

Instructional Objectives Kindergarten

Movement Concepts

Student will demonstrate comprehension of self and general space by assuming body positions as requested by the instructor during class sessions on two of three trials.

Student will demonstrate comprehension of the three heights associated with levels (low, medium, and high) by assuming body positions in self and general space in response to challenges presented by the instructor during class activities on two of three trials.

Students will demonstrate comprehension of selected shape concepts (wide, narrow, bend, straight, and twisted) by assuming body position in self and general space in response to challenge presented by the instructor during class activities on two of three trials.

Student will demonstrate comprehension of the three types of speed (fast, medium and slow) by moving in self and general space in response to challenges presented by the instructor during class activities on two or three trials

Student will demonstrate comprehension of the proper location of selected body parts (head, hands, feet, arms, legs, nose, mouth, stomach, ears, back, fingers, toes, knees, and eyes) by moving in self and general space in response to challenges presented by the instructor during class activities on two of three trials.

Student will demonstrate comprehension of selected locative (in, on, over, around, front, beside, and behind) by moving in self space to challenges presented by the instructor during class activities on two or three trials.

Student will demonstrate comprehension of selected locative (in, on, over, around front, beside, behind, through) by moving in general space in response to challenge presented by the instructor during class activities on two of three trials.

Student will demonstrate comprehension of selected space, level, shape, and speed by moving in self and general space in response to challenge presented by the instructor during class activities on two of three trials.

Student will demonstrate comprehension of selected directions (forward, backward and sideways) by moving general space in response to challenge presented by the instructor during class activities on two of three trials.

Student will demonstrate comprehension of combinations of selected space, level, shape, speed, and direction by moving in self and general space in response to challenge presented by the instructor during class activities on two of three trials.

Student will demonstrate comprehension of even and uneven rhythm by moving in self and general space in response to challenge presented by the instructor during class activities on two of three trials.

Student will demonstrate comprehension of the concept turn by moving in general space in response to challenge presented by the instructor during class activities on two of three trials.

Student will demonstrate comprehension of selected pathways (straight and curved) by moving in self and general space in response to challenge presented by the instructor during class activities on two of three trials.

Student will demonstrate comprehension of combinations of selected space, level, shape, speed, direction and pathways by moving in self and general space in response to challenge presented by the instructor during class activities on two of three trials.

Non-Locomotor Skills

Student will demonstrate comprehension of selected non-locomotor skills (swing, sway, rock, push, pull, and shake) by moving in self and general space in response to challenges presented by the instructor during class activities on two of three trials.

Even Locomotor Skills

Student will walk demonstrating the four most critical points in the T.A. for 20 seconds without collision to others or objects following selected directions and pathways in response to challenges presented by the instructor on two of three trials.

Student will walk demonstrating the four most critical points in the T.A. for 20 seconds without collision to others or objects following selected directions and pathways in response to challenges presented by the instructor on two of three trials.

Student will jump demonstrating the four most critical points in the T.A. in response to challenges presented by the instructor on two of three trials.

Student will hop demonstrating the four most critical points in the T.A. in response to challenges presented by the instructor on two of three trials.

Uneven Locomotor Skills

Student will slide demonstrating the four most critical points in the T.A. for 20 seconds without collision with others in response to challenges presented by the instructor on two of three trials.

Student will gallop demonstrating the four most critical points in the T.A. for 20 seconds without collision with others in response to challenges presented by the instructor on two of three trials.

Student will distinguish among selected locomotor skills (walk, run, jump, hop, slide and gallop) to demonstrate the skill requested by the instructor during class activities on two of three trials

Rhythms

Student will demonstrate comprehension of even and uneven rhythm by moving selected implements (jump sticks, parachute) in response to challenges presented by the instructor on two of three trials.

Student will execute basic lummi stick skills during two four count sequences in response to challenges presented by the instructor during two of three trials.

Manipulatives – Hand Skills

Student will execute a one hand roll demonstrating the four most critical points in the T.A. to propel selected implements 15 feet to a stationary target on four of five trials.

Student will demonstrate a two hand underhand catch demonstrating the four most critical points in the T.A. using both hands to successfully field a ball rolled 15 feet by a partner during four of five trials.

Student will demonstrate a two hand underhand catch demonstrating the four most critical points in the T.A. after tossing a beanbag or yarn ball overhead at least 10 feet on four of five trials.

Student will demonstrate an underhand throw demonstrating the four most critical points in the T.A. using the dominant hand at a wall from a distance of 20 feet on four of five trials.

Student will distinguish between rolling and an underhand throw to execute the skill requested by the instructor during class activities on two of three trials.

Students will demonstrate an underhand strike demonstrating the four most critical points in the T.A. while contracting a balloon or beach ball during two of three trials

Students will demonstrate comprehension of level (high, medium, low) by striking a balloon to a height requested by the instructor during class activities on two of three trials.

Student will demonstrate two-hand bounce demonstrating the four most critical points in the T.A. while maintaining control of an eight-inch playground ball for 15 seconds during two of three trials.

Student will demonstrate a one-hand bounce demonstrating the four most critical points in the T.A. with the dominant hand while maintaining control of an eight-inch playground ball for 15 seconds on two of three trials.

Student will demonstrate a one-hand bounce demonstrating the four most critical points in the T.A. alternating hands maintaining control of an eight-inch playground ball for 10 seconds on two of three trials.

Student will distinguish among one, two and alternate hand bounce patterns to demonstrate the pattern requested by the instructor during class activities on two of three trials.

Student will demonstrate an overhead catch demonstrating the four most critical points in the T.A. using both hands to receive a balloon or nerf ball from a partner who executes an underhand toss 10 feet above the ground on two of three trials.

Student will demonstrate combinations of selected manipulatives (underhand throw, underhand catch, overhand throw, overhand catch) during selected class activities (such as modified two square, wall bounce, and catch partner bounce and catch , stations) executing T.A. form (described above) on two of three trials.

Student will distinguish among underhand throw, underhand catch, overhand throw, overhand catch to execute the appropriate pattern requested by the instructor during class activities on two of three trials.

Manipulatives – Foot Patterns

Student will execute a foot dribble demonstrating four most critical points in the T.A. maintaining control of a nerf ball for 10 seconds in general space on two of three trials.

Student will execute a shoelace kick demonstrating four most critical points in the T.A. with the dominant foot to propel a ball 15 feet to a wall on four of five trials.

Student will distinguish between a foot dribble and shoelace kick to demonstrate the skill requested by the instructor during class activities during two of three trials.

Tumbling

Student will execute a log roll demonstrating the four most critical points during two of three trials.

Student will execute an egg roll demonstrating the four most critical points during two of three trials.

Student will execute a forward roll demonstrating the four most critical points during two of three trials.

Personal-Social Skills

Student will demonstrate respect for teacher by responding to directions within five seconds during class activities on two of three trials.

Student will demonstrate pride in personal performance by making an observable effort to complete tasks presented by instructor during class activities on two of three trials.

Student will demonstrate cooperation by sharing equipment to carry out tasks assigned by instructor during class activities on two of three trials.

Student will demonstrate responsibility by bringing sneakers to class on scheduled class days during 90% of the classes scheduled.