

Physical Education Skills

Essential Elements

Catching

- Keeps eyes on object and does not turn head away
- Hands reach to meet object
- Adjusts to ball height (thumbs together above waist & pinkies together below waist)
- Moves body towards object
- Gives with the object (catches softly/silently)
- Catches with accuracy in a dynamic environment/game situation/or drill

Rolling

- Faces target
- Ball in dominant hand
- Arm back in preparation
- Steps with opposition and lowers body towards ground
- Follow through action

Advanced

- Fluid motion
- Smooth roll
- Force
- Accuracy

Throwing

- Side to target
- Ball in dominant hand
- Throwing elbow is shoulder high
- Steps with opposition
- Follow through motion

Advanced

- Fluid motion
- Force
- Accuracy

Volleying

- Visual tracking
- Flat striking surface
- Upward underhand striking pattern using one hand

Advanced

- Consistently sends object above head
- Stays within set boundaries
- Maintains continuous striking action
- Achieves 4+ consecutive volleys

Striking

- Proper grip
- Proper stance
- Backswing
- Swings with full extension
- Follow through motion

Advanced

- Strikes moving object w/ all essential elements
- Strikes object over low net or against a wall

Hand Dribbling

- One handed contact
- Pushes ball down with fingers
- Maintains constant height of rebound near waist
- Ball in front of body and on 'dribble hand' side of midline
- Continuous controlled and rhythmic dribble
- Eyes look up to create and maintain awareness of surroundings

Advanced

- Dribbles w/ all essential elements while moving at various speeds & avoiding obstacles

Kicking

- Support foot to side of ball
 - Contact with instep/inside of foot
 - Continuous motion into kick
 - Follow through motion
- #### Advanced
- Approaches ball and kicks from a job or run
 - Kicks a moving ball
 - Kicks w/ accuracy as to benefit self or team in an activity/game setting

Punting

- Holds ball out at shoulder height
- Steps and plants with opposite foot
- Drops ball straight down
- Contacts with top of foot
- Backswing and follow through motion with leg

Advanced

- Fluid motion
- Uses a 2-3 step approach
- Punts as hard as possible using all essential elements

SHAPE America National Physical Education Standards

Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Jump Rope

Benchmarks/Progression

By 1st Grade:

- Short rope: Forward and backwards consecutively (3+)
- Long rope: 5 jumps with a teacher turning one end

By 3rd Grade:

- Short rope: Intermediate tricks
- Long rope: 10 jumps w/ students turning & intermediate tricks

By 5th Grade:

- Short rope: Can create and perform individual routine
- Long rope: Can create and perform group routine

Advanced

- Consistent rhythm
- Fluid transitions
- Balance and fluid movements

Intermediate Tricks = Changing or modifying the type of jump being used while being stationary or moving dynamically

Advanced Tricks = Changing, modifying, or manipulating the rope and/or involving other people

Jumping

- Arms back and knees bent in preparation
- Two foot take-off
- Arms swing
- Two foot landing
- Knees bend on landing

Advanced

- One foot take-off
- Fluid/mature motion
- Combined with other activities and/or consecutive jumps

Foot Dribbling & Receiving

Foot Dribbling

- Soft and small touches
- Pushes ball forward
- Keeps ball close and controlled
- Uses insides and outsides of both feet
- Eyes look up to create and maintain awareness of surroundings

Receiving

- Moves to ball
- Steps lightly on ball or ‘catches’ ball with foot
- Stops ball while maintaining possession

Advanced

- Displays all essential elements while moving dynamically and avoiding obstacles

Sportsmanship

“The Jefferson Way”

- Uses equipment safely
- Follows rules
- Cooperates with others
- Helps and encourages others
- Postive attitude
- Takes responsibility for actions
- Contributes to team success
- Accepts game results and final decisions

Locomotor

Hopping

- Taking off from one foot and landing on the same foot
- Maintains balance throughout the movement

Skipping

- Step-hop action on alternating feet
- Movement of non-support
- Maintains balance throughout the movement

Gallop

- Same foot leading
- Forward orientation
- Movement of non-support
- Back foot does not cross in front of lead foot
- Maintains balance throughout the movement

Sliding

- Uses a step-close motion
- Side orientation without twisting hips
- Same foot leading
- Maintains balance throughout the movement
- Brief period of non-support

Advanced

- Fluid motion
- Transition between movements

Gameplay

- Understands and follows the rules of the game
- Identifies the difference between offense and defense while applying each one to the game being played
- Uses provided strategies to gain an advantage for self or for team