

# Physical Education

Physical education is an integral part of the Catholic schools' total education program. As such, it provides learning experiences which contribute to the psychomotor, cognitive, and affective development of each student.

Central to the program is movement education, which focuses on exploration, creativity, problem solving, formation of concepts, and development of skills. The development and maintenance of a high degree of physical fitness increases one's potential movement. Physical education is concerned with both the versatility and quality of movement of each student now and in the future.

Participation in physical activities contributes to the development of self-confidence, social skills, and an appreciation of God's gift of life and movement.

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**PROGRAM GOAL I: MOVEMENT EDUCATION**

**PROGRAM OBJECTIVES:**

- A. Demonstrates awareness of body and space
- B. Executes basic non-locomotor and locomotor patterns
- C. Moves in response to rhythm
- D. Explores and develops the body's potential for movement

**SKILL LEVELS:**  
 I-Introduce                      D·  
 Develop  
 M-Master/Maintain

| SUBJECT OBJECTIVES: |  | GRADE LEVEL |   |   |   |   |   |   |   |   |  |
|---------------------|--|-------------|---|---|---|---|---|---|---|---|--|
|                     |  | K           | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |  |
| A.                  | <b>BODY AWARENESS</b>  |             |   |   |   |   |   |   |   |   |  |
| A1.                 | Recognizes and names common body parts   | I           | M |   |   |   |   |   |   |   |  |
| A2.                 | Recognizes and names body parts: forearm, thigh, calf, trunk, instep   |             | I | D | M |   |   |   |   |   |  |
| A3.                 | Identifies right side and left side  | I           | I | D | M |   |   |   |   |   |  |
| A4.                 | Demonstrates body positions: standing, sitting, kneeling, lying, squatting   | I           | D | M |   |   |   |   |   |   |  |
| A5.                 | Applies principles of good body mechanics while standing, sitting, kneeling, and lying   | I           | I | D | M |   |   |   |   |   |  |
| A6.                 | Demonstrates body positions: straddle, tuck, pike, lay out   | I           | I | D | D | D | D | M | M | M |  |
| A7.                 | Demonstrates understanding of directions: backward/forward, high/low, in front/in back, into/out of, on/off, on top/underneath, top/bottom, over/under, up/down, around/through/across | I           | D | M |   |   |   |   |   |   |  |
| A8.                 | Demonstrates understanding of directions: above/below, along, toward/away, beside, to the side of, sideways, inside/outside, between, behind/ahead                                     | I           | I | D | M |   |   |   |   |   |  |
| A9.                 | Demonstrates understanding of relationships between self and others: face to face, back to back, side by side, close together, far apart   | I           | I | D | D | M |   |   |   |   |  |
| A10.                | Demonstrates understanding of clockwise/counterclockwise   | I           | I | D | D | M |   |   |   |   |  |

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|---------------------|--|-------------|---|---|---|---|---|---|---|---|
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| A11.                | Demonstrates ability to follow and lead  | I           | I | D | D | D | D | M |   |   |
| A12.                | Tenses and relaxes total body or parts   | I           | I | D | D | D | D | M |   |   |
| A13.                | Performs exercise to correct simple posture defects  | I           | I | D | M | M | M | M | M | M |
| A14.                | Develops sense of respect for one's body   | I           | I | D | D | D | M | M | M | M |
| A15.                | Knows and observes safety rules related to class procedures                                      | I           | I | D | D | M | M | M | M | M |
| A16.                | Experiences the pleasure of movement   | I           | I | D | D | D | D | D | D | D |
| A17.                | Wears proper clothes and shoes for physical activities   | I           | I | D | M | M | M | M | M | M |
|                     |  |             |   |   |   |   |   |   |   |   |
| B.                  | BASIC MOVEMENT<br>NON-LOCOMOTOR AND LOCOMOTOR  |             |   |   |   |   |   |   |   |   |
| B1.                 | Stretches, bends, twists, turns, rocks, and curls total body and individual parts                | I           | D | D | M |   |   |   |   |   |
| B2.                 | Swings and sways whole body and individual parts   | I           | D | D | M |   |   |   |   |   |
| B3.                 | Pushes body away from objects and objects away from body   | I           | D | D | M |   |   |   |   |   |
| B4.                 | Pushes, pulls, lifts, and holds objects of various sizes, shapes, and weights                    | I           | I | D | D | D | M | M | M | M |
| B5.                 | Identifies basic movement patterns and terminology associated with them                          | I           | I | D | M |   |   |   |   |   |
| B6.                 | Raises and lowers body with correct body alignment and good balance                              | I           | I | D | M |   |   |   |   |   |
| B7.                 | Maintains balance in a variety of postures   | I           | I | D | D | D | M |   |   |   |
| B8.                 | Performs sequences of non-locomotor skills   | I           | I | D | M |   |   |   |   |   |
| B9.                 | Walks, runs, jumps, gallops, slides, hops, skips, and leaps with ease and correct body alignment | I           | I | D | D | D | M |   |   |   |
| B10.                | Walks, runs, skips, slides, and gallops changing direction, levels, and speed                    | I           | I | D | D | S | M |   |   |   |

