

Basketball Unit

Goals and Objectives

Kindergarten: *Upon successful completion of this unit, students will be able to:*

1. Accurately pass a ball to a partner using a bounce pass.
2. Catch a bounce pass from a partner 50% of the time.
3. Dribble a basketball with the fingertips maintaining basic control.

Kindergarten Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate body and spatial awareness through safe movement

Emotional and Social Wellness:

1. Demonstrate respect for self, others, and equipment
2. Demonstrate the ability to follow directions

Prevention and Risk Management:

1. Identify the importance of respecting the personal space and boundaries of self and others

1st Grade: *Upon successful completion of this unit, students will be able to:*

1. Accurately pass a ball to a partner using both the bounce and the chest pass.
2. Catch a bounce pass from a partner 60% of the time and a chest pass 50% of the time.
3. Dribble a ball using the fingertips maintaining basic control.

1st Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate basic locomotor and nonlocomotor skills, and rhythmic and cross-lateral movements
2. Demonstrate fundamental manipulative skills

Physical and Personal Wellness:

1. Identify the body's normal reactions to moderate and vigorous physical activity

Emotional and Social Wellness:

1. Work independently and with others to complete work
2. Follow the rules of an activity

Prevention and Risk Management:

1. Develop movement control for safe participation in games and sports

2nd Grade: *Upon successful completion of this unit, students will be able to:*

1. Accurately pass a ball to a partner using both the bounce and the chest pass.
2. Catch a bounce pass from a partner 70% of the time and a chest pass 60% of the time.
3. Maintain good control of a dribble while moving.
4. Shoot a basketball with an overhand motion.

2nd Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate the elements of movement in combination with a variety of locomotor skills
2. Utilize feedback to improve performance

Emotional and Social Wellness:

1. Demonstrate positive and helpful behavior and words toward other students

3rd Grade: *Upon successful completion of this unit, students will be able to:*

1. Accurately pass a ball to a partner using the bounce, chest, and overhead pass using proper form.
2. Catch a pass from a partner 85% of the time.
3. Maintain good control of the basketball while running and dribbling
4. Shoot a basketball with an overhand motion.
5. Have a basic understanding of offensive and defensive concepts in regards to basketball.

3rd Grade Colorado Physical Education Standards Met

Movement Competence and Understanding:

1. Demonstrate a variety of motor patterns in simple combinations while participating in activities, games, and sports
2. Perform movements that engage the brain to facilitate learning

Physical and Personal Wellness:

1. Identify the benefits of sustained physical activity that causes increased heart rate and heavy breathing

Emotional and Social Wellness:

1. Demonstrate positive social behaviors during class.

4th Grade: *Upon successful completion of this unit, students will be able to:*

1. Have an understanding of proper shooting form and use an overhand shooting motion.
2. Understand double-dribble and travelling and perform a jump stop.
3. Use a bounce, chest, and overhead pass accurately and the use the appropriate pass in a given situation.
4. Dribble around an obstacle and dribble using proper form.
5. Have a basic understanding of offensive and defensive concepts including defensive stance.

4th Grade Colorado Physical Education Standards Met

Movement Competence and Understanding:

1. Identify the major characteristics of mature locomotor, nonlocomotor, manipulative, and rhythmic skills

Prevention and Risk Management:

1. Identify and describe the benefits, risks, and safety factors associated with regular participation in physical activity

5th Grade: *Upon successful completion of this unit, students will be able to:*

1. Understand the concept of shooting a layup and use an overhand shooting motion.
2. Use the appropriate pass for the given game situation.
3. Consistently use a jump stop to prevent travelling and not double dribble.
4. Prevent a defensive player from stealing a dribble while maintaining excellent control of the ball.
5. Play basic defense without fouling an opposing player.

5th Grade Colorado Physical Education Standards Met

Movement Competencies and Understanding

1. Demonstrate mature form for all basic manipulative, locomotor, and non-locomotor skills
2. Demonstrate understanding of how to apply movement concepts and principles to the learning and development of motor skills

Emotional and Social Wellness:

1. Assess and take responsibility for personal behavior and stress management
2. Choose to participate cooperatively and productively in group and individual physical activities

Prevention and Risk Management:

1. Understand and utilize safe and appropriate warm-up, pacing, and cool-down techniques for injury prevention and safe participation

6th Grade: *Upon successful completion of this unit, students will be able to:*

1. Understand proper shooting form and be introduced to the proper one-handed shot.
2. Have a basic understanding of the rules of the game of basketball including: 3 seconds, travelling, double dribble, point value of shots, free-throws, fouls.
3. Dribble or pass a ball around a defender.
4. Be in correct defensive stance and move well in this stance while playing defense.
5. Be able to rebound a basketball and understand the concept of boxing out.

6th Grade Colorado Physical Education Standards Met

Movement Competence and Understanding:

1. Demonstrate beginning strategies for a variety of games and sports.

Emotional and Social Wellness:

1. Recognize diverse skill performance in others and how that diversity affects game, activity, and sport participation
2. Work cooperatively and productively in a group

Prevention and Risk Management:

1. Demonstrate knowledge of safe practices in a physical activity setting

7th Grade: *Upon successful completion of this unit, students will be able to:*

1. Be able to correctly shoot the one handed jump shot using proper, basic form.
2. Correctly shoot right handed and left handed layups.
3. Utilize the basketball skills of pick and roll, cutting, backdoor passes in a game situation.
4. Be able to play man-to-man defense with a team in a game situation.
5. Work with a team to score using various offensive strategies.
6. Box out in order to prevent an opponent from getting a rebound.

7th Grade Colorado Physical Education Standards Met

Movement Competence and Understanding:

1. Combine the critical elements of movement and skills concepts

Emotional and Social Wellness:

2. Demonstrate inclusiveness in and out of classroom settings

Prevention and Risk Management:

1. Implement safety procedures in the utilization of space and equipment

8th Grade: *Upon successful completion of this unit, students will be able to:*

1. Be able to correctly shoot the one handed jump shot using proper, basic form.
2. Correctly shoot a right and left handed layup.
3. Show knowledge of offensive and defensive strategies and use these strategies in a game situation.
4. Box out in order to prevent an opponent from getting a rebound.
5. Understand and use correct defensive positioning when playing man-to-man defense.

8th Grade Colorado Physical Education Standards Met

Movement Competence and Understanding:

1. Demonstrate knowledge of principles and concepts for effective rhythmic motor development
2. Understand and apply game strategies to physical activities and sports

High School: *Upon successful completion of this unit, students will:*

1. Shoot both layups and jump shots using correct basic form.
2. Effectively pass a ball to teammates in a game situation.
3. Demonstrate both zone and man defenses and be able to use both in a game situation.
4. Use various offensive teamwork strategies to score on an opposing team
5. Understand and apply the basic rules of the game of basketball in order to play a full court basketball game.

