

Throwing

5 Essential Elements = Side to target, Ball in dominant hand, Throwing elbow is shoulder high, Steps with opposition, Follow through motion

By 3rd Grade = Throws with all essential elements

By 5th Grade = Throws with all essential elements displaying fluid motion, force, and occasional accuracy

Striking

5 Essential Elements = Proper grip, Proper stance, Backswing, Swings with full extension, Follow through motion

By 2nd Grade = Strikes an object with correct grip and stance

By 5th Grade = Strikes a moving object with mature form displaying all 5 essential elements over a low net or against a wall

Hand Dribbling

6 Essential Elements = 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

By 2nd Grade = Displays all essential elements while stationary

By 5th Grade = Displays all essential elements moving at various speeds and avoiding obstacles

Jumping

5 Essential Elements = Arms back and knees bent in preparation, Two foot take-off, Arms swing, Two foot landing, Knees bend on landing

3 Mature Elements = One foot take-off, Fluid/mature motion, Combined with other activities and/or consecutive jumps

By 2nd Grade = Displays 4 of the 5 essential elements and at least 1 mature element

By 5th Grade = Displays all 5 essential and mature elements

Catching

6 Essential Elements = 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

By 3rd Grade = Attempts to catch the ball with at least 4 essential elements and is successful 75% of the time

By 5th Grade = Attempts to catch the ball with all essential elements and is successful 90% of the time

Jefferson Elementary

Physical Education

Skill Benchmarks

Punting

5 Essential Elements = 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

By 2nd Grade = Punts an object as hard as possible with all essential elements

By 5th Grade = Utilizes a 2-3 step approach to punt an object as hard as possible with all essential elements in a fluid motion

Volleying

3 Essential Elements = Visual tracking, Flat striking surface, Upward underhand striking pattern using one hand

3 Mature Elements = Consistently sends object above head, Stays within set boundaries, Maintains continuous striking action

By 3rd Grade = Displays all essential and mature elements while striking an object upward for 4-5 consecutive hits

By 5th Grade = Displays all essential and mature elements while striking an object against a wall or with a partner/opponent for 4-5 consecutive hits

Kicking

4 Essential Elements = Support foot to side of ball, Contact with instep/inside of foot, Continuous motion into kick, Follow through motion

3 Mature Elements = Approaches ball and kicks from a job or run, Kicks a moving ball, Kicks with accuracy as to benefit self or team in an activity or game setting

By 2nd Grade = Kicks both a stationary and slowly rolled ball from a job with all essential elements

By 5th Grade = Kicks both a stationary and moving ball from a jog or run with all essential elements using a fluid motion with accuracy

Foot Dribbling & Receiving

5 Essential Elements (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

3 Essential Elements (Receiving) = Moves to ball, Steps lightly on ball or 'catches' ball with foot, Stops ball while maintaining possession

By 3rd Grade = Displays all essential elements of both skills while moving slowly

By 5th Grade = Displays all essential elements of both skills while moving dynamically and avoiding obstacles

Rolling

5 Essential Elements = Faces target, Ball in dominant hand, Arm back in preparation, Steps with opposition and lowers body towards ground, Follow through action

By 3rd Grade = Demonstrates all essential elements and object rolls smoothly

By 5th Grade = Demonstrates all essential elements displaying fluid motion and force with occasional accuracy and object rolls smoothly

Jump Rope

3 Mature Elements = 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

By 1st Grade = Short rope: forward and backwards consecutively, Long rope: 5 jumps with a teacher turning one end

By 3rd Grade = Short rope: intermediate tricks, Long rope: 10 jumps with students turning and intermediate tricks

By 5th Grade = Short rope: can create and perform individual routine, Long rope: can create and perform group routine

Gameplay

By 2nd Grade = Understands and follows the rules of the game, identifies the difference between offense and defense while applying each one to the game being played

By 5th Grade = 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 their team

Locomotor

2 Essential Elements (Hopping) = Taking off from one foot and landing on the same foot, Maintains balance throughout the movement

3 Essential Elements (Skipping) = Step-hop action on alternating feet, Movement of non-support, Maintains balance throughout the movement

4 Essential Elements (Galloping) = Same foot leading, Forward orientation, Movement of non-support, Back foot does not cross in front of lead foot, Maintains balance throughout the movement

4 Essential Elements (Sliding) = Uses a step-close motion, Side orientation without twisting hips, Same foot leading, Maintains balance throughout the movement, Brief period of non-support

By 1st Grade = Hopping: displays all essential elements, Galloping: back foot sometimes crosses lead foot, Skipping: displays all essential elements, Sliding: displays all essential elements

By 2nd Grade = Displays all essential elements of each movement in a fluid, mature motion and is able to transition between each movement fluidly

Sportsmanship

"The Jefferson Way"

By 2nd Grade = Consistently uses equipment safely, follows rules, cooperates with others, and helps and encourages others

By 5th Grade = Consistently has a positive attitude, takes responsibility for actions, uses equipment safely, follows rules, cooperates with others, contributes to team success, and accepts game results and final decisions

Fitness Testing

3rd Grade = 3-4 scores fall in the Healthy Fitness Zone based on student age and gender

4th-5th Grade = 3-4 scores fall in the Healthy Fitness Zone based on student age and gender and at least 3 goals from Fitness Test Results form are achieved

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.

Wisconsin Physical Education Standards

Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Standard 3: Participates regularly in physical activity.

Standard 4: Achieves and maintains a health enhancing level of physical fitness.

Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction