

Demonstrate cooperative skills during structured group physical activity.

- _____ Participate in all activities.
- _____ Demonstrate good attitude working with others.
- _____ Use equipment and space safely and properly.
- _____ Stop activity immediately at the signal to do so.

As a result of this course, students will be able to . . .

Goal 19

Acquire movement skills and understand concepts needed to engage in health enhancing physical activity.

STANDARD A

Demonstrate physical competency in individual and team sports, creative movement, and leisure and work-related activities.

- _____ Demonstrate skills of chasing, fleeing, and dodging to avoid others.
- _____ Combine locomotor patterns in time to music.
- _____ Balance, demonstrating momentary stillness, in symmetrical and nonsymmetrical shapes on a variety of body parts.
- _____ Receive and send an object in a continuous motion.

STANDARD B

Analyze various movement concepts and applications.

- _____ Use concepts of space awareness and movement control to run, hop, and skip in different ways in a large group without bumping into others or falling.

STANDARD C

Demonstrate knowledge of rules, safety, and strategies during physical activity.

- _____ Use safe practices with little or no reinforcement.
- _____ Demonstrate safety in traveling activities, weight bearing, and balancing activities.

Goal 20

Achieve and maintain a health enhancing level of physical fitness based upon continual self-assessment.

STANDARD A

Know and apply the principles and components of health-related fitness.

- _____ Seek participation in gross motor activity of a moderate to vigorous nature.
- _____ Participate in a wide variety of activities that involve locomotion, non-locomotion, and manipulation of objects outside of physical education class.
- _____ Willingly complete physical education activity "homework" assignments.
- _____ Identify at least one activity associated with each component of health-related physical activity.
- _____ Sustain activity for longer periods of time while participating in chasing or fleeing activities in physical education, and/or on the playground.
- _____ Identify changes in the body during vigorous physical activity.
- _____ Support body weight for climbing, hanging, and momentarily taking weight on hands.
- _____ Move each joint through a full range of motion.

STANDARD B

Assess individual fitness levels.

- _____ Recognize the physiological indicators that accompany moderate to vigorous physical activity (e.g., sweating, increased heart rate, heavy breathing).

STANDARD C

Set goals based on fitness data and develop, implement, and monitor an individual fitness improvement plan.

- _____ Identify the components of health-related physical fitness (cardio respiratory endurance, muscular strength and endurance, flexibility, and body composition).
- _____ Correctly identify those activities associated with health-related activities.
- _____ Correctly identify the costs and benefits of each activity.

Goal 21

Develop team-building skills by working with others through physical activity.

STANDARD A**Demonstrate individual responsibility during group physical activities.**

- _____ Apply rules, procedures, and safe practices with little or no reinforcement.
- _____ Follow directions with little or no reinforcement.
- _____ Work cooperatively with another to complete an assigned task.
- _____ Identify correctly the skills needing additional work.
- _____ Practice identified skills at least three times a week for 15 minutes.

STANDARD B**Demonstrate cooperative skills during structured group physical activity.**

- _____ Use equipment and space safely and properly.
- _____ Respond positively to an occasional reminder about a rule infraction.
- _____ Practice specific skills as assigned until the teacher signals the end of practice.
- _____ Stop activity immediately at the signal to do so.
- _____ Honestly report the results of work.
- _____ Invite a peer to take his or her turn before repeating a turn.
- _____ Assist a partner by sharing observations about skill performance during practice.

As a result of this course, students will be able to . . .

Goal 19

Acquire movement skills and understand concepts needed to engage in health enhancing physical activity.

STANDARD A

Demonstrate physical competency in individual and team sports, creative movement, and leisure and work-related activities.

- ___ Demonstrate skills of chasing, fleeing, and dodging to avoid others.
- ___ Throw, catch, and kick using mature form.
- ___ Balance with control on a variety of objects (e.g., beam, skates).
- ___ Dribble and pass a ball to a moving receiver.
- ___ Combine locomotor patterns in time to music.

STANDARD B

Analyze various movement concepts and applications.

- ___ Consistently strike a softly thrown ball with a body part, bat, or paddle.
- ___ Demonstrate proper form when throwing and receiving a ball.
- ___ Understand repetition of a fundamental skill will improve performance.

STANDARD C

Demonstrate knowledge of rules, safety, and strategies during physical activity.

- ___ Follow safety practices with little or no reinforcement.
- ___ Demonstrate safety principles when participating in activities.

Goal 20

Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.

STANDARD A

Know and apply the principles and components of health-related fitness.

- ___ Recognize that physical activity is good for personal well-being.
- ___ Participate regularly in sustained physical activity.
- ___ Identify changes in the body during sustained physical activity.

STANDARD B

Assess individual fitness levels.

- ___ Regularly participate in physical activity for the purpose of sustaining or improving individual levels of health-related fitness.
- ___ Learn to find pulse in wrist without the use of technology.
- ___ Discuss the meaning of target heart rate and how it relates to taking their pulse.

STANDARD C

Set goals based on fitness data, and develop, implement, and monitor an individual fitness improvement plan.

- ___ Warm up before and cool down after all physical activity.
- ___ Participate in vigorous physical activity for a specified time.
- ___ Perform activities that improve muscular strength, flexibility, and perceptual motor skills.
- ___ Discuss the relationship of physical activity and a healthy lifestyle.

Goal 21

Develop team-building skills by working with others through physical activity.

STANDARD A

Demonstrate individual responsibility during group physical activities.

- _____ Work cooperatively with others in a group, in a safe manner.
- _____ Follow directions and class procedures without reinforcement, while participating in physical activities.
- _____ Work independently on tasks for short periods of time.

STANDARD B

Demonstrate cooperative skills during structured group physical activity.

