

## 9<sup>th</sup> Grade Objectives

### Box Jump

#### Psychomotor:

1. The student will be able to jump from the floor onto a box 24 inches in height using correct form for 30 seconds continuously to improve vertical jump.
2. The student will be able to jump from the floor onto a box 24 inches height using correct form completing 4 sets of 15 repetitions to improve vertical jump.

#### Cognitive:

The student will demonstrate an understanding of safety by performing the jumps using proper technique and form for the desired time or number of repetitions.

#### Personal/social:

The student will demonstrate personal skills by following directions and completing the tasks.

### Single foot side-to-side ankle jump:

#### Psychomotor:

1. The student will be able to jump laterally over a cone alternating feet for 30 seconds using the proper TA form to improve vertical jump, balance, agility and cardio respiratory endurance.
2. The student will be able to jump laterally over a cone alternating feet using proper TA form completing 4 sets of 15 repetitions to improve vertical jump, balance, agility and cardio respiratory endurance.

#### Cognitive:

The student will demonstrate an understanding of safety by performing the jumps using proper technique and TA form for the desired time or number of repetitions.

#### Personal/social:

The student will demonstrate personal skills by following directions and completing the tasks.

### Depth Jump

#### Psychomotor:

1. According to ability the student will be able to jump from a box of a set height landing in a ready position with proper landing then exploding into a vertical leap using correct form to improve vertical jump, balance and cardio respiratory endurance.
2. The student will be able to perform the depth jump for 30 seconds while maintaining proper TA form.

#### Cognitive:

The student will demonstrate an understanding of safety by performing the jumps using proper technique and form for the desired time or number of repetitions.

Personal/social:

The student will demonstrate personal skills by following directions and completing the tasks.

## Standing long jump

Psychomotor 1:

1. The student will be able to jump from a standing position as high and as far as possible using the proper TA form continuously for 15 seconds to improve vertical, distance, and cardio respiratory endurance.
2. The student will be able to perform the standing long jump using proper TA form over a distance of 40 feet.

Cognitive:

The student will demonstrate an understanding of safety by performing the jumps using proper technique and form for the desired time or number of repetitions.

Personal/social:

The student will demonstrate personal skills by following directions and completing the tasks.