High School Physical Education Standards Met

Movement Competence and Understanding:

1. Participate at a competent level in a variety of lifelong physical activities

2. Understand the cognitive impact of movement
3. Apply rules, principles, problem-solving skills, and concepts to traditional and nontraditional movement settings

Emotional and Social Wellness:

1. Demonstrate respect for individual differences and physical activity settings
2. Demonstrate collaboration, cooperation, and leadership skills
3. Demonstrate responsible behavior in group settings

Bouldering Unit

Goals and Objectives

Kindergarten: *Upon successful completion of this unit, students will:*

1. Understand the difference between bouldering and rock climbing.
2. Understand what a hold is and how to use it.
3. Be able to demonstrate proper spotting techniques with a partner.
4. Be able to boulder from one side of the wall to the other slipping off 2 or less times.

Kindergarten Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate body and spatial awareness through movement

Emotional and Social Wellness:

1. Demonstrate respect for self, others, and equipment
2. Demonstrate the ability to follow directions

Prevention and Risk Management

1. Identify the importance of respecting the personal space and boundaries of self and others

1st Grade: *Upon successful completion of this unit, students will:*

1. Be able to name the difference between bouldering and rock climbing and effectively use a hold.
2. Use proper spotting techniques to assist a partner.
3. Be able to use sound bouldering techniques including: not crossing feet, keeping arms straight, and thinking 2 moves ahead.
4. Be able to boulder from one side of the wall to the other slipping off no more than one time.

1st Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate basic locomotor and nonlocomotor skills, and rhythmic and cross-lateral movements:

Emotional and Social Wellness

1. Work independently and with others to complete work

Prevention and Risk Management:

1. Develop motor control for safe participation in games and sports

Floor Hockey Unit

Goals and Objectives

Kindergarten: *Upon successful completion of this unit students will be able to:*

1. Understand the safety issues associated with playing floor hockey.
2. Keep the hockey stick low when striking and running for safety purposes.
3. Strike a ball back and forth with a partner or to a specific target with some accuracy using hockey sticks.
4. Understand the concept of dribbling a ball with a hockey stick.

Kindergarten Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate body and spatial awareness through movement

Emotional and Social Wellness:

1. Demonstrate respect for self, others, and equipment
2. Demonstrate the ability to follow directions

Prevention and Risk Management:

1. Identify the importance of respecting the personal space and boundaries of self and others

1st Grade: *Upon successful completion of this unit, students will be able to:*

1. Understand and abide by all of the safety considerations [especially stick safety] associated with floor hockey.
2. Strike a ball with a hockey stick accurately to a designated target at least 50% of the time.
3. Dribble a ball with a hockey stick maintaining basic control with the ball close to the stick blade.
4. Maintain control of the ball while passing back and forth with a partner.

1st Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

2. Demonstrate fundamental manipulative skills

Emotional and Social Wellness:

1. Work independently and with others to complete work
2. Follow the rules of an activity

Prevention and Risk Management:

1. Develop motor control for safe participation in games and sports

2nd Grade: *Upon successful completion of this unit, students will be able to:*

1. Understand and abide by all of the safety considerations [especially stick safety] associated with floor hockey.
2. Strike a ball with accuracy to a goal or target at least 70% of the time.
3. Maintain excellent control of a ball while dribbling it with a hockey stick.
4. Utilize basic goalie strategies to prevent another player from scoring on goal.

5. Have a basic understanding of offensive and defensive strategies when participating in a modified floor hockey game.

2nd Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate the elements of movement in combination with a variety of locomotor skills
3. Utilize feedback to improve performance

Emotional and Social Wellness:

1. Demonstrate positive and helpful behavior and works towards other students

Prevention and Risk Management:

1. Apply rules, procedures and safe practices to create a safe school environment with little or no reinforcement

3rd Grade: *Upon successful completion of this unit, students will be able to:*

1. Understand and abide by all of the safety considerations [especially stick safety] associated with floor hockey.
2. Strike a ball with accuracy to a teammate or a goal at least 80% of the time.
3. Maintain control of a ball while dribbling it with a hockey stick.
4. Effectively play in the goalie position using various strategies to prevent an opposing team from scoring on goal.
5. Use offensive, defensive, and teamwork strategies in a competitive floor hockey game.

3rd Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate a variety of motor patterns in simple combinations while participating in activities, games, and sports
2. Perform movements that engage the brain to facilitate learning

Emotional and Social Wellness:

1. Demonstrate positive social behaviors during class

Gymnastics and Tumbling Unit

Goals and Objectives

Kindergarten: *Upon successful completion of this unit, students will be able to:*

1. Understand the concept of balancing and be able to balance in different body positions.
2. Successfully walk across a low balance beam in a forwards motion without falling.
3. Perform wheelbarrow with the aid of a partner.
4. Perform the forward roll with correct basic form.

Kindergarten Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate body and spatial awareness through movement
2. Locate the major parts of the body

Emotional and Social Wellness:

1. Demonstrate respect for self, others, and equipment
2. Demonstrate the ability to follow directions

1st Grade: *Upon successful completion of this unit, students will be able to:*

1. Successfully balance the body in various position and on different body parts.
2. Successfully walk across a low balance beam in a forwards and backwards motion without falling.
3. Perform the forward roll using correct form.
4. Understand the concept of how to perform a cartwheel.

1st Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate basic locomotor and nonlocomotor skills, and rhythmic and cross-lateral movements
3. Establish a beginning movement vocabulary

Emotional and Social Wellness:

1. Work independently and with others to complete work
2. Follow the rules of an activity

Prevention and Risk Management:

1. Develop movement control for safe participation in games and sports

2nd Grade: *Upon successful completion of this unit, students will be able to:*

1. Successfully walk across a low balance beam using various body motions including backwards, the drop step, and toe walking.
2. Perform the forward roll using correct form.
3. Perform the backwards roll using correct form.
4. Perform a cartwheel using correct basic form.

2nd Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate the elements of movement in combination with a variety of locomotor skills
2. Demonstrate control in traveling and weight bearing activities using a variety of body parts and implements
3. Utilize feedback to improve performance

Emotional and Social Wellness:

1. Demonstrate positive and helpful behavior and works towards other students

Prevention and Risk Management:

1. Apply rules, procedures and safe practices to create a safe school environment with little or no reinforcement

3rd Grade: *Upon successful completion of this unit, students will be able to:*

1. Successfully perform various counterbalance activities with a partner.
2. Perform a headstand with the aid of a spotter.
3. Perform a handstand with the aid of a spotter.
4. Perform the forwards and backwards rolls using correct form.
5. Perform a cartwheel using correct form.

3rd Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate a variety of motor patterns in simple combinations while participating in activities, games, and sports
2. Perform movements that engage the brain to facilitate learning

Emotional and Social Wellness:

1. Demonstrate positive social behaviors during class

Initiatives/Parachute Unit

Goals and Objectives

Kindergarten: *Upon successful completion of this unit students will:*

1. Be able to cooperatively work with a large group to achieve a common objective.
2. Follow the directions of the instructor to achieve a common objective.
3. Review and know the basic colors and shapes.

Kindergarten Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate body and spatial awareness through safe movement

Emotional and Social Wellness:

2. Demonstrate the ability to follow directions

Prevention and Risk Management:

1. Identify the importance of respecting the personal space and boundaries of self and others

1st Grade: *Upon successful completion of this unit students will:*

1. Be able to cooperatively work with a large group to achieve a common objective.
2. Demonstrate excellent listening and critical thinking skills while working in large and small groups.
3. Understand the difference between combative and cooperative activities.

