

How Skillastics™ Match the Hawaii State Physical Education Standards

Grades K-2

Standard 1: MOVEMENT FORMS: Use motor skills and movement patterns to perform a variety of physical activities.

TOPIC: Fundamental Skills

Benchmark PE K-2, 1.1: Use basic locomotor skills in initial (immature) form alone, with a partner, and in small groups.

Halfpint Skillastics™ has movement activities that use most locomotor skills and can be done slow or fast on the signal of the instructor (e.g., walking, running, jumping, hopping, leaping, sliding, galloping skipping). The game also practices the use of personal space which can lead to the Ability to identify and use the concept independently.

Fitness Skillastics™ (Option for First and Second Grade) is played with a group of children divided up into six smaller teams. The students must maneuver in personal and general space while participating in the fitness activities. The game involves 26 different fitness activities, 14 involve high levels in space, 4 involve medium levels in space and 8 involve low levels in space.

TOPIC: Fundamental Skills

Benchmark PE K-2, 1.2: Use basic non-locomotor skills in initial (immature) form alone, with a partner, and in small groups.

Halfpint Skillastics™ has movement activities that use a variety of non-locomotor skills that work on balance, twisting, moving the body up, down, forward, backward, right, left and through.

Fitness Skillastics™ (Option for First and Second Grade) has two fitness activities using locomotor skills that can be performed with any of the above travel directions by request of the instructor.

TOPIC: Fundamental Skills

Benchmark PE K-2, 1.3: Use basic manipulative skills in initial (immature) form alone with a partner, and in small groups.

Halfpint Skillastics™ does not include specific activities for manipulative skills; however, it does include lead up activities that show the basic movement of a manipulative skill, that can be transformed once a ball is introduced (e.g., the game has a movement activity called *Piano Keys* that introduces the ball bouncing motion).

Fitness Skillastics™ (Option for First and Second Grade). Same concept as Halfpint Skillastics™ here.

Standard 2: COGNITIVE CONCEPTS: Understand movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

TOPIC: Safety and Play Etiquette:

Benchmark PE K-2, 2.1: Use basic movement concepts related to space, time, effort and relationships.

Halfpint Skillastics™ practices the use of personal space which can lead to the ability to identify and use the concept independently. When playing the game the instructor can teach why personal space is important which can lead to the ability of students to discuss the concept.

Fitness Skillastics™ can be played in open space. This would help the students understand the concept and relate its importance to sport-related games. The game has 4 activities that have actions that will have the students changing direction and changing speed to move away from other teammates to allow for personal space and safety.

TOPIC: Safety and Play Etiquette:

Benchmark PE K-2, 2.2: Identify basic rules for safe participation in physical activities.

Halfpint Skillastics™ the game has activity motions that practice through, sideways, up and down, forward and backward, which can lead to the ability to explain the difference between these motions and why general space and safety is important while performing these motions.

Fitness Skillastics™ is played by taking turns with other children. Repeated participation in the game practices the ability to be aware that all playing need/want a turn also. The game works on a student's general space awareness moving back and forth from the large game mat to the mini team mat. The game works on personal space awareness as the teammates participate in each movement activity within their small group.

Standard 3: ACTIVE LIFESTYLE: Participation regularly in physical activity

TOPIC: Individual, Dual, and Lifetime Activities

Benchmark PE K-2, 3.1: Participate regularly in physical education

Halfpint Skillastics™ is a fitness game that can be used in a variety of ways. The movement skills children learn playing Halfpint Skillastics™ can be and are practiced during recess.

TOPIC: Individual, Dual, and Lifetime Activities

Benchmark PE K-2, 3.2: Describe the social and emotional benefits of participating in physical activities.

Halfpint Skillastics™ is an enjoyable physical fitness activity that uses colorful dice and graphically animated action cards that appeal to children. Having an enjoyable experience playing Halfpint Skillastics™, will help plant that positive

seed for children to contain to remain active throughout their lifetime. Starting early is key.

Fitness Skillastics™ supports teamwork. Together teammates locate the correct fitness activity on a team mini game mat and read the direction together to remind each team member how to perform the activity. The game's group dynamics will give the children ample opportunities to practice and develop good sportsmanship.

Standard 4: PHYSICAL FITNESS: Know ways to achieve and maintain a health enhancing level of physical fitness

TOPIC: Fitness and Conditioning – Related Activities

Benchmark PE K-2, 4.1: Identify physiological indicators that accompany moderate to vigorous physical activities.

Halfpint Skillastics™ can be used as an option to play during the week to increase breathing and heart rate. The game has five different activity movement cards that work on flexibility. Each of the listed body parts is addressed. The game moves quickly with continuous movement. The time period can be increased to any length appropriate for the endurance level of children playing. Moderate to vigorous physical activity will be achieved with participation in this game.

