

Student Expectations and Performance Outcomes

For

Halfpint, Basketball, Fitness and Soccer Skillastics™

(Halfpint – HP, Basketball – BB, Fitness – FS, Soccer – SS)

Connecting with National Standards for Physical Education

Grade Levels: Kindergarten-Second

<p>Standard 1 <i>Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities</i></p>	<p>Standard 2 <i>Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities</i></p>	<p>Standard 3 <i>Participated regularly in physical activity</i></p>	<p>Standard 4 <i>Achieves and maintains a health-enhancing level of physical fitness</i></p>	<p>Standard 5 <i>Exhibits responsible personal and social behavior that respects self and others in physical activity settings</i></p>	<p>Standard 6 <i>Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction</i></p>
<ul style="list-style-type: none"> • The student will maneuver in personal and general space while engaging in this program (HP, BB, FS, SS) • The student will learn locomotor skills in said pathways by signal of an instructor (HP, BB, FS, SS) • The student will stop and start demonstrating clear contrasts between skipping hopping galloping, sliding, etc... (HP, FS) • The student will learn movement and rhythm to music that the instructor plays while he/she is engaging in this program (HP, FS) • The student will learn to tap ball from foot to foot, shifting weight and balancing body (SS) • The student will learn eight fitness activities that use symmetrical and asymmetrical shapes for balance along with other strength components (HP, 	<ul style="list-style-type: none"> • The student will travel in front of and behind partners using locomotor skills (HP, FS, SS) • The student will be able to identify and describe body parts that are used in this program – arms, elbows, feet, fingers, hand, head, knee, leg, toe (HP, FS) • The student will learn in this program, fitness activities that develop stretching that will lead to the instructors explanation on proper warm-up (FS) • The student will recognize appropriate safety practices in general space by throwing a ball (BB) • The student will learn while engaging in this program the importance of trying new activities (HP, BB, FS, SS) • The student will learn by engaging in this program fitness activities that develop lying to sitting position, squat to a standing position, and landing on both feet (HP, FS, BB, SS) 	<ul style="list-style-type: none"> • The student will engage in moderate to vigorous physical activity while engaging in this program (HP, FS, BB, SS) • The student will have a positive fitness experience engaging in a variety of locomotor, fleeing, tossing, juggling and tag activities while participating in this program, which will encourage the student to participate in other fitness activities outside of school (HP, FS, BB, SS) 	<ul style="list-style-type: none"> • The student will engage in activities that will help develop muscles so he/she will be able to hang from an overhead bar (HP, FS) • The student will increase hear rate by engaging in a series of locomotor activities that will build endurance (HP, FS) • The student will increase breathing and heart rate while engaging in this program (HP, FS, BB, SS) • The student will participate in activities that will help develop muscles so he/she will be able to climb a ladder, jungle gym or apparatus • The student will learn while engaging in this program that there are three progressive levels of repetitions to help develop endurance (HP, FS, SS) • The student will learn while engaging in this program that there are 5 fitness components (FS) 	<ul style="list-style-type: none"> • The student will stop and start traveling correctly in response to a signal (HP, FS, BB, FS) • The student will learn the sharing characteristic of taking turns and patience (HP, FS, BB, FS) • The student will show respect for self, others and equipment while participating in this program (HP, FS, BB, SS) • The student will be responsible for his/her own behavior and honestly reports the results of work (FS, BB, SS) • The student will learn while engaging in this program how to accept and appreciate other student's diverse levels of abilities (HP, FS, BB, SS) • The student will learn taking turns with other children while engaging in this program. The student will also learn repeated participation in the program practices the ability to be 	<ul style="list-style-type: none"> • The student will want to display verbal and non-verbal cues of enjoyment while engaging in this program (HP, FS, BB, SS) • The student will want to participate in new activities because this program is fun and the student will succeed in doing fitness activities (HP, FS, BB, SS) • The student will practice acceptable responses to challenge, successes and failures during this program (HP, FS, BB, SS) • The student will identify the program as fun and easy to play. This success will lead the student to share several other activities that are enjoyable (HP, FS, BB, SS) • The student will participate at his/her own ability level, which will create a positive experience of the progress made

<p>FS)</p> <ul style="list-style-type: none"> • The student will learn to drop a ball and catch it at the peak of the bounce (BB) • The student will move balance while bearing weight on a variety of body parts (HP, FS) 	<ul style="list-style-type: none"> • The student will learn while engaging in this program how to assess teammates movements and help correct possible errors (FS, BS, SS) • The student will learn from the instructor that after participating in this program the heart gets stronger (HP, FS, BS, SS) • The student will learn from the instructor after participating in this program the importance of practicing the appropriate movements improves performance (HP, FS, BB, SS) 			<p>aware that all playing need/want a turn also</p> <ul style="list-style-type: none"> • The student will learn when engaging in this program a fun way to participate in fitness activities at his/her own fitness level • The student will learn the sharing characteristic of turn taking and the cooperation characteristic of being aware of another need for personal space and the interpersonal skill of learning in a group setting (HP, FS, BB, SS) 	
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Student Expectations and Performance Outcomes

For

Halfpint, Basketball, Fitness and Soccer Skillastics™

(Basketball – BB, Fitness – FS, Soccer –SS)

Connecting with National Standards for Physical Education

Grade Levels: Third-Fifth

<p>Standard 1 <i>Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities</i></p>	<p>Standard 2 <i>Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities</i></p>	<p>Standard 3 <i>Participated regularly in physical activity</i></p>	<p>Standard 4 <i>Achieves and maintains a health-enhancing level of physical fitness</i></p>	<p>Standard 5 <i>Exhibits responsible personal and social behavior that respects self and others in physical activity settings</i></p>	<p>Standard 6 <i>Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction</i></p>
<ul style="list-style-type: none"> The student will learn a balance activity that will help strengthen and coordinate the body and will prepare the student for future activities that work on balance (FS) The student will learn seven activities that practice jumping or hopping skills. These actions will strengthen the muscles needed to jump higher (FS) The student will learn techniques and cues by engaging in this program that will help lead to the proper technique of dribbling and passing to a moving receiver (BB) 	<ul style="list-style-type: none"> The student will learn from the instructor after engaging in the program how to identify the heart rate intensity that is necessary to increase aerobic capacity (FS, BS, SS) The student will learn when engaging in the program how to transfer weight from back leg to front leg and striking and object forward (SS) The student will learn from the instructor after engaging in the program how to describe the difference in foot placement when kicking a stationary ball, a ball moving away, and a ball moving forward (SS) The student will be able to distinguish between appropriate and inappropriate physical fitness practices that help or diminish performance (FS, BB, SS) The student will learn after engaging in the program how to develop their own 	<ul style="list-style-type: none"> The student will have a positive experience engaging in this program, which will lead to participating in moderate to vigorous physical activity outside of Physical Education Class (FS, BB, SS) The student will have a positive experience engaging in the program, which will lead to participating in organized sports activities in the community (FS, BB, SS) The student will enjoy participating in the program. This positive experience will extend into engaging in sports programs provided by the school (FS, BB, SS) The student will learn from the instructor after engaging in the program how to compile and analyze pedometer data (FS, BB, SS) The student will learn from the instructor after engaging in the program how to compile and analyze a log 	<ul style="list-style-type: none"> The student will identify that this program develop and maintain all five fitness components (FS) The student will learn from the instructor after engaging in the program how to identify the hear rate intensity that is necessary to increase aerobic capacity (FS) The student will identify the program as an enjoyable activity to help him/her develop long-term fitness goals (FS) The student will increase his/her endurance by engaging in the program to run two laps around a track without stopping (FS, BS, SS) The student will develop muscles to increase strength in the arms, chest, back and legs while engaging in the program, which will lead to benefits of this strength (FS, BB, SS) The student will learn six stretches that will lead to the 	<ul style="list-style-type: none"> The student will contribute ideas and listen to the ideas of others in cooperative problem-solving situations that arise during the program (FS, BB, SS) The student will learn that teammates will have varying physical ability levels in this program, which will be an environment that lends to the practice of accommodating individual differences (FS, BB, SS) The student will learn to practice positive character traits, and observe how other teammates handle negative or positive peer pressure and take responsibility for his/her own behavior (FS, BB, SS) The student will learn after engaging in this program to appreciate physical games and activities reflecting diverse differences (FS, BB, SS) The student will practice positive reinforcement of the contributions and strengths 	<ul style="list-style-type: none"> The student will identify the program as an enjoyable activity to help them improve their fitness level (FS) The student will learn after engaging in the program how enjoyable it is to work with others to achieve a common goal (FS, BB, SS) The student will learn to the three increased levels of endurance in the program. This increase in endurance will help him/her maintain a longer, more competent levels of fitness (FS, SS) The student will learn after engaging in the program with others to recognize and accept individual differences (FS, BB, SS) The student will learn after engaging in the program which long-term physical activity goal he/she would want to work toward (FS) The student will learn 26 different fitness activities that cover all five fitness components in the program.

	<p>fitness game with motor skills, rules and strategies (FS, BB, SS)</p> <ul style="list-style-type: none"> The student will be able to list the benefits of participating in regular physical activity by the enjoyable feeling he/she has engaging in the program 	<p>noting activity for a two-three day period (FS)</p>	<p>ability to explain the benefits of performing and holding stretches for increasing lengths of time (FS)</p> <ul style="list-style-type: none"> The student will learn from the instructor after engaging in the program how to identify the heart rate intensity that is necessary to increase aerobic capacity (FS) The student will learn to describe the principles of training and the application to each of the components of health-related physical fitness after engaging in the program (FS) The student will learn 26 different fitness activities that cover all five fitness components in the program. Being exposed to this amount of activities will help the student work outside of school to improve his/her personal best on fitness components and motor skills (FS, BS, SS) 	<p>of his/her teammates (FS, BB, SS)</p>	<p>Being exposed to this amount of activities will help the student understand the benefits of physical activity (FS, BB, SS)</p>
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