1st Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate basic locomotor and nonlocomotor skills and rhythmic and cross-lateral movements

Emotional and Social Wellness:

1. Work independently and with others to complete work
2. Follow the rules of an activity

2nd Grade: *Upon successful completion of this unit students will:*

1. Work effectively with a large or small group to achieve a common objective.
2. Use critical thinking and communication skills to solve a problem in a group setting.
3. Use teamwork strategies including cooperation and good listening to achieve a common objective.

2nd Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate the elements of movement in combination with a variety of locomotor skills

Emotional and Social Wellness:

1. Demonstrate positive and helpful behavior and works toward other students

3rd Grade: *Upon successful completion of this unit, students will:*

1. Work effectively with a large or small group to achieve a common objective.
2. Effectively communicate within a group, including using effective listening, to create a common vision.
3. Use cooperation and teamwork to achieve a common objective.
4. Demonstrate critical thinking skills in order to overcome a common problem within a large or small group.

3rd Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate a variety of motor patterns in simple combinations while participating in activities, games, and sports
2. Perform movements that engage the brain to facilitate learning

Emotional and Social Wellness:

1. Demonstrate positive social behaviors during class

Jumping and Landing Unit

Goals and Objectives

Kindergarten: *Upon successful completion of this unit, students will:*

1. Understand the difference between jumping and hopping.
2. Be able to skip at a basic level of proficiency
3. Understand the concept of individual jumping rope
4. Be able to turn and jump an individual jump rope at least one time.

Kindergarten Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate body and spatial awareness through safe movement

Physical and Personal Wellness:

1. Understand that physical activity increases the heart rate, making the heart stronger

Emotional and Social Wellness:

1. Demonstrate respect for self, others, and equipment
2. Demonstrate the ability to follow directions

Prevention and Risk Management:

1. Identify the importance of respecting the personal space and boundaries of self and others

1st Grade: *Upon successful completion of this unit, students will:*

1. Understand the difference between individual jump rope and jumping the long rope.
2. Understand the pattern that is involved with jumping rope.
3. Be able to turn and jump the individual rope at least 3 times in a row.
4. Be able to successfully turn and jump the long rope while working with a small group.

1st Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate basic locomotor and nonlocomotor skills, and rhythmic and cross-lateral movements
2. Demonstrate fundamental manipulative skills

Personal and Physical Wellness:

1. Identify the body's normal reactions to moderate and vigorous physical activity

Emotional and Social Wellness:

1. Work independently and with others to complete work

2nd Grade: *Upon successful completion of this unit, students will:*

1. Be able to turn and jump the individual rope at least 5 times in a row using a consistent pattern.

2. Be able to jump the individual rope in a variety of ways including hopping rope or jumping rope in a backwards motion.
3. Effectively work with a small group to turn and jump the long rope and be able to successfully jump the long rope multiple times.
4. Understand the concept of the high jump and be able to successfully perform the high jump with a one-foot take off.

2nd Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

3. Utilize feedback to improve performance

Emotional and Social Wellness:

1. Demonstrate positive and helpful behavior and works toward other students

Prevention and Risk Management:

1. Apply rules, procedures and safe practices to create a school environment with little or no reinforcement

3rd Grade: *Upon successful completion of this unit, students will:*

1. Be able to turn and jump the individual rope more than 10 times in a row.
2. Be able to jump the individual rope performing at least 3 different skills such as: jumping jacks, hopping, backwards, ski jumps, the bell, the boxer, or the cross over.
3. Successfully turn and jump the long rope while working in a small group.
4. Understand the concept of the high jump and successfully perform the skill with a one-foot take off.

3rd Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate a variety of motor patterns in simple combinations while participating in activities, games, and sports

Physical and Personal Wellness:

1. Identify the benefits of sustained physical activity that causes increased heart rate and heavy breathing

Prevention and Risk Management:

1. Demonstrate positive social behavior during class

4th Grade: *Upon successful completion of this unit, students will:*

1. Be able to turn and jump the individual rope at least 20 times in a row.
2. Be able to sustain jumping rope for 1 minute.
3. Successfully jump rope using at least 3 different skills including: jumping jacks, hopping, backwards, ski jumps, the bell, the boxer, or the cross over.
4. Understand the concept of the high jump with a one-foot take off.

4th Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Identify the major characteristics of mature locomotor, nonlocomotor, manipulative, and rhythmic skills

Physical and Personal Wellness:

2. Recognize the benefits derived from regular, moderate, and vigorous physical activity

5th Grade: *Upon successful completion of this unit, students will:*

1. Be able to sustain jumping rope for at least one minute.
2. Successfully speed jump for one consecutive minute.
3. Be able to jump the individual rope performing at least 4 different skills such as: jumping jacks, hopping, backwards, ski jumps, the bell, the boxer, or the cross over.

5th Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate mature form for all basic locomotor, nonlocomotor, manipulative, and rhythmic skills
2. Demonstrate understanding of how to apply movement concepts and principles to the learning and development of motor skills.

Emotional and Social Wellness:

1. Assess and take responsibility for personal behavior and stress management
2. Choose to participate cooperatively and productively in group and individual physical activities

6th Grade: *Upon successful completion of this unit, students will:*

1. Be able to sustain jumping rope for at least 90 seconds.
2. Successfully speed jump for one consecutive minute.
3. Be able to jump the individual rope performing at least 5 different skills such as: jumping jacks, hopping, backwards, ski jumps, the bell, the boxer, or the cross over.

6th Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

3. Use information from a variety of resources to improve performance

Physical Wellness:

2. Demonstrate the ability to perform self-paced cardiovascular endurance activities

Prevention and Risk Management:

1. Demonstrate knowledge of safe practices in a physical activity setting

7th and 8th Grade: *Upon successful completion of this unit, students will:*

1. Be able to sustain jumping rope for at least 90 seconds.
2. Successfully speed jump for two consecutive minutes.

3. Be able to jump the individual rope performing at least 6 different skills such as: jumping jacks, hopping, backwards, ski jumps, the bell, the boxer, or the cross over.

7th and 8th Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate knowledge of effective timing and sequencing for skill performance

Physical and Personal Wellness:

1. Identify the personal, physiological, and fitness benefits of participating in a variety of physical activities

Prevention and Risk Management:

1. Implement safety procedures in the utilization of space and equipment

Native Youth Olympics Unit

Goals and Objectives

Kindergarten: *Upon successful completion of this unit students will be able to:*

1. Understand the significance of the Native Youth Olympics and some basic information about the Native people and state of Alaska.
2. Perform the Kneel Jump to a standing position.
3. Correctly perform the stick pull with a partner.
4. Place their bodies into correct position for performing the Seal Hop.

Kindergarten Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate body and spatial awareness through movement

Emotional and Social Wellness:

1. Demonstrate respect for self, others, and equipment
2. Demonstrate the ability to follow directions

Prevention and Risk Management:

1. Identify the importance of respecting the personal space and boundaries of self and others

1st Grade: *Upon successful completion of this unit, students will be able to:*

1. Understand information about the Native people of Alaska, the state of Alaska, and the significance of the Native Youth Olympics to the culture.
2. Correctly perform the Kneel Jump forward to a standing position.
3. Correctly perform the stick pull with a partner when working with a small group.
4. Correctly perform the Seal Hop in proper body position.
5. Perform Leg Wrestling with a partner using correct body position.

1st Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate basic locomotor and nonlocomotor skills, and rhythmic and cross-lateral movements
3. Establish a beginning movement vocabulary

Emotional and Social Wellness:

1. Work independently and with others to complete work
2. Follow the rules of the activity

Prevention and Risk Management:

1. Develop movement control for safe participation in games and sports

2nd Grade: *Upon successful completion of this unit, students will be able to:*

1. State information about the Native people of Alaska and the significance of the Native Youth Olympics along with geographic information about the state of Alaska.

2. Review and successfully perform both the Kneel Jump and Stick Pull.
3. Correctly perform the Seal Hop for at least 10 feet.
4. Leg Wrestle with a partner in correct body position.
5. Perform the Two Foot High Kick in correct body and foot position.

2nd Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate the elements of movement in combination with a variety of motor skills
2. Demonstrate control and balance in traveling and weight-bearing activities using a variety of body parts and implements
3. Utilize feedback to improve performance

Emotional and Social Wellness:

1. Demonstrate positive and helpful behavior and words toward other students

Prevention and Risk Management:

1. Apply rules, procedures and safe practices to create a safe school environment with little or no reinforcement

3rd Grade: *Upon successful completion of this unit, students will be able to:*

1. Understand and state information about the Native people of Alaska and the significance of the Native Youth Olympics along with the topography and geography of Alaska.
2. Review and be able to perform both the Stick Pull and Leg Wrestling with a partner/small group.
3. Correctly perform the Seal Hop for at least 15 feet.
4. Correctly perform the One and Two Foot and Kicks including proper foot position.
5. Understand correct body positioning for the Alaskan High Kick.

3rd Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate a variety of motor patterns in simple combinations while participating in activities, games, and sports
2. Perform movements that engage the brain to facilitate learning

Emotional and Social Wellness:

1. Demonstrate positive social behaviors during class

Striking with Paddles/Rackets Unit

Goals and Objectives

Kindergarten: *Upon successful completion of this unit, students will:*

1. Identify the difference between a paddle and racket.
2. Abide by the safety considerations associated with striking with paddles.
3. Be able to drop a ball and strike it with a paddle.
4. Be able to balance and object on a paddle while travelling.

Kindergarten Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate body and spatial awareness through movement

Emotional and Social Wellness:

1. Demonstrate respect for self, others, and equipment
2. Demonstrate the ability to follow directions

Prevention and Risk Management:

1. Identify the importance of respecting the personal space and boundaries of self and others

1st Grade: *Upon successful completion of this unit, students will:*

1. Abide by the safety considerations associated with striking with paddles.
2. Be able to drop and strike a ball with a paddle to a far distance.
3. Be able to strike a ball with a paddle more than once in a row.
4. Understand the difference between a forehand and a backhand strike.

1st Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

2. Demonstrate fundamental manipulative skills
3. Establish a beginning movement vocabulary

Emotional and Social Wellness:

1. Work independently and with others to complete work
2. Follow the rules of an activity

Prevention and Risk Management:

1. Develop movement control for safe participation in games and sports

2nd Grade: *Upon successful completion of this unit, students will:*

1. Abide by the safety considerations associated with striking with paddles.
2. Be able to strike a ball with a paddle accurately to a specific target repeatedly.
3. Be able to strike a ball with a paddle to self or a partner at least 3 times in a row.
4. Use the forehand or backhand strike in the appropriate situation.

2nd Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

2. Demonstrate control and balance in traveling and weight bearing activities using a variety of body parts and implements
3. Use feedback to improve performance

Emotional and Social Wellness:

1. Demonstrate positive and helpful behavior and works toward other students

Prevention and Risk Management:

1. Apply rules, procedures, and safe practices to create a safe school environment with little or no reinforcement

3rd Grade: *Upon successful completion of this unit, students will:*

1. Abide by the safety considerations associated with striking with paddles.
2. Be able to strike a ball using a paddle back and forth with a partner repeatedly.
3. Be able to strike a ball accurately off of a wall to self.
4. Use the forehand and backhand strike in the appropriate situation.

3rd Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate a variety of motor patterns in simple combinations while participating in activities, games, and sports
2. Perform movements that engage the brain to facilitate learning

Emotional and Social Wellness:

1. Demonstrate positive social behaviors during class

4th Grade: *Upon successful completion of this unit, students will:*

1. Abide by the safety considerations associated with striking with paddles.
2. Understand the basic components of pickle ball including rules and strategy.
3. Be able to strike a ball back and forth with a partner over a net.
4. Be able to successfully play pickle ball with a partner.

4th Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Identify the major characteristics of mature locomotor, nonlocomotor, manipulative, and rhythmic skills

5th Grade: *Upon successful completion of this unit, students will:*

1. Abide by the safety considerations associated with striking with badminton rackets.
2. Be able to strike a birdie to self repeatedly under control.
3. Be able to strike a birdie back and forth with a partner at least 5 times in a row.
4. Understand the difference between forehand and backhand strikes and be able to use both in a game situation.

5th Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate mature form for all basic locomotor, nonlocomotor, manipulative, and rhythmic skills
2. Demonstrate understanding of how to combine and apply movement concepts and principles to learn and develop motor skills

Emotional and Social Wellness:

1. Assess and take responsibility for personal behavior and stress management
3. Identify personal activity interests and abilities

6th Grade: *Upon successful completion of this unit, students will:*

1. Abide by the safety considerations associated with striking with badminton rackets.
2. Be able to strike a birdie back and forth with a partner at least 7 times in a row.
3. Be able to strike a birdie back and forth with a partner over a net.
4. Understand and apply the basic concepts of badminton.

6th Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate beginning strategies for a variety of games and sports
2. Participate in activities that require problem solving, cooperation, skill assessment, and team-building

Emotional and Social Wellness:

1. Recognize diverse skill performance in others and how that diversity affects game, activity, and sport participation

Prevention and Risk Management:

1. Demonstrate knowledge of safe practices in a physical activity setting

7th Grade: *Upon successful completion of this unit, students will:*

1. Be able to strike a birdie back and forth with a partner at least 10 times in a row.
2. Be able to correctly perform the serve in badminton.
3. Play a basic game of badminton with a partner(s) with net.
4. Use strategy in the game of badminton against an opponent.

7th Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Combine the critical elements of movement and skills concepts

Prevention and Risk Management:

1. Implement safety procedures in the utilization of space and equipment

8th Grade: *Upon successful completion of this unit, students will:*

1. Be able to strike a birdie back and forth with a partner at least 10 times in a row.
2. Know and apply all of the basic rules for the game of badminton.
3. Successfully use strategy with a partner to play a doubles game of badminton.

8th Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

2. Understand and apply strategies to physical activities and sports

Physical and Personal Wellness:

2. Identify preferences for lifetime physical activity

Soccer Unit

Goals and Objectives

Kindergarten: *Upon completion of this unit, students will be able to:*

1. Understand the difference between the instep and laces kick and kick without using the toes.
2. Consistently trap a soccer using the foot.
3. Dribble a ball maintaining basic control.
4. Kick a ball with accuracy at least 50% of the time.

