

# How Skillastics™ Align With Texas Essential Knowledge and Skills (TEKS)

## (Fitness, Basketball, Soccer and Halfpint Skillastics™)

### Movement Concepts –

#### Space Awareness:

**Kindergarten** – Halfpint Skillastics™ encourages the awareness of personal space.

**Grades 1/2** – The games have movement activities that use some locomotor skills and can be done slow or fast.

**Grades 3/4** – Fitness Skillastics™ has activities that perform some variety of jumping or hopping in a variety of different ways (i.e. straight, curved, zig-zag).

**Grades 5/6** – The games have activities that perform some jumping, crouching and positioning movements that are related to sport specific fundamentals.

#### Body Awareness:

**Kindergarten** – Halfpint Skillastics™ has movement activities that move the body up, down, forward backward, right, left and through, as well as balancing activities.

**Grades 1/2** – The games have a variety of activities that require a base of balance other than having two feet on the ground. These activities will help develop the strength needed for students to demonstrate balance and weight transfers.

**Grades 3/4** – The games have a variety of activities that include showing good body control combined with stationary balances on a variety of body parts.

**Grades 5/6** – Fitness Skillastics™ has a balance activity that will help strengthen and coordinate the body for other activities that require balance. The game has 9 activities that involve weight transfer to complete the action. The balance and weight transfer activities in this game will help prepare students physically to play lead-up or modified games.

#### Qualities of Movement:

**Kindergarten:** Halfpint Skillastics™ demonstrates clear contrasts between slow and fast speeds while using locomotor skills.

**Grades 1/2** – The games are fun to participate with music playing. The instructor could choose music that has the beat change periodically and have the students pace their fitness activity repetitions to the changing beat.

**Grades 3/4** – n/a

**Grades 5/6** – n/a

#### Relationships:

**Kindergarten** – The games have movement activities that move the body up, down, forward, backward, right, left and through.

**Grades 1/2** – The games are played with the group divided into 6 teams. The children play amongst each other within their own team.

**Grades 3/4** – Fitness Skillastics™ include three activities that require a partner or group working together. Soccer Skillastics™ has a variety of activities that require partner leading, following or mirroring.

**Grades 5/6** – The students playing the games with their team can perform self-analyses and observe other students' movement patterns. The teammates can provide feedback to one another to assist in the development and improvement of their movement skills within the game.

**Locomotor Skills:**

**Kindergarten** – Halfpint Skillastics™ encourages travel (jumping, hopping, galloping), within a large group using locomotor skills without bumping into others or falling.

**Grades 1/2** – Fitness Skillastics™ has 4 activities that have students jump up and land on two or one foot. The game also has a fitness activity that practices skipping. Halfpint Skillastics™ includes activities for sliding, galloping and hopping.

**Grades 3/4** – The games have a variety of fundamental locomotor and body control skills that will help develop body control necessary to perform more difficult movement skills.

**Grades 5/6** – The games have 26 physical activities to perform, which will develop strength, stamina, coordination and sport specific skill development (i.e. basketball and soccer).

**Nonlocomotor Skills:**

**Kindergarten** – Halfpint Skillastics™ has activity cards with body parts in their vocabulary. Arms, Elbows, Feet, Fingers, Hand, Head, Knee, Leg, Toe. Repeated playing of the game will help with the ability to identify and describe those body parts.

**Grades 1/2** – n/a

**Grades 3/4** – n/a

**Grades 5/6** – Basketball and Soccer Skillastics™ include combinations of manipulative skills in complex or game-like situations.

**Jumping and Landing:**

**Kindergarten** – Halfpint Skillastics™ includes jumping and landing activities.

**Grades 1/2** – The games have a variety of jumping activities (i.e. imaginary jump rope).

**Grades 3/4** – Fitness Skillastics™ has 7 activities that perform some variety of jumping or hopping. These activities will help strengthen the muscles needed to jump rope continuously.

**Grades 5/6** - Fitness Skillastics™ has 7 activities that perform some variety of jumping or hopping. These activities will help strengthen the muscles needed to jump rope continuously using various rhythms and foot patterns.

**Chasing, Fleeing and Developing:**

**Kindergarten** – Halfpint Skillastics™ includes children traveling within a large group without bumping into others or falling. By signal of the instructor, children will learn and respond to starting and stopping while playing the game.

**Grades 1/2** – The games have activities that require a base of balance other than having two feet on the ground. The games have activities that require working with a partner. The games are played within a set of boundaries. A player moves back and forth in open space while traveling fast from the team's mini mat game to the large game.