Fitness Skillastics™ works on areas of cooperation. The team needs to take turns within the group. They need to attend to the mini game mat together to participate in the correct activity. The game is fun and that encourages positive participation, which leaves a positive impression of being physically active.

Grades 3-5

Standard 1: MOVEMENT FORMS: Use motor skills and movement patterns to perform a variety of physical activities.

TOPIC: Fundamental Skills

Benchmark PE 3-5, 1.1: Use locomotor and non-locomotor skills in a mature (proper), form.

The environment in **Fitness Skillastics™** is constantly changing as teams move around the game mat. There are 4 activities that have students moving away from each other, 4 activities that require the action of balance and 7 activities that perform some variety of jumping or hopping.

TOPIC: Fundamental Skills

Benchmark PE 3-5, 1.2: Use manipulative skills in a mature (proper) form.

N/A

TOPIC: Fundamental Skills

Benchmark PE 3-5, 1.3: Use combinations of mature (proper) movement forms, including locomotor, non-locomotor and manipulative skills.

Playing **Fitness Skillastics™** prepares children with the proper fundamental movement skills that helps strength and balance, so when combination movement forms are introduced, there is ease in transition.

Standard 2: COGNITIVE CONCEPTS: Understand movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities

TOPIC: Modified/Lead-Up Games and Activities

Benchmark PE 3-5, 2.1: Apply movement tactics in simple and modifies activities.

N/A

TOPIC: Safety and Play Etiquette

Benchmark PE 3-5, 2.2: Identify procedures for safe participation in physical activities.

Fitness Skillastics™ can be played in open space. This would help the students understand the concept and relate its importance to sport-related games.

the game has 4 activities that have actions that will have the students changing direction and changing speed to move away from other teammates to allow for personal space and safety.

Standard 3: ACTIVE LIFESTYLE: Participate regularly in physical activity

TOPIC: Individual, Dual and Lifetime Activities

Benchmark PE 3-5, 3.1: Participate regularly in physical activities that contribute to an active lifestyle and bring personal enjoyment.

Fitness Skillastics™ can be an option for students to participate in continuous moderate to vigorous physical activity. As the children's endurance increases the instructor can have them play for longer amounts of time to raise their aerobic capacity. This in turn helps prepare them for other vigorous physical activities like gymnastics, martial arts, dance, basketball, etc...

TOPIC: Individual, Dual and Lifetime Activities

Benchmark PE 3-5, 3.2: Describe health-related benefits of regular participation in physical activities.

After students play **Fitness Skillastics™**, it may help give them an idea for a personal fitness goal they need to work on outside of school. Students play the game at their own individual ability level, giving them the opportunity to practice accepting responsibility for their own performance without blaming others. The game is played within teams at each individual's own ability level. The students will get practice in accepting that some players will have higher skill levels than their own. The children will get to observe how their team and other teams work together.

Standard 4: PHYSICAL FITNESS: Know ways to achieve and maintain a health-related physical fitness

TOPIC: Fitness and Conditioning-Related Activities

Benchmark PE 3-5, 4.1: Identify the components of health-related physical fitness

Fitness Skillastics™ includes an instructional manual that includes each of the activities and what muscle groups work for each of those activities. This manual is an excellent guide to help identify components of health-related fitness. All fitness components are highlighted in all 26 activities.

TOPIC: Fitness and Conditioning-Related Activities

Benchmark PE 3-5, 4.2: Use appropriate methods to monitor physiological changes before, during and after physical activity.

In the **Fitness Skillastics™** instructional manual there includes exercises that measure heart rate. For example, if a team lands on activities; *Quick Jumps*, *Skipper*, *Jumping Jacks*, *Bobsled* or *Partner Pound N' Clap*, students need to stop, monitor and record their heart rate. After playing the game gives the instructor the perfect opportunity to talk about how playing the game made the students feel and what changes happened to their body before, during and after play. The game has 6 stretching activities to practice. The student can use the stretches they learn from this game and use them as cool-down activities after other physical fitness lessons, which will lead to the ability to explain the purpose of the cool-down period.

TOPIC: Fitness and Conditioning-Related Activities

Benchmark PE 3-5, 4.3: Describe ways in which moderate to vigorous physical activities can improve the health-related components of fitness

Fitness Skillastics™ can be an option for students to participate in continuous moderate to vigorous physical activity. As children's endurance increases the instructor can have them play for longer amounts of time to raise their aerobic capacity. The game has physical activities that will help develop the strength needed to perform more advanced physical activities.