

COMPONENT	OBJECTIVES	COMPETENCY
<p>I Mechanical Principles of Striking with Objects.</p>	<ol style="list-style-type: none"> 1. Understand and apply the mechanical principles of equilibrium, force, leverage and motion inherent in skills related to striking with objects. (PE.A.2.3.1) (PE.A.2.3.2) 2. Exhibit an improved level of skills related to striking with objects of different shapes, sizes, textures and weights while stationary and moving. (PE.A.2.3.2) 3. Demonstrate the mature pattern of striking with objects (basic pattern is weight shift, trunk rotation and follow through). (PE.A.2.3.1) <ol style="list-style-type: none"> a. Weight is transferred laterally from front foot to rear foot. b. Hips, spine and shoulders are rotated in the same direction as weight transfer. c. Weight transferred laterally from rear foot to front foot. d. Rotation of hips, spine and shoulders follow in conjunction with weight transfer. e. Movement pattern continues through the object being struck (follow through). 4. Demonstrate the ability of striking with objects while: (PE.A.2.3.2) <ol style="list-style-type: none"> a. Stationary, striking a stationary target b. Stationary, striking a moving target c. Moving, striking a stationary target d. Moving, striking a moving target 5. Demonstrate techniques that will improve skills specific to striking with objects. (PE.A.2.3.2) 	<ol style="list-style-type: none"> A The student can perform skills related to striking with objects by exhibiting proper mechanical principles. (PE.A.2.3.1) B. the student can perform and exhibit improved level of skill related to striking with objects of different shape, sizes, textures and weights while stationary and moving. (PE.A.2.3.2) C. The student can perform and identify techniques used to improve skills specific to striking with objects. (PE.A.2.3.2)

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<p>II Application of Mechanical Principles of Striking With Objects</p>	<ol style="list-style-type: none"> 1. Understand and apply the movement concepts of body awareness, spatial awareness, effort qualities and relationships inherent in skills related to striking with objects. (PE.A.2.3.1) 2. Continuously strike a ball against a wall or to a partner, with a paddle using both forehand and backhand strokes. (PE.A.2.3.2) 3. Consistently strike a ball, using a golf club, hockey stick, bat or racket so that it travels in an intended direction and height. (PE.A.2.3.2) 4. Strike a ball with a paddle, racket, golf club, hockey stick, or bat using a mature motor pattern. (PE.A.2.3.2) 	<ol style="list-style-type: none"> A. The student can perform the mechanical principles of skills related to striking with objects. (PE.A.2.3.1) (PE.A.2.3.2) B. The student can explain in verbal and written form the movement concepts of body awareness, spatial awareness, effort qualities and relationships related to striking with objects. (PE.A.3.3.2) C. The student can perform the skill of consistently striking a ball/object against a wall in an intended direction and height. (PE.A.2.3.2)
<p>III Physical Fitness</p>	<ol style="list-style-type: none"> 1. Understand the skill related components (agility, coordination, speed, power and reaction time) of physical fitness enhanced by participation in activities utilizing activities related to striking with objects. (PE.A.1.3.1) 2. Determine, after participation in a variety of activities involving striking with objects, the effects of participation relative to the skill related components of physical fitness. (PE.A.2.3.3) 3. Understand the health-related components (cardiovascular, flexibility, muscular strength, endurance and body composition) of physical fitness enhanced by participation in activities utilizing skills related to striking with objects. (PE.B.1.3.12) (PE.A.2.3.3) 4. Determine, after participation in a variety of activities involving striking with objects, the effects of participation relative to the health-related components of physical fitness. (PE.A.2.3.3) 	<ol style="list-style-type: none"> A. The student can improve his/her level of individual fitness through activities related to striking with objects. (PE.A.1.3.1) B. The student can explain and apply physiological principles related to exercise and training. (PE.A.2.3.3) C. the student can write five contributions to a healthy lifestyle that can be made by participating in activities related to striking with objects. (PE.A.3.3.2)

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<p>IV Safety Practices of Striking with Objects</p>	<p>5. Understand and apply the physiological principles related to exercise and training (frequency, intensity, duration, overload, progression and specificity). (PE.A.2.3.3) (PE.C.2.3.4)</p> <p>a. The student will explain how the physiological principles related to exercise and training can be applied through striking with objects to improve fitness levels.</p> <p>b. Explain how skills related to striking with objects are improved through the application of training principles.</p> <p>6. Explain how participating in activities using skills related to striking with objects can contribute to a healthy lifestyle. (PE.A.3.3.1) (PE.A.2.2.3)</p> <p>1. The student can identify potential safety hazards in activities involving skills related to striking with objects. (PE.A.1.3.4)</p> <p>2. Explain precautions to be taken in relation to potential hazards in activities using skills related to striking with objects. (PE.B.2.3.3)</p> <p>3. Apply safety practices while participating in activities involving skills related to striking with objects. (PE.A.1.3.4)</p> <p>4. Identify precautions to be taken when exercising in extreme weather and/or environmental condition. (PE.B.1.3.2)</p>	<p>A. The student can perform safety practices related to striking with objects based upon specific verbal and physical directed procedures in identifying safety hazards and adverse environmental conditions during specific activities. (PE.A.1.3.4)</p> <p>B. The student can identify three precautions to be taken when exercising in extreme weather and/or environmental conditions. (PE.B.1.3.2)</p>

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<p>V Affective Outcomes</p>	<ol style="list-style-type: none"> 1. Understand and apply social skills derived from participating in activities utilizing skills related to striking with objects. (PE.C.2.3.4) <ol style="list-style-type: none"> a. Demonstrate leadership skills. b. Demonstrate the ability to follow the lead of others. c. Demonstrate the ability to cooperate with others. d. Demonstrate the ability to compete in an appropriate manner. e. Demonstrate positive sportsmanship skills. f. Demonstrate positive methods of resolving conflict. g. Demonstrate respect for others. 2. Exhibit attributes of self-discipline and positive behavior toward self and others. (PE.B.2.3.4) <ol style="list-style-type: none"> a. Demonstrate respect for limitations and abilities of self and others. b. Demonstrate an improved ability to make choices based on an examination of alternatives. c. Demonstrate an improved ability to make choice about the directions of one's own learning. d. Demonstrate an improved ability to work independently or in a group. e. Demonstrate an understanding of the need for rules and structure. 3. Exhibit an improved level of self-confidence in movement activities. <ol style="list-style-type: none"> a. Demonstrate a willingness to explore an increased variety and level of difficulty of activities using skills related to striking with objects. 4. Students understand and apply critical thinking skills to games, sports, gymnastics, dance and developmental activities including: problem solving, decision making, inference, sequencing, cause and effect, fact/opinion, categorizing and analyzing. 5. Students exhibit appropriate interrelation communication skills (crisis building, problem solving, compromise). 	<ol style="list-style-type: none"> A. The student can perform social skills, self discipline, self confidence and positive behavior toward self and others from participating in activities utilizing skills related to striking with objects during activities that results in personal success and achievement. (PE.C.2.3.4) B. The student can write a one page paper on sportsmanship, respect for others and/or positive methods of resolving conflict. (PE.B.2.3.4) C. The student can perform and exhibit attributes of self-discipline and positive behavior toward self and others from participating in activities related to striking with objects. (PE.B.2.3.4) D. The student can apply critical thinking skills to games, sports, gymnastics, dance and developmental activities.

PHYSICAL EDUCATION

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<p>VI Multicultural Outcomes.</p>	<p>6. Students understand that physical activity may be used as a positive coping skill. (PE.C.2.3.3)</p> <p>1. Student develop patriotic and civic values with respect to flag courtesies, national anthems and school songs, demonstrating proper behavior at games and events in all setting, giving respect to others and properly. (PE.B.2.3.3) (PE.B.2.3.4)</p> <p>2. Students understand and apply knowledge of dance, sports and games common to our culture as well as other cultures. (PE.C.2.3.4)</p> <p>3. Students understand the contribution that various cultures have made to physical education, dance and sport. (PