

Tumbling Objectives – 5th grade

Psychomotor

P-1 Student will execute 3 consecutive forward rolls (TA form) finishing each roll in a standing position 2/3 times.

P-2 Student will execute 3 consecutive forward rolls (TA form) starting each roll from the straddle position and finishing each roll in a standing position 2/3 times.

P-3 Student will execute 3 consecutive forward rolls (TA form) starting each roll from a pike position and finishing each roll in a standing position 2/3 times.

P-4 Student will execute 3 consecutive backward rolls (TA form) finishing each roll in a standing position 2/3 times.

P-5 Student will execute 3 consecutive backward rolls (TA form) starting each roll from the straddle position and finishing each roll in a standing position 2/3 times.

P-6

P-7 Student will execute 3 consecutive headstands (TA form) finishing each headstand in a standing position 2/3 times.

P-8 Student will execute 3 consecutive cartwheels (TA form) finishing each cartwheel in a standing position 2/3 times.

P-10 Student will execute 3 consecutive one handed cartwheels (TA form) finishing each cartwheel in a lunge position 2/3 times.

P-11 Student will execute 3 consecutive round offs (TA form) finishing each cartwheel in a lunge position 2/3 times.

P-12 Student will execute 3 consecutive backbends (TA form) finishing each backbend in a standing position 2/3 times.

P-13 Student will execute the forward roll, backward, headstand, cartwheel, backbend and round off (TA form) during station work every 4 minutes, 4/5 times.

P-14 Student will end each trial of the [forward roll, backward, headstand, cartwheel, backbend and round off (TA form)] in a standing finish position 90 percent of the time.

Cognitive

C-1 When randomly called upon, 3 out of 4 students will verbally identify 1 of the most critical points of the forward roll.

C-2 When randomly called upon, 3 out of 4 students will verbally identify 1 of the most critical points of the backward roll.

C-3 When randomly called upon, 3 out of 4 students will verbally identify 1 of the most critical points of the headstand.

C-4 When randomly called upon, 3 out of 4 students will verbally identify 1 of the most critical points of the cartwheel.

C-5 When randomly called upon, 3 out of 4 students will verbally identify 1 of the most critical points of the backbend.

Personal-Social

PS-1 Student will show responsibility by following gym rules 90 percent of the time.

PS-2 Student will demonstrate good sportsmanship 90 percent of the time by verbally encouraging peers during circuit stations exercise.

PS-3 Student will demonstrate teamwork 90 percent of the time by working with a different partner each week for warm-up activities led by instructor.