Kindergarten Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate body and spatial awareness through safe movement

Emotional and Social Wellness:

1. Demonstrate respect for self, others, and equipment
2. Demonstrate the ability to follow directions

Prevention and Risk Management:

1. Identify the importance of respecting the personal space and boundaries of self and others

1st Grade: *Upon completion of this unit, students will be able to:*

1. Consistently kick with the instep or laces rather than using the toes.
2. Trap and soccer on 3 out of 5 attempts.
3. Accurately kick a soccer ball to a designated target 50% of the time.
4. Dribble a soccer ball maintaining close control.

1st Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate basic locomotor and nonlocomotor skills, and rhythmic and cross-lateral movements
2. Demonstrate fundamental manipulative skills
3. Establish a beginning movement vocabulary

Emotional and Social Wellness:

1. Work independently and with others to complete work
2. Follow the rules of an activity

Prevention and Risk Management:

1. Develop movement control for safe participation in games and sports

2nd Grade: *Upon completion of this unit, students will be able to:*

1. Consistently utilize the instep or laces kick rather than kicking with the toes.
2. Successfully trap a soccer ball 4 out of 5 attempts.
3. Dribble a soccer ball around an obstacle maintaining close control.
4. Have a basic understanding of offensive and defensive strategies in regards to soccer.

2nd Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate the elements of movement in combination with a variety of locomotor skills
3. Utilize feedback to improve performance

Emotional and Social Wellness:

1. Demonstrate positive and helpful behavior and words toward other students

Prevention and Risk Management:

1. Apply rules, procedures, and safe practices to create a safe school environment with little or no reinforcement

3rd Grade: *Upon completion of this unit, students will be able to:*

1. Use the instep or laces kick 90% of the time.
2. Dribble around obstacles and defensive players maintaining close control of the soccer ball.
3. Have a basic understanding of soccer positioning including goalies, fullbacks, halfbacks, and forwards.
4. Accurately kick a soccer ball to a designated target 75% of the time.

3rd Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate a variety of motor patterns in simple combinations while participating in activities, games, and sports
2. Perform movements that engage the brain to facilitate learning

Physical and Personal Wellness:

1. Identify the benefits of sustained physical activity that causes increased heart rate and heavy breathing

Emotional and Social Wellness:

1. Demonstrate positive social behaviors during class

4th Grade: *Upon completion of this unit, students will be able to:*

1. Accurately kick a soccer ball to a designated target 80% of the time.
2. Dribble a soccer ball around an obstacle and defensive player maintaining control of the ball.
3. Be able to head a soccer to a designated target.
4. Perform a throw-in using proper form.
5. Be able to name the positions of a soccer team.

4th Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Identify the major characteristics of mature locomotor, nonlocomotor, manipulative, and rhythmic skills

Prevention and Risk Management:

1. Identify and describe the benefits, risks, and safety factors associated with regular participation in physical activity

5th Grade: *Upon completion of this unit, students will be able to:*

1. Accurately kick a soccer ball to a designated target 85% of the time.
2. Maintain complete control of a soccer ball while dribbling and maneuver around a defender.
3. Gain a basic understanding of goalie principles and be able to block shots while in the goalie position.
4. Be able to name and play all of the positions on a soccer field.
5. Be able to perform a soccer throw-in using proper form.

5th Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate mature form for all basic manipulative, locomotor, and non-locomotor skills

Physical and Personal Wellness:

2. Demonstrate understanding of skill-related components of fitness and how they affect physical performance

Emotional and Social Wellness:

1. Assess and take responsibility for personal behavior and stress management
2. Choose to participate cooperatively and productively in group and individual physical activities

6th Grade: *Upon completion of this unit, students will be able to:*

1. Accurately kick a soccer ball to a designated target 90% of the time.
2. Dribble and pass a ball around a defensive player.
3. Steal a soccer ball from an offensive player.
4. Use strategy and teamwork in a game situation on both offense and defense.

6th Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate beginning strategies for a variety of games and sports
2. Participate in activities that require problem-solving, cooperation, skill assessment, and teambuilding

Emotional and Social Wellness:

1. Recognize diverse skill performance in others and how that diversity affects game, activity, and sport participation
2. Work cooperatively and productively in a group

Prevention and Risk Management:

1. Demonstrate knowledge of safe practices in a physical activity setting

7th Grade: *Upon completion of this unit, students will be able to:*

1. Accurately kick a soccer ball to a designated target 90% of the time.
2. Dribble and pass a ball around a defensive player.
3. Steal a soccer ball from an offensive player.
4. Use strategy and teamwork in a game situation on both offense and defense.

7th Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Combine the critical elements of movement and skills concepts

Emotional and Social Wellness:

2. Demonstrate inclusiveness in and out of classroom settings

8th Grade: *Upon completion of this unit, students will be able to:*

1. Accurately kick a soccer ball to a designated target 90% of the time.
2. Dribble or pass a ball around a defender.
3. Steal a soccer ball from an offensive player.
4. Use strategy and teamwork in a game situation on both offense and defense and play correct positioning.

8th Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

2. Understand and apply strategies to physical activities and games

Physical and Personal Wellness:

2. Identify preferences for lifetime physical activity

High School: Upon completion of this unit, students will:

1. Accurately kick a ball to a designated target 95% of the time.
2. Use offensive and defensive strategies along with teamwork in a competitive soccer game.
3. Understand and utilize correct positioning in soccer.
4. Utilize the basic rules and correct positioning in a kickball game.

High School Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Participate at a competent level in a variety of lifelong physical activities
3. Apply rules, principles, problem-solving skills, and concepts to traditional and nontraditional movement settings.

Emotional and Social Wellness:

1. Demonstrate respect for individual differences in physical activity settings
3. Demonstrate responsible behavior in group settings

Tee-Ball/Softball Unit

Goals and Objectives

Kindergarten: *Upon successful completion of this unit, students will:*

1. Be able to throw a ball using an overhand motion.
2. Be able to catch a ball in a scoop on 50% of attempts.
3. Understand the concept of batting a ball off a tee.

Kindergarten Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate body and spatial awareness through movement

Emotional and Social Wellness:

1. Demonstrate respect for self, others, and equipment
2. Demonstrate the ability to follow directions

Prevention and Risk Management:

1. Identify the importance of respecting the personal space and boundaries of self and others

1st Grade: *Upon successful completion of this unit, students will:*

1. Be able to throw a ball with accuracy using an overhand motion.
2. Be able to catch a ball in a scoop on 60% of attempts.
3. Use correct hand position when batting and be able to bat a ball off of a tee.
4. Understand the concept of fielding ball.

1st Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate basic locomotor and nonlocomotor skills, and rhythmic and cross-lateral movements
2. Demonstrate fundamental manipulative skills
3. Establish a beginning movement vocabulary

Emotional and Social Wellness:

2. Follow the rules of the activity

Prevention and Risk Management:

1. Develop movement control for safe participation in games and sports

2nd Grade: *Upon successful completion of this unit, students will:*

1. Be able to throw a ball using a good overhand motion and opposition.
2. Be able to catch a ball in a scoop on 75% of attempts.
3. Use correct hand and feet position to bat a ball and be able to bat a ball off of a tee.
4. Field a ball when batted off of a tee.