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| B11.               | Moves in space without collisions  | I           | I | D | D | M |   |   |   |   |  |
| B12.               | Jumps attempting to gain height  | I           | D | D | D | D | D | D | M | M |  |
| B13.               | Jumps attempting to gain distance  | I           | D | D | D | D | D | D | M | M |  |
| B14.               | Jumps from different heights and lands softly  | I           | I | D | D | D | D | M |   |   |  |
| B15.               | Jumps over stationary object   | I           | D | D | M | M | M | M | M | M |  |
| B16.               | Hops in place  | I           | D | M |   |   |   |   |   |   |  |
| B17.               | Hops to move   | I           | D | M |   |   |   |   |   |   |  |
| B18.               | Hops over stationary object  | I           | I | D | M |   |   |   |   |   |  |
| B19.               | Performs sequences of varied locomotor skills  |             | I | D | M |   |   |   |   |   |  |
| B20.               | Performs combinations of locomotor and non-locomotor skills in various sequences                       |             | I | D | M |   |   |   |   |   |  |
| B21.               | Performs combinations of locomotor and non-locomotor skills in relation to development of sport skills |             |   |   |   | I | D | D | M | M |  |
| B22.               | Mirrors movement of leader or partners   | I           | I | D | D | D | D | M |   |   |  |
| B23.               | Moves in direction opposite to leader  |             |   |   | I | D | D | D | M |   |  |
| B24.               | Explores and develops new movement experiences   | I           | I | D | D | D | D | D | D | D |  |
| B25.               | Demonstrates ability to solve movement problems  |             | I | D | D | D | D | D | D | D |  |
| B26.               | Uses movement to express feelings  | I           | I | D | M |   |   |   |   |   |  |
| B27.               | Uses movement imitatively: animals, personalities, fictitious characters, machines                     | I           | I | D | D | D | M |   |   |   |  |
| C.                 | RHYTHMIC MOVEMENT  |             |   |   |   |   |   |   |   |   |  |
| C1.                | Performs basic locomotor movements in response to beat   | I           | I | D | D | M | M | M | M | M |  |
| C2.                | Moves with basic formations: partners, scattered, line, circle   | I           | I | D | D | M | M | M | M | M |  |
| C3.                | Performs traditional dance steps in various ethnic, cultural and recreational dances                   | I           | I | D | D | D | D | D | M | M |  |