- _____ Work with a partner or small group to reach a shared goal.
- _____ Show good sportsmanship and a positive attitude during group physical activity.

As a result of this course, students will be able to . . .

Goal 19

Acquire movement skills and understand concepts needed to engage in health enhancing physical activity.

STANDARD A

Demonstrate physical competency in individual and team sports, creative movement, and leisure and work-related activities.

- _____ Throw, catch, kick, and strike using mature form.
- _____ Dribble and pass a ball to a moving receiver.
- _____ Balance with control on a variety of objects (e.g., balance board, large apparatus, skates).
- _____ Differentiate right, left, and opposite.

STANDARD B

Analyze various movement concepts and applications.

- _____ Accurately recognize the critical elements of a throw made by a fellow student and provide feedback to that student.
- _____ Consistently strike a softly thrown ball with a bat or paddle demonstrating appropriate principles of movement.
- _____ Use repetition of a skill to improve performance.

STANDARD C

Demonstrate knowledge of rules, safety, and strategies during physical activity.

- _____ Follow, with few reminders, activity-specific rules, procedures, and etiquette.
- _____ Utilize safety principles in activity situations.
- _____ Use equipment safely and appropriately.

Goal 20

Achieve and maintain a health enhancing level of physical fitness based upon continual self-assessment.

STANDARD A

Know and apply the principles and components of health-related fitness.

- _____ Recognize that physical activity is good for personal well-being.
- _____ Identify feelings that result from participation in physical activities.
- _____ Participate regularly in vigorous physical activity.
- _____ Identify the physical changes that occur as a result of various physical activities.

STANDARD B

Assess individual fitness levels.

- _____ Manually find resting heart rate.
- _____ Determine target heart rate.
- _____ Perform the tests from the President's Council on Physical Fitness.
- _____ Recognize the benefits of each individual test.

STANDARD C

Set goals based on fitness data, and develop, implement, and monitor an individual fitness improvement plan.

- _____ Accurately identify what skill or fitness component needs remediation.
- _____ Select an appropriate way to work on the skill or fitness component.
- _____ Pursue work on the identified skill or fitness component for at least 5 minutes.
- _____ Engage in appropriate activity that results in the development of muscular strength.
- _____ Maintain continuous aerobic activity for a specified time and/or activity.
- _____ Support, lift, and control body weight in a variety of activities.
- _____ Regularly participate in physical activity for the purpose of improving physical fitness.

Goal 21

Develop team-building skills by working with others through physical activity.

STANDARD A

Demonstrate individual responsibility during group physical activities.

- _____ Move with group quickly to get organized and start practice within a short time of the signal to begin.
- _____ Practice each skill about the same amount of time as each member in a group.
- _____ Work in a group to help one another get better at the skills involved.
- _____ Stay focused and on-task for the time allocated for the practice as a group.
- _____ Accept responsibility for their own actions in group physical activities.

STANDARD B

Demonstrate cooperative skills during structured group physical activity.

- _____ Follow all posted rules and consequences while working in a group physical activity.
- _____ Demonstrate good sportsmanship regardless of who made a mistake in an organized group activity.
- _____ Display behavior that focuses on the good of the group rather than on the individual.

As a result of this course, students will be able to . . .

Goal 19

Acquire movement skills and understand concepts needed to engage in health enhancing physical activity.

STANDARD A

Demonstrate physical competency in individual and team sports, creative movement, and leisure and work-related activities.

- ___ Demonstrate proper form in locomotor, non-locomotor, and manipulative motor patterns.
- ___ Demonstrate control when performing combinations and sequences in locomotor, non-locomotor and manipulative motor patterns.

STANDARD B

Analyze various movement concepts and applications.

- ___ Consistently kick or strike a stationary object, or an object thrown to them using equipment, or body part, and demonstrate correct principles (e.g., application of force, weight transfer, equilibrium).
- ___ Consistently catch and bounce an object using correct motor principles (e.g., absorption of force).

STANDARD C

Demonstrate knowledge of rules, safety, and strategies during physical activity.

- ___ Understand and obey rules and safety principles before, during, and after physical activity.
- ___ Identify offensive, defensive, and cooperative strategies in selected activities and games.

Goal 20

Achieve and maintain a health enhancing level of physical fitness based upon continual self-assessment.

STANDARD A

Know and apply the principles and components of health-related fitness.

- ___ Describe the benefits of maintaining a health-enhancing level of fitness (e.g., lower resting heart rate, less injury with good flexibility).
- ___ Participate willingly in physical activity for the purpose of sustaining or improving individual levels of health related fitness.

STANDARD B

Assess individual fitness levels.

- ___ Determine heart rate without the use of technology.
- ___ Use heart rate to determine target heart rate.
- ___ Discuss concepts related to target heart rate.
- ___ Match recognized assessments of health-related fitness (e.g., Presidential Physical Fitness Tests) to corresponding components of fitness.

STANDARD C

Set goals based on fitness data, and develop, implement, and monitor an individual fitness improvement plan.

- ___ Demonstrate the relationship between movement and health-related fitness components such as running/cardio respiratory, tug-of-war/strength.
- ___ Analyze their Presidential physical fitness scores and determine where they need work and where they are doing well.

Goal 21

Develop team-building skills by working with others through physical activity.

STANDARD A

Demonstrate individual responsibility during group physical activities.

- ___ Accept responsibility for their own actions in group physical activities.
- ___ Move quickly in an organized fashion and begin practicing when the teacher gives instructions.
- ___ Work cooperatively with others in a group to improve skill levels.

STANDARD B

Demonstrate cooperative skills during structured group physical activity.

- ___ Work cooperatively with a partner or small group to reach a shared goal during physical activity.
- ___ Maintain focus and stay on task for the time allotted for practice.