2nd Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate the elements of movement in combination with a variety of locomotor skills
3. Use feedback to improve performance

Prevention and Risk Management:

1. Apply rules, procedures and safe practices to create a safe school environment with little or no reinforcement

3rd Grade: *Upon successful completion of this unit, students will:*

1. Accurately throw a ball using correct opposition.
2. Be able to catch a ball in a scoop on at least 85% of attempts.
3. Use correct hand and feet position to ball a ball and accurately strike a ball off of a tee.
4. Accurately field both grounders and pop flies.
5. Understand the basic rules of tee-ball including base running.

3rd Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate a variety of motor patterns in simple combinations while participating in activities, games, and sports

Emotional and Social Wellness:

1. Demonstrate positive social behaviors during class

4th Grade: *Upon successful completion of this unit, students will:*

1. Use correct overhand throwing motion using opposition and with accuracy.
2. Be able to catch a ball with two hands on 75% of attempts.
3. Use correct batting technique [feet, torso, and hands] and be able to strike a ball with a bat.
4. Be able to pitch a ball with accuracy and strike a ball with a bat when the ball is pitched.
5. Understand basic baseball rules including base running.

4th Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Identify the major characteristics of mature locomotor, nonlocomotor, manipulative, and rhythmic skills

5th Grade: *Upon successful completion of this unit, students will:*

1. Accurately throw a ball with opposition and an overhand motion.
2. Be able to catch a ball with two hands on 80% of attempts.
3. Use correct batting technique and be able to bat a ball both off of a tee and when pitched.
4. Understand basic baseball rules including base running.
5. Gain a basic understanding of baseball positioning.

5th Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate mature form for all basic manipulative, locomotor, and non-locomotor skills

Emotional and Social Wellness:

1. Assess and take responsibility for personal behavior and stress management
2. Choose to participate cooperatively and productively in group and individual physical activities

6th Grade: *Upon successful completion of this unit, students will:*

1. Accurately throw a ball with opposition and an overhand motion.
2. Be able to catch a ball with two hands on 90% of attempts.
3. Use correct batting technique and be able to bat a ball both off of a tee and when pitched.
4. Understand basic baseball rules including base running.
5. Be able to name the positions on a baseball team.

6th Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate beginning strategies for a variety of games and sports

Emotional and Social Wellness:

1. Recognize diverse skill performance in others and how that diversity affects game, activity, and sport participation
2. Work cooperatively and productively in a group

Prevention and Risk Management:

1. Demonstrate knowledge of safe practices in a physical activity setting

7th Grade: *Upon successful completion of this unit, students will:*

1. Accurately throw a ball with opposition and an overhand motion and catch a ball on 90% of attempts.
2. Use correct batting technique and be able to bat a ball both off of a tee and when pitched.
3. Understand basic baseball rules including base running.
4. Understand baseball positioning and be able to play a variety of positions.

7th Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Combine the critical elements of movement and skills concepts

Emotional and Social Wellness:

2. Demonstrate inclusiveness in and out of classroom settings

Prevention and Risk Management:

1. Implement safety procedures in the utilization of space and equipment

8th Grade: *Upon successful completion of this unit, students will:*

1. Accurately throw a ball with opposition and an overhand motion and catch a ball on 90% of attempts.

2. Use correct batting technique and be able to bat a ball both off of a tee and when pitched.
3. Understand basic baseball rules including base running.
4. Understand baseball positioning and be able to play a variety of positions.

8th Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate knowledge of principles and concepts for effective rhythmic motor development
2. Understand and apply game strategies to physical activities and sports

High School: Upon successful completion of this unit, students will:

1. Accurately throw a ball with opposition and correct form
2. Use correct batting technique/stance and successfully bat a ball when pitched by an opposing team.
3. Understand and abide by the rules of baseball.
4. Be able to name and play the positions of baseball/softball.

High School Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Participate at a competent level in a variety of lifelong physical activities
2. Apply rules, principles, problem-solving skills, and concepts to traditional and nontraditional movement settings

Emotional and Social Wellness:

1. Demonstrate respect for individual differences in physical activity settings
2. Demonstrate responsible behavior in group settings

Throwing and Catching Unit

Goals and Objectives

Kindergarten: *Upon successful completion of this unit, students will:*

1. Understand the difference between throwing overhand and underhand.
2. Be able to correctly throw a ball using an overhand motion.
3. Be able to throw a ball at a specific target and to a far distance.
4. Consistently catch a ball when tossed to self.

Kindergarten Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate body and spatial awareness through safe movement

Emotional and Social Wellness:

1. Demonstrate respect for self, others, and equipment
2. Demonstrate the ability to follow directions

1st Grade: *Upon successful completion of this unit, students will:*

1. Be able to correctly throw a ball using an overhand motion and understand the concept of throwing with opposition.
2. Be able to accurately throw a ball to a specific target using an overhand throw.
3. Catch a ball on at least 50% of attempts.
4. Successfully throw and catch a ball with a partner.

1st Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

2. Demonstrate fundamental manipulative skills
3. Establish a beginning movement vocabulary

Emotional and Social Wellness:

1. Work independently and with others to complete work
2. Follow the rules of an activity

Prevention and Risk Management:

1. Develop movement control for safe participation in games and sports

2nd Grade: *Upon successful completion of this unit, students will:*

1. Be able to correctly throw a ball using an overhand motion and with opposition.
2. Be able to accurately throw a ball to a specific target or partner at least 75% of the time.
3. Catch a ball on at least 60% of attempts.
4. Use overhand throwing and catching techniques in a game situation.

2nd Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

3. Use feedback to improve performance

Emotional and Social Wellness:

1. Demonstrate positive and helpful behavior and words towards other students

3rd Grade: *Upon successful completion of this unit, students will:*

1. Correctly throw a ball using an overhand motion with opposition.
2. Be able to accurately throw a ball to a specific target or partner at least 85% of the time.
3. Catch a ball on at least 70% of attempts.
4. Use overhand throwing and catching techniques in a competitive situation.
5. Use offensive, defensive, and teamwork strategies in a modified Team Handball game.

3rd Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate a variety of motor patterns in simple combinations while participating in activities, games, and sports
2. Perform movements that engage the brain to facilitate learning

Emotional and Social Wellness:

1. Demonstrate positive social behaviors during class

4th Grade: *Upon successful completion of this unit, students will:*

1. Correctly throw a ball using an overhand motion with opposition.
2. Be able to catch a ball using the hands rather than trapping the ball against the body.
3. Be introduced to throwing a variety of balls including a football.
4. Throw a ball accurately to a moving target and catch a ball while on the run.

4th Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Identify the major characteristics of mature locomotor, nonlocomotor, manipulative, and rhythmic skills
2. Provide and receive feedback to and from peers using the major characteristics of mature locomotor and manipulative skills

Prevention and Risk Management:

1. Identify and describe the benefits, risks, and safety factors associated with regular participation in physical activity

5th Grade: *Upon successful completion of this unit, students will:*

1. Show mature motor patterns in both throwing and catching including using opposition and catching with the hands rather than the body.
2. Throw a ball accurately to a moving target and catch a ball while on the run.
3. Be able to correctly carry a football, understand the concept of a fumble and use agility while running.
4. Use throwing and catching strategies along with teamwork in a competitive situation.

5th Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate mature form for all basic locomotor, non-locomotor, manipulative, and rhythmic skills
2. Demonstrate understanding of how to combine and apply movement concepts and principles to learn and develop motor skills

Emotional and Social Wellness:

1. Assess and take responsibility for personal behavior and stress management
2. Choose to participate cooperatively and productively in group and individual physical activities

6th Grade: *Upon successful completion of this unit, students will:*

1. Show mature motor patterns in both throwing and catching including using opposition and catching with the hands rather than the body.
2. Throw a ball accurately to a moving target and catch a ball while on the run.
3. Understand man-to-man defense and blocking in a modified football game.
4. Be able to run a pass pattern and understand the difference between offense and defense in a football game.

6th Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate beginning strategies for a variety of games and sports
2. Participate in activities that require problem solving, cooperation, skill assessment, and teambuilding

Emotional and Social Wellness:

1. Recognize diverse skill performance in others and how that diversity affects game, activity, and sport participation
2. Work cooperatively and productively in a group

Prevention and Risk Management:

1. Demonstrate knowledge of safe practices in a physical activity setting

7th Grade: *Upon successful completion of this unit, students will:*

1. Show mature motor patterns in both throwing and catching including using opposition and catching with the hands rather than the body.
2. Be able to pick out a receiver in a crowd and throw accurately.
3. Understand the basic concept of defense in a football game and use excellent teamwork in a competitive situation.

7th Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Combine the critical elements of movement and skills concepts

Prevention and Risk Management:

1. Implement safety procedures in the utilization of space and equipment

8th Grade: *Upon successful completion of this unit, students will:*

1. Show mature motor patterns in both throwing and catching including using opposition and catching with the hands rather than the body.
2. Use throwing and catching with a team in a competitive situation.
3. Use offensive and defensive strategies along with teamwork in a competitive game situation.

8th Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

2. Understand and apply game strategies to physical activities and sports

High School: *Upon successful completion of this unit, students will:*

1. Demonstrate mature motor patterns in both the overhand throw using opposition and catching with the hands rather than the body.
2. Effectively use throwing and catching offensive strategies in a flag football game to outplay a defense.
3. Use teamwork and defensive strategies in a flag football game.
4. Understand and utilize both offensive and defensive sets in a competitive flag football game.

High School Colorado Physical Education Standards Met

Movement Competence and Understanding:

1. Participate at a competent level in a variety of lifelong physical activities
2. Understand the cognitive impact of movement
3. Apply rules, principles, problem-solving skills, and concepts to traditional and nontraditional movement settings

Emotional and Social Wellness:

1. Demonstrate respect for individual differences and physical activity settings
2. Demonstrate collaboration, cooperation, and leadership skills
3. Demonstrate responsible behavior in group settings

Prevention and Risk Management:

1. Understand the risks and safety factors that may affect participation in physical activity

Track and Field Unit

Goals and Objectives

Kindergarten: *Upon successful completion of this unit, students will:*

1. Understand the meaning of the word “sprint” and be able to perform sprints of varying lengths.
2. Be able to perform the long jump using a one-foot take off and understand the concept of the long jump.
3. Be able to complete the tug-of-war using appropriate sportsmanship.
4. Understand the concept of a relay race and be able to successfully perform a relay race with a small group.

Kindergarten Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate body and spatial awareness through movement
2. Locate the major parts of the body

Physical and Personal Wellness:

1. Understand that physical activity increases the heart rate, making the heart stronger

Emotional and Social Wellness:

1. Demonstrate respect for self, others, and equipment
2. Demonstrate the ability to follow directions

1st Grade: *Upon successful completion of this unit, students will:*

1. Understand the concept of the long jump and be able to perform the long jump using a one-foot take off.
2. Perform sprints of varying lengths.
3. Be able to complete the tug-of-war using excellent sportsmanship and teamwork.
4. Understand the concept of a relay race and be able to perform a relay race within a small group.

1st Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate basic locomotor and nonlocomotor skills, and rhythmic and cross-lateral movements
3. Establish a beginning movement vocabulary

Physical and Personal Wellness:

2. Identify the body’s normal reactions to moderate and vigorous physical activity

Emotional and Social Wellness:

1. Work independently and with others to complete work
2. Follow the rules of the activity

Prevention and Risk Management:

1. Develop movement control for safe participation in games and sports

2nd Grade: *Upon successful completion of this unit, students will:*

1. Be able to perform both the long jump and the high jump using a correct one-foot take off and two-foot landing.
2. Be able to complete the tug-of-war using excellent sportsmanship and teamwork.
3. Work effectively with a small group to complete a relay race using good baton passing and team strategy.
4. Understand the difference between running a sprint and running a long distance race including the concept of pacing.

2nd Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate the elements of movement in combination with a variety of locomotor skills
2. Demonstrate control and balance in traveling and weight bearing activities using a variety of body parts and implements
3. Utilize feedback to improve performance

Prevention and Risk Management:

1. Apply rules, procedures, and safe practices to create a safe school environment with little or no reinforcement

3rd Grade: *Upon successful completion of this unit, students will:*

1. Be able to perform both the long jump and the high jump using correct one-foot take off and two-foot landing.
2. Complete the tug-of-war using excellent sportsmanship and teamwork.
3. Use excellent baton passing and teamwork strategies to compete in a relay race.
4. Use the correct 4-point stance when running a sprint and use good pacing when running a long distance race.

3rd Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate a variety of motor patterns in simple combinations while participating in activities, games, and sports

Physical and Personal Wellness:

1. Identify the benefits of sustained physical activity that causes increased heart rate and heavy breathing

Emotional and Social Wellness:

1. Demonstrate positive social behaviors during class

4th Grade: *Upon successful completion of this unit, students will:*

1. Understand the concept of a relay and effectively perform a handoff within a small group.
2. Correctly perform the 4-point sprinter stance.

3. Perform the standing long jump using a two-foot take off.
4. Correctly perform the long jump using a one-foot take off and a two-foot landing.
5. Perform the Tug-of-War using excellent teamwork and sportsmanship.

4th Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Identify the major characteristics of mature locomotor, nonlocomotor, manipulative, and rhythmic skills

Physical and Personal Wellness:

3. Recognize the benefits derived from regular, moderate, and vigorous physical activity

Prevention and Risk Management:

1. Identify and describe the benefits, risks, and safety factors associated with regular participation in physical activity

5th Grade: *Upon successful completion of this unit, students will:*

1. Effectively perform a handoff within a relay team.
2. Correctly perform the 4-point sprinter stance and perform sprints of various lengths.
3. Perform the standing long jump using a two-foot take off.
4. Correctly perform the long jump using a one-foot take off and a two-foot landing.
5. Perform the Tug-of-War using excellent teamwork and sportsmanship.

5th Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate mature form for all basic locomotor, nonlocomotor, manipulative, and rhythmic skills
2. Demonstrate understanding of how to apply movement concepts and principles to the learning and development of motor skills

Physical Wellness:

1. Understand and apply basic principles of training to improving physical fitness

Emotional and Social Wellness:

1. Assess and take responsibility for personal behavior and stress management
2. Choose to participate cooperatively and productively in group and individual physical activities

Prevention and Risk Management:

1. Understand and utilize safe and appropriate warm-up, pacing, and cool-down techniques for injury prevention and safe participation

6th Grade: *Upon successful completion of this unit, students will:*

1. Effectively perform a handoff within a relay team and use strategy to effectively set up a relay team order.

2. Correctly perform the 4-point sprinter stance and perform sprints of various lengths.
3. Perform an obstacle course using hurdles and various jumping activities.
4. Correctly perform the long jump using a one-foot take off and a two-foot landing and understand the concept of hurdling.
5. Perform the Tug-of-War using excellent teamwork and sportsmanship.

6th Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate beginning strategies for a variety of games and sports
2. Participate in activities that require problem-solving, cooperation, skill assessment, and teambuilding

Physical Wellness:

2. Demonstrate the ability to perform self-paced cardiovascular endurance activities

Emotional and Social Wellness:

1. Appreciate diverse skill performance in others and self
3. Work cooperatively and productively in a group

Prevention and Risk Management:

1. Demonstrate knowledge of safe practices in a physical activity setting

7th Grade: *Upon successful completion of this unit, students will:*

1. Effectively perform a handoff within a relay team and use strategy to effectively set up a relay team order.
2. Correctly perform the 4-point sprinter stance and perform sprints of various lengths.
3. Be able to effectively use pacing in a long distance race.
4. Perform an obstacle course using hurdles and various jumping activities.
5. Correctly perform the long jump using a one-foot take off and a two-foot landing and understand the concept of hurdling.

7th Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Combine the critical elements of movement and skills concepts

Prevention and Risk Management:

1. Implement safety procedures in the utilization of space and equipment

8th Grade: *Upon successful completion of this unit, students will:*

1. Effectively perform a handoff within a relay team and use strategy to effectively set up a relay team order.
2. Correctly perform the 4-point sprinter stance and perform sprints of various lengths.
3. Be able to effectively use pacing in a long distance race.
4. Perform an obstacle course using hurdles and various jumping activities.
5. Correctly perform the long jump using a one-foot take off and a two-foot landing and understand the concept of hurdling.

8th Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

2. Understand and apply game strategies to physical activities and sports

Physical and Personal Wellness:

1. Identify the personal, physiological, and fitness benefits of participating in a variety of physical activities

Volleying Unit

Goals and Objectives

Kindergarten: *Upon successful completion of this unit students will:*

1. Review both individual and long jump rope skills.
2. Understand the concept of volleying as opposed to throwing and catching.
3. Understand the concept of volleying with a closed fist.
4. Be able to volley a light object into the air more than one time in a row with no more than one bounce in between.

Kindergarten Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate body and spatial awareness through movement

Emotional and Social Wellness:

1. Demonstrate respect for self, others, and equipment
2. Demonstrate the ability to follow directions

Prevention and Risk Management:

1. Identify the importance of respecting the personal space and boundaries of self and others

1st Grade: *Upon successful completion of this unit, students will:*

1. Review both individual and long jump rope skills.
2. Understand the difference between volleying an object versus throwing and catching.
3. Be able to volley a ball using a closed fist.
4. Be able to volley a light ball into the air more than one time in a row to self.

1st Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

2. Demonstrate fundamental manipulative skills
3. Establish a beginning movement vocabulary

Emotional and Social Wellness:

1. Work independently and with others to complete work
2. Follow the rules of the activity

2nd Grade: *Upon successful completion of this unit, students will:*

1. Review both individual and long jump rope skills.
2. Be able to volley a ball with two hands together in a basic forearm pass [bump] motion.
3. Be able to volley a ball into the air more than one time in a row to self.
4. Be able to volley a ball with a partner with one bounce between hits.

2nd Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

3. Utilize feedback to improve performance

Emotional and Social Wellness:

1. Demonstrate positive and helpful behavior and words toward other students

Prevention and Risk Management:

1. Apply rules, procedures, and safe practices to create a safe school environment with little or no reinforcement

3rd Grade: *Upon successful completion of this unit, students will:*

1. Review both individual and long jump rope skills.
2. Be able to volley a ball with accuracy using both the forearm pass [bump] and the overhead pass [set] and be introduced to the set.
3. Be able to successfully volley a ball with a partner more than twice in a row.
4. Understand the basic concept of volleyball.

3rd Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate a variety of motor patterns in simple combinations while participating in activities, games, and sports

Emotional and Social Wellness:

1. Demonstrate positive social behaviors during class

4th Grade: *Upon successful completion of this unit, students will:*

1. Be able to perform the forearm pass [bump] and overhand pass [set] accurately.
2. Be introduced to the underhand serve and perform it at a basic level of proficiency.
3. Bump or set a ball to a partner.
4. Be able to pass a ball back and forth with a partner.

4th Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Identify the major characteristics of mature locomotor, nonlocomotor, manipulative, and rhythmic skills
2. Provide and receive feedback to and from peers using the major characteristics of mature locomotor and manipulative skills

Prevention and Risk Management:

1. Identify and describe the benefits, risks, and safety factors associated with regular participation in physical activity

5th Grade: *Upon successful completion of this unit, students will:*

1. Be able to perform the bump and the set with a partner more than twice in a row.
2. Be able to perform an underhand serve with accuracy.
3. Be introduced to the basic concept of the game of volleyball [volleying a ball over a net].

5th Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate mature form for all basic locomotor, nonlocomotor, manipulative, and rhythmic skills
2. Demonstrate understanding of how to apply movement concepts and principles to the learning and development of motor skills

Emotional and Social Wellness:

1. Assess and take responsibility for personal behavior and stress management
2. Choose to participate cooperatively and productively in group and individual physical activities

6th Grade: *Upon successful completion of this unit, students will:*

1. Be able to perform the bump and pass with a partner for more than 3 volleys in a row.
2. Be able to perform an underhand serve over the net and with accuracy.
3. Introduce the basic bump, set, spike order of volleyball.
4. Learn the basic concepts of the game of volleyball including: 3 hits on a side, side out, rotations.

6th Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Demonstrate beginning strategies for a variety of games and sports
3. Use information from a variety of resources to improve performance

Emotional and Social Wellness:

1. Recognize diverse skill performance in others and how that diversity affects game, activity, and sport participation
2. Work cooperatively and productively in a group

7th Grade: *Upon successful completion of this unit, students will:*

1. Be able to perform the bump, set, spike rotation within a team.
2. Perform the underhand serve with accuracy and correct form.
3. Learn basic positioning and game strategy for a volleyball game.
4. Review and know the basic rules of the game of volleyball.

7th Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

1. Combine the critical elements of movement and skills concepts

Emotional and Social Wellness:

2. Demonstrate inclusiveness in and out of the classroom settings

Prevention and Risk Management:

1. Implement safety procedures in the utilization of space and equipment

8th Grade: *Upon successful completion of this unit, students will:*

1. Be able to consistently perform the bump, set, spike rotation with a team to volley the ball over a net.
2. Introduce the overhand serve and master the underhand serve.
3. Practice correct positioning and game strategy within a volleyball game.
4. Know the basic rules of the game of volleyball.

8th Grade Colorado Physical Education Standards Met:

Movement Competence and Understanding:

2. Understand and apply game strategies to physical activities and sports