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| C4.                | Appreciates dance as an avenue for development of social relationships                       |             |   |   |   | I | D | D | M | M |
| C5.                | Appreciates dance as a lifetime activity   |             | I | D | D | D | D | M | M | M |
| C6.                | Uses self-expressive movement in response to rhythmical accompaniments, imagery, and stories | I           | I | D | D | D | D | M |   |   |
| C7.                | Jumps to beat of music   |             |   | I | D | M |   |   |   |   |
| C8.                | Bounces and catches ball to beat   |             |   | I | D | D | M |   |   |   |
| C9.                | Dribbles to beat of music  |             |   |   | I | D | M |   |   |   |
| C10.               | Tosses ball with one hand and catches with the other keeping time with the beat              |             |   | I | D | M |   |   |   |   |
| C11.               | Hits lummi sticks in rhythmic sequence   |             | I | D | D | D | D | M |   |   |
| C12.               | Hits floor and partner's sticks in rhythmic sequence   |             |   |   | I | D | D | M |   |   |
| C13.               | Passes lummi sticks to right and left in rhythmic sequence                                   |             |   |   | I | D | D | M |   |   |
| C14.               | Synchronizes tossing and catching of lummi sticks  |             |   |   |   | I | D | M |   |   |
| C15.               | Improvises own routines using lummi sticks   |             |   |   | I | D | D | M |   |   |
| C16.               | Responds to changes in patterns and rhythmic tempos while handling objects                   |             |   | I | D | D | D | M |   |   |
| C17.               | Taps tinkling sticks in rhythm working with partner  |             |   |   |   | I | D | M |   |   |
| C18.               | Performs basic tinkling steps without sticks   |             |   |   |   | I | D | M |   |   |
| C19.               | Performs basic tinkling steps with sticks  |             |   |   |   | I | D | M | M | M |
| C20.               | Creates own activities using different steps   |             |   |   |   | I | D | M | M | M |
| C21.               | Identifies and understands basic rhythmic and dance terminology                              | I           | I | D | D | D | D | D | D | D |
| D.                 | GYMNASTIC MOVEMENT   |             |   |   |   |   |   |   |   |   |
| D1.                | Controls body balance on increasingly smaller base of support                                | I           | I | D | M |   |   |   |   |   |

| SUBJECT OBJECTIVES |  | GRADE LEVEL |   |   |   |   |   |   |   |   |
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|                    |  | K           | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| D2.                | Increases flexibility in large muscle joints           | I           | D | D | D | D | D | D | D | D |
| D3.                | Identifies tumbling activities with proper terminology |             | I | D | D | D | D | M |   |   |
| D4.                | Performs rolls   | I           | I | D | D | M |   |   |   |   |
| D5.                | Performs creative movements                            | I           | D | D | D | D | D | M | M | M |
| D6.                | Responds in positive way to new challenges             |             | I | D | D | D | D | M | M | M |
| D7.                | Cooperates with others to reach common goal            |             | I | D | M | M | M | M | M | M |

**PROGRAM GOAL II: FITNESS**

**PROGRAM OBJECTIVES:**

- A. Develops the level of fitness necessary to maintain a healthy body
- B. Develops the level of fitness necessary for participation in games and sports

**SKILL LEVELS:**

I-Introduce  
 D-Develop  
 M- Master/ Maintain

| SUBJECT OBJECTIVES: |   | GRADE LEVEL |   |   |   |   |   |   |   |   |
|---------------------|---|-------------|---|---|---|---|---|---|---|---|
|                     |   | K           | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| A.                  | HEALTH RELATED FITNESS  |             |   |   |   |   |   |   |   |   |
| A1.                 | Develops desirable attitudes toward physical fitness                                      | I           | I | D | D | D | D | D | D | D |
| A2.                 | Established realistic personal fitness goals  |             |   |   |   | I | D | D | D | D |
| A3.                 | Assumes responsibility for development of personal fitness                                |             |   |   |   | I | D | D | M | M |
| A4.                 | Recognizes necessity of warm-ups of body muscles before strenuous exercise                | I           | I | D | D | D | M | M | M | M |
| A5.                 | Recognizes necessity of slow cool down period after strenuous activity                    | I           | I | D | D | D | M | M | M | M |
| A6.                 | Improve cardiovascular efficiency by regular exercise                                     |             |   |   | I | D | D | D | D | D |
| A7.                 | Improves overall fitness by participating in aerobic activities                           |             |   |   |   |   | I | D | M | M |
| A8.                 | Understands the role of regular exercise as one means of weight control                   |             |   |   |   |   | I | D | D | D |
| A9.                 | Engages in physical activities which help develop mental, social and emotional well being | I           | I | D | D | D | D | D | D | D |
| A10.                | Develops agility, flexibility and coordination  |             | I | D | D | D | D | D | D | D |
| A11.                | Increases ability to react to a stimulus with appropriate motor response                  |             | I | D | D | M | M | M | M | M |
| A12.                | Develops abdominal strength and endurance   |             |   |   | I | D | D | D | D | D |
| A13.                | Develops low back and thigh flexibility   |             |   |   | I | D | D | D | D | D |