**Grades 3/4** – The games have activities that have actions that require children to change direction and change speed to move away from other teammates to allow for personal space.

**Grades 5/6** – n/a

**Rolling:**

**Kindergarten** – Halfpint Skillastics™ includes an activity that works on rolling movement.

**Grades 1/2** – Halfpint Skillastics™ includes a rolling activity and activities that have children jump up and land on two feet.

**Grades 3/4** – n/a

**Grades 5/6** – n/a

**Balancing:**

**Kindergarten** – Halfpint Skillastics™ has movement activities that work on balance that help children successfully walk the length of a beam without falling.

**Grades 1/2** – Fitness Skillastics™ has 7 activities that require a base of balance other than having two feet on the ground. These activities help develop strength needed for more advance movements.

**Grades 3/4** – Fitness Skillastics™ has one and two-footed balance activities that will help develop the body control necessary to perform more advance balance skills. Basketball and Soccer Skillastics™ includes many balancing activities that require moving in and out of balance with control.

**Grades 5/6** - Fitness Skillastics™ has one and two-footed balance activities that will help develop the body control necessary to perform more advance balance skills. Basketball and Soccer Skillastics™ includes many balancing activities that require moving in and out of balance with control.

**Weight Transfer:**

**Kindergarten** – Halfpint Skillastics™ has movement activities that practice side to side, rocking rolling and feet to hand actions.

**Grades 1/2** – Fitness Skillastics™ has 5 activities that approximate the movement of transferring weight from feet to hands and back to feet, landing with control and will help develop the strength needed to perform the movement.

**Grades 3/4** – n/a

**Grades 5/6** – n/a

**Dribbling With Hands:**

**Kindergarten** – n/a

**Grades 1/2** – Basketball and Soccer Skillastics™ includes a variety of activities that specifically help develop key elements of hand and foot dribble.

**Grades 3/4** – Basketball and Soccer Skillastics™ has students moving continuously, practicing basic fundamentals of play. This gives the instructor the perfect opportunity to teach the importance of practicing a specific activity over and over again helps develop the skill.

**Grades 5/6** – Soccer Skillastics™ help develop competence in manipulative skills in dynamic situations. There are 7 activities included in the game that directly relate to this skill development.

**Kicking and Punting:**

**Kindergarten** – n/a

**Grades 1/2** – Soccer Skillastics™ has 7 activities that include a running or jogging approach prior to the kick.

**Grades 3/4** – Soccer Skillastics™ has 26 fundamental activities that include all the key elements of the game.

**Grades 5/6** - Soccer Skillastics™ has 26 fundamental activities that include all the key elements of the game. After playing the game, the instructor has the perfect opportunity to discuss the rules and strategies of the game of soccer. Children will have a better understanding of the game of soccer once they learn the fundamentals of soccer by playing Soccer Skillastics™.

**Throwing and Catching:**

**Kindergarten** – n/a

**Grades 1/2** – Soccer Skillastics™ has one activity that includes the overhead throw.

**Grades 3/4** – Soccer and Basketball Skillastics™ include a variety of activities that help develop hand/eye coordination, which in turn helps improve throwing and catching skills.

**Grades 5/6** - Soccer and Basketball Skillastics™ include a variety of activities that help develop hand/eye coordination, which in turn helps improve throwing and catching skills.

**Volleying:**

**Kindergarten** – n/a

**Grades 1/2** – Soccer and Basketball Skillastics™ have a variety of activities that help develop key elements of the hand and foot dribble.

**Grades 3/4** – Fitness Skillastics™ include a variety of activities that help develop a variety of movements (i.e. straddle position, ready position, bending knees to absorb force).

**Grades 5/6** - Soccer and Basketball Skillastics™ include a variety of activities that help develop hand/eye coordination, which in turn helps improve throwing and catching skills.

**Striking with Short-handled Implements:**

**Kindergarten** – n/a

**Grades 1/2** – Soccer and Basketball Skillastics™ have a variety of activities that help develop key elements of the hand and foot dribble.

**Grades 3/4** – Skillastics™ games include a variety of activities that help develop a variety of movements (i.e. straddle position, ready position, bending knees to absorb force).

**Grades 5/6** - Soccer and Basketball Skillastics™ include a variety of activities that help develop hand/eye coordination, which in turn helps improve throwing and catching skills.

**Striking with Long-Handled Implements:**

**Kindergarten** – n/a

**Grades 1/2** – Soccer and Basketball Skillastics™ have a variety of activities that help develop key elements of the hand and foot dribble.

**Grades 3/4** – Skillastics™ games include a variety of activities that help develop a variety of movements (i.e. straddle position, ready position, bending knees to absorb force).

**Grades 5/6** - Soccer and Basketball Skillastics™ include a variety of activities that help develop hand/eye coordination, which in turn helps improve throwing and catching skills.

**Physical Activity, Health and Safety –**

**Introduction to Fitness:**

**Kindergarten** – Halfpint Skillastics™ is an enjoyable fitness activity that uses colorful dice and graphically animated action cards that appeal to children. Playing the game can lead to the ability to describe positive social interaction such as; it's fun to play with lots of friends, when we take turns we all have fun, playing the game makes us happy.

**Grades 1/2** – The games are enjoyable to play. This positive fitness experience may encourage children to participate in physical games outside of school. The games have children participate in moderate to vigorous physical activity which can lead to the ability to explain how regular movement can lead to good health.

**Grades 3/4** – The games have children participate in moderate to vigorous physical activity which can lead to the ability to explain how regular movement can lead to good health.

#### **Cardiorespiratory Fitness:**

**Kindergarten** – Halfpint Skillastics™ can be used as an option to play during the week to increase breathing and heart rate, which gives the instructor the opportunity to talk about heart rate, breathing rate and perspiration.

**Grades 1/2** – The games will raise the student's heart rate while playing. The instructor can teach about changes in heart rate that the children will be able to feel in their body while participating in the games.

**Grades 3/4** – The games allow children to calculate their personal heart rate after completing the repetitions of the aerobic activities on the game board.

#### **Muscular Strength and Endurance:**

**Kindergarten** – When children are done playing Halfpint Skillastics™ the instructor can explain about all the muscles in the body and that playing games like Halfpint Skillastics™ help make those muscles big and strong.

**Grades 1/2** – The games include muscle strength and muscle endurance activities that can lead to the ability to describe how they enhance motor skill performance.

**Grades 3/4** – The Fitness Skillastics™ manual lists the muscles being used for each activity around the game board. Having the muscles listed in the manual is a convenient tool for teachers to use to review this information with the students. There are 2 different reproducible muscle matching games for the squad teams to work on together, which helps reinforce recognition of these muscles and how they work.

#### **Flexibility:**

**Kindergarten** – Halfpint Skillastics™ has flexibility action cards. Repetitive play of these activity cards will help with the ability to identify the body part involved when stretching.

**Grades 1/2** – Fitness Skillastics™ has 4 activities that work on stretching. Within these 4 activities, all the major muscles are being stretched. This will lead to the ability to identify the stretched muscles. It also gives the instructor the opportunity to teach about warm versus cold muscles.

**Grades 3/4** – The children can use the stretches they learn from Fitness Skillastics™ 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.

#### **Training and Conditioning:**

**Kindergarten** – Halfpint Skillastics™ is simple and fun to play. A child will tell the instructor that they like to play this game, identifying that it is enjoyable. The instructor can ask the child what activities are easy to do and which are difficult, using this teaching moment to talk about how difficult skills are challenging, but will get easier with practice.

**Grades 1/2** – The games have students participate in moderate to vigorous physical activity which can lead to the ability of the instructor to explain how regular movement can lead to good health and wellness.

**Grades 3/4** – The games work on four fitness components; aerobic endurance, muscle strength, muscle endurance and flexibility. Playing the game can be a tool to help students reach their short-term fitness goals.

**Healthy Habits:**

**Kindergarten** – When children are done playing Halfpint Skillastics™, the instructor can ask questions about how they feel when they are playing and how they feel when they have finished playing. This can lead to the ability to identify feelings from participation in physical activity. The instructor can observe and note the characteristics of sharing they see as students participate in the game. The game teaches the sharing characteristic of taking turns, which entails patience.

**Grades 1/2** – Fitness Skillastics™ has students participating in moderate to vigorous physical activity which can lead to the ability to explain how regular movement can lead to good health. This positive fitness experience may encourage students to include all healthy habit in their life.

**Grades 3/4** – Once students' play the games, it may give them an idea for a personal fitness or healthy habit goal they need to work on outside of school.



**For more information:**

**[www.skillastics.com](http://www.skillastics.com)**

**Sandy Spin Slade, Inc.**

**PO Box 1513**

**Corona, CA 92879**

**(951) 279-3476/ FAX (951) 279-3957**

**(888) 842-7746**