| SUBJECT OBJECTIVES |   | GRADE LEVEL |   |   |   |   |   |   |   |   |
|--------------------|---|-------------|---|---|---|---|---|---|---|---|
|                    |   | K           | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| A14.               | Develops strength and power in arm muscles                                    |             |   |   | I | D | D | D | D | D |
| A15.               | Develops strength and power in leg muscles                                    |             |   |   | I | D | D | D | D | D |
| A16.               | Attains wide range of body movement   | I           | I | D | D | D | D | D | D | D |
| A17.               | Attains full range in moving different parts of the body                      | I           | I | D | D | D | D | D | D | D |
| A18.               | Appreciates skilled performance   |             |   |   |   | I | D | D | D | D |
|                    |   |             |   |   |   |   |   |   |   |   |
| B.                 | SPORT RELATED FITNESS   |             |   |   |   |   |   |   |   |   |
| B1.                | Develops endurance through long distance runs                                 |             |   |   |   | I | D | D | D | D |
| B2.                | Develops speed through short dashes   |             |   |   | I | D | D | D | D | D |
| B3.                | Runs sprint distances against one or more persons                             |             |   |   | I | D | D | D | D | D |
| B4.                | Stays in lane while running sprints   |             |   |   | I | D | D | M | M | M |
| B5.                | Runs beyond finish line to obtain maximum                                     |             | I | D | D | M |   |   |   |   |
| B6.                | Attains reasonable ability to change levels and direction in quick succession |             |   |   |   | I | D | D | D | D |
| B7.                | Hurdles a series of low collapsible objects                                   |             |   |   |   |   | I | D | D | D |
| B8.                | Jumps (up, out, over) landing lightly on feet                                 |             |   |   | I | D | D | M | M | M |
| B9.                | Increases distance covered in long jump                                       |             |   |   |   |   | I | D | D | D |
| B10.               | Increases ability to combine speed and power in movement                      |             |   |   |   |   | I | D | D | D |



**PROGRAM GOAL III: MANIPULATIVE SKILLS DEVELOPMENT**

**PROGRAM OBJECTIVES:**

- A. Uses manipulative equipment to develop various components of movement and physical fitness
- B. Uses arms, other body parts of equipment to thrust objects into space
- C. Uses hands, other body parts of equipment to stop and control moving objects

**SKILL LEVELS**

I-Introduce

D-Develop

M-Master/Maintain

| SUBJECT OBJECTIVES: |  | GRADE LEVEL |   |   |   |   |   |   |   |   |  |
|---------------------|--|-------------|---|---|---|---|---|---|---|---|--|
|                     |  | K           | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |  |
| A.                  | MANIPULATIVE SKILLS  |             |   |   |   |   |   |   |   |   |  |
| A1.                 | Jumps over low rope, still and moving                                      | I           | I | M |   |   |   |   |   |   |  |
| A2.                 | Jumps rope turned by someone else  |             | I | D | D | M |   |   |   |   |  |
| A3.                 | Runs through long rope   |             | I | D | D | M |   |   |   |   |  |
| A4.                 | Jumps in a self-turned rope  |             | I | D | D | M |   |   |   |   |  |
| A5.                 | Leaps over self-turned rope, traveling from one place to another           |             | I | D | M |   |   |   |   |   |  |
| A6.                 | Turns rope in cooperation with partner                                     |             | I | D | D | M |   |   |   |   |  |
| A7.                 | Turns rope backward and jumps  |             |   | I | D | D | M |   |   |   |  |
| A8.                 | Changes speed while jumping: slow-time, fast-time, double-time             |             |   | I | D | D | M |   |   |   |  |
| A9.                 | Uses various steps while jumping   |             |   | I | D | D | M | M | M | M |  |
| A10.                | Improvises jumping routines  |             |   |   | I | D | D | D |   |   |  |
| A11.                | Jumps in two long ropes (double dutch)                                     |             |   |   |   |   | I | D | D | D |  |
| A12.                | Makes ripples and waves with parachute                                     |             | I | D | D | M |   |   |   |   |  |
| A13.                | Cooperates with others to make mushrooms, mountains, etc., using parachute |             | I | D | M |   |   |   |   |   |  |
| A14.                | Using balls on tightly held chute to make "popcorn"                        |             | I | D | M |   |   |   |   |   |  |
| A15.                | Follows group routines using parachutes                                    |             |   | I | D | D | M |   |   |   |  |

| SUBJECT OBJECTIVES |  | GRADE LEVEL |   |   |   |   |   |   |   |   |  |
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|                    |  | K           | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |  |
| A16.               | Uses wands to increase dexterity   |             |   | I | D | M |   |   |   |   |  |
| A17.               | Uses hoops to improve coordination and dexterity                           | I           | I | D | D | D | M |   |   |   |  |
| A18.               | Propels self on scooter using feet   | I           | I | D | D | M |   |   |   |   |  |
| A19.               | Propels self on scooter using hands  | I           | I | D | D | M |   |   |   |   |  |
| A20.               | Cares for equipment properly   | I           | I | D | D | D | M | M | M | M |  |
| B.                 | SENDING SKILLS   |             |   |   |   |   |   |   |   |   |  |
| B1.                | Rolls a ball underhand in a straight line                                  | I           | D | M |   |   |   |   |   |   |  |
| B2.                | Rolls a variety of size, weight, and shape objects                         | I           | D | M |   |   |   |   |   |   |  |
| B3.                | Rolls a ball with different amounts of force to a specific target          |             | I | D | M |   |   |   |   |   |  |
| B4.                | Tosses a ball or bean bag high into the air                                | I           | D | M |   |   |   |   |   |   |  |
| B5.                | Throws a bean bag overhand   |             | I | D | M |   |   |   |   |   |  |
| B6.                | Throws a variety of object overhand for distance                           |             | I | D | M |   |   |   |   |   |  |
| B7.                | Throws overhand at a large target  |             | I | D | M |   |   |   |   |   |  |
| B8.                | Keeps a balloon in the air using different body parts and amounts of force | I           | D | M |   |   |   |   |   |   |  |
| B9.                | Tosses an object straight up so that it lands within self-space            |             | I | D | M |   |   |   |   |   |  |
| B10.               | Throws a ball over a 5' net or rope  |             | I | I | D | D | M |   |   |   |  |
| B11.               | Throws with different amounts of force                                     | I           | I | D | M |   |   |   |   |   |  |
| B12.               | Throws at a wall so the ball will return on the bounce                     |             | I | D | M |   |   |   |   |   |  |
| B13.               | Throws a 3" to 5" ball the width of the                                    |             |   |   | I | D | D | M |   |   |  |
| B14.               | Throws at or to moving targets   |             |   | I | D | D | D | D | D | D |  |
| B15.               | Passes a ball to a partner so that he/she can catch it                     | I           | I | D | D | M |   |   |   |   |  |
| B16.               | Passes ball by using a bounce pass   |             | I | D | D | M |   |   |   |   |  |
| B17.               | Sends a ball toward a 6' primary basket                                    |             | I | D | M |   |   |   |   |   |  |

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| B18.               | Tosses a small object with one hand and catches with the other |             |   | I | D | M |   |   |   |   |
| B19.               | Runs and sends objects toward a high target                    |             |   | I | D | M |   |   |   |   |
| B20.               | Dribbles a ball with each hand                                 |             |   | I | D | D | M |   |   |   |
| B21.               | Dribbles, alternating hands                                    |             |   |   | I | D | D | M |   |   |
| B22.               | Dribbles in general space controlling the ball                 |             |   | I | D | D | D | D | D | D |
| B23.               | Dribbles a ball while moving around it                         |             |   | I | D | M |   |   |   |   |
| B24.               | Dribbles around objects staying between the ball and object    |             |   |   | I | D | M |   |   |   |
| B25.               | Dribbles, changing direction, speed, hands, and levels         |             |   |   | I | D | D | D | D | D |
| B26.               | Dribbles around stationary self                                |             |   |   | I | D | M |   |   |   |
| B27.               | Dribbles and passes to a target or partner                     |             |   |   | I | D | D | D | M | M |
| B28.               | Dribbles and sends a ball toward a high target                 |             |   |   | I | D | D | D | M | M |
| B29.               | Drops a ball and hits it toward wall                           |             |   | I | D | D | M |   |   |   |
| B30.               | Holds a ball and hits it towards a target                      |             |   | I | D | D | M |   |   |   |
| B31.               | Hits a ball off a batting tee with plastic bat                 |             | I | D | D | M |   |   |   |   |
| B32.               | Strikes yarn balls or shuttlecocks with rackets or paddles     |             | I | D | D | D | D | M |   |   |
| B33.               | Strikes 3" balls with rackets or paddles.                      |             | I | D | M |   |   |   |   |   |
| B34.               | Kicks a stationary ball  | I           | D | M |   |   |   |   |   |   |
| B35.               | Kicks a ball with different amounts of force                   | I           | I | D | M |   |   |   |   |   |
| B36.               | Kicks with the sides of the feet                               |             | I | D | D | M | M | M | M | M |
| B37.               | Controls the ball with feet or other body parts                |             | I | D | D | D | D | D | D | D |
| B38.               | Controls ball with feet moving around objects and targets      |             |   | I | D | D | D | D | D | D |
| B39.               | Kicks a ball at targets low and high                           |             | I | D | D | D | M |   |   |   |

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|--------------------|---|-------------|---|---|---|---|---|---|---|---|
|                    |   | K           | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| B40.               | Kicks a ball through goals  |             | I | D | D | D | D | D | D | D |
| B41.               | Kicks a ball rolled by a partner  |             |   | I | D | D | M |   |   |   |
| B42.               | Kicks a ball off or out of hands  |             |   |   | I | D | D | M |   |   |
| B43.               | Pushes a ball or puck using stick   |             |   |   | I | D | D | D | D | D |
| C.                 | RECEIVING SKILLS  |             |   |   |   |   |   |   |   |   |
| C1.                | Stops (hand trap) a rolled ball   | I           | M |   |   |   |   |   |   |   |
| C2.                | Stops a rolling ball with the foot or other body parts  |             | I | D | D | M |   |   |   |   |
| C3.                | Moves to intercept a rolling ball with the feet   | I           | I | D | M |   |   |   |   |   |
| C4.                | Catches a dropped ball.   | I           | D | D | M |   |   |   |   |   |
| C5.                | Catches a tossed ball   | I           | D | D | M |   |   |   |   |   |
| C6.                | Catches a bounced ball  | I           | D | D | M |   |   |   |   |   |
| C7.                | Catches small objects in a pail or other container  | I           | I | D | M |   |   |   |   |   |
| C8.                | Catches passes coming from different directions   |             | I | D | D | D | D | D | D | D |
| C9.                | Absorbs force on a catch  |             | I | D | D | M |   |   |   |   |
| C10.               | Catches ball coming over a 5' net or rope   |             | I | D | D | M |   |   |   |   |
| C11.               | Keeps light weight ball going back and forth over a net   |             |   |   | I | D | M |   |   |   |
| C12.               | Moves to receive a ball in flight overhead  |             | I | D | D | D | D | D | D | D |
| C13.               | Receives and controls objects coming with different amounts of force, from different directions and at different levels |             | I | D | D | D | D | D | D | D |
| C14.               | Catches a kicked ball   |             |   | I | D | M |   |   |   |   |
| C15.               | Catches a ball coming off a wall with different amounts of force  |             |   | I | D | M |   |   |   |   |
| C16.               | Traps and controls ball or puck using foot or stick   |             |   |   |   | I | D | D | D | D |
| C17.               | Blocks by giving with the force of the ball or puck   |             |   |   |   | I | D | D | D | D |

| SUBJECT OBJECTIVES |  | GRADE LEVEL |   |   |   |   |   |   |   |   |
|--------------------|--|-------------|---|---|---|---|---|---|---|---|
|                    |  | K           | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| C18.               | Redirects by meeting the force of the ball with the force of the body  |             |   |   |   | I | D | D | D | D |
| C19.               | Redirects by meeting the force of the puck with the force of the stick |             |   |   |   | I | D | D | D | D |
| C20.               | Tackles and controls a ball or puck without personal contact           |             |   |   |   | I | D | D | D | D |

**PROGRAM GOAL IV: GAMES & SPORTS**

**PROGRAM OBJECTIVES:**

- A. Develops healthy attitudes toward participation in group games and sports
- B. Knows rules and strategies of popular team and individual sports
- C. Develops personal skills necessary for participation in leisure time sport program

**SKILL LEVELS:**

I-Introduce  
 D-Develop  
 M-Master/Maintain

| SUBJECT OBJECTIVES: |   | GRADE LEVEL |   |   |   |   |   |   |   |   |
|---------------------|---|-------------|---|---|---|---|---|---|---|---|
|                     |   | K           | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| A.                  | ATTITUDES   |             |   |   |   |   |   |   |   |   |
| A1.                 | Enjoys participation in games and sports  | I           | I | D | D | M | M | M | M | M |
| A2.                 | Appreciates the value of teamwork   | I           | I | D | M | M | M | M | M | M |
| A3.                 | Shows regard for the safety of all participants in an activity                        | I           | I | D | D | M | M | M | M | M |
| A4.                 | Recognizes, accepts and appreciates individual differences of self and others         |             | I | D | M | M | M | M | M | M |
| A5.                 | Demonstrates sportsmanship and emotional control in a variety of activities and games | I           | I | D | M | M | M | M | M | M |
| A6.                 | Appreciates the need for rules  | I           | I | D | D | M | M | M | M | M |
| A7.                 | Follows rules in games and sports   | I           | I | D | M | M | M | M | M | M |
| A8.                 | Accepts constructive criticism from peers and teacher                                 |             |   |   | I | D | D | D | D | D |
| A9.                 | Creates simple games  |             |   | I | D | M |   |   |   |   |
| A10.                | Understands the need to practice to improve skills                                    |             |   |   | I | D | D | D | D | D |
| A11.                | Develops ability to lead and coordinate team activities by acting as captain          |             |   |   |   |   | I | D | D | D |
| B.                  | KNOWLEDGE   |             |   |   |   |   |   |   |   |   |
| B1.                 | Knows rules involved in games and sports  | I           | I | D | D | D | D | D | D | D |
| B2.                 | Understands techniques and strategies of games and sports                             | I           | I | D | D | D | D | D | D | D |

| SUBJECT OBJECTIVES |  | GRADE LEVEL |   |   |   |   |   |   |   |   |  |
|--------------------|--|-------------|---|---|---|---|---|---|---|---|--|
|                    |  | K           | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |  |
| B3.                | Understands the value of learning to play many kinds of positions      |             |   |   | I | D | D | D | D | D |  |
| B4.                | Knows terminology used in kickball                                     |             |   |   | I | D | D | M | M | M |  |
| B5.                | Knows terminology used in basketball                                   |             |   |   | I | D | D | M | M | M |  |
| B6.                | Knows terminology used in volleyball                                   |             |   |   |   | I | D | D | M | M |  |
| B7.                | Knows terminology used in soccer                                       |             |   |   | I | D | D | M | M | M |  |
| B8.                | Knows terminology used in football                                     |             |   |   |   |   |   | I | D | M |  |
| B9.                | Knows terminology used in softball                                     |             |   |   |   |   |   | I | D | D |  |
| B10.               | Knows terminology used in badminton                                    |             |   |   |   |   |   | I | D | D |  |
| B11.               | Knows terminology used in tennis                                       |             |   |   |   |   |   |   | I | D |  |
| B12.               | Knows terminology used in floor hockey                                 |             |   |   |   |   |   | I | D | D |  |
| B13.               | Understands scoring for games and sports                               |             |   |   |   |   |   | I | D | D |  |
| B14.               | Scores games correctly   |             |   |   |   |   |   | I | D | D |  |
| B15.               | Develops understanding and leadership by officiating                   |             |   |   |   |   |   |   | I | D |  |
| B16.               | Gains an awareness of sports through participation                     |             |   |   |   |   |   |   |   |   |  |
|                    |  |             |   |   |   |   |   |   |   |   |  |
| C.                 | SKILLS   |             |   |   |   |   |   |   |   |   |  |
| C1.                | Participates in low organizational games                               | I           | I | D | D | M |   |   |   |   |  |
| C2.                | Understands that tagging is not hitting, pushing, tackling, or holding | I           | I | D | M |   |   |   |   |   |  |
| C3.                | Reaches goal without being tagged                                      |             | I | D | M |   |   |   |   |   |  |
| C4.                | Increases accuracy in throwing and kicking                             |             |   |   | I | D | D | D | D | D |  |
| C5.                | Demonstrates ability to combine movements into a sequence              |             |   |   |   |   | I | D | D | M |  |
| C6.                | Positions body to protect goal   |             |   |   |   |   | I | D | M | M |  |
| C7.                | Works with one or two persons to keep object from opponent             |             |   |   |   |   | I | D | M | M |  |

| SUBJECT OBJECTIVES |  | GRADE LEVEL |   |   |   |   |   |   |   |   |
|--------------------|--|-------------|---|---|---|---|---|---|---|---|
|                    |  | K           | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| C8.                | Intercepts objects without personal contact  |             |   |   |   | I | D | M | M | M |
| C9.                | Fakes using different parts of body, different levels, and different timing          |             |   |   |   | I | D | D | D | D |
| C10.               | Intercepts and passes to teammate  |             |   |   |   | I | D | D | D | D |
| C11.               | Positions self in relation to ball, opponent and/or goal                             |             |   |   | I | D | D | D | D | D |
| C12.               | Executes basic skills in kickball game   |             |   |   |   | I | D | M | M | M |
| C13.               | Executes basic skills in basketball game   |             |   |   |   | I | D | D | D | D |
| C14.               | Executes basic skills in volleyball game   |             |   |   |   |   | I | D | M | M |
| C15.               | Executes basic skills in soccer game   |             |   |   | I | D | D | D | D | D |
| C16.               | Executes basic skills in flag football game  |             |   |   |   |   |   | I | D | M |
| C17.               | Executes basic skills in softball game   |             |   |   |   |   |   | I | D | M |
| C18.               | Executes basic skills in floor hockey game   |             |   |   |   | I | D | M | M | M |
| C19.               | Executes basic skills in tennis match  |             |   |   |   |   |   |   | I | D |
| C20.               | Executes basic skills in a badminton game  |             |   |   |   |   | I | I | D | D |
| C21.               | Identifies positions in sports   |             |   |   | I | D | D | D | M | M |
| C22.               | Plays offensive and defensive positions  |             |   |   | I | D | D | D | D | D |
| C23.               | Changes from offensive to defensive behavior and vice versa                          |             |   |   | I | D | D | D | D | D |
| C24.               | Compares similarities of skills and strategies of team sports                        |             |   |   |   |   |   | I | D | D |
| C25.               | Learns activities which will be of value in current and future recreational pursuits |             |   |   | I | D | D | D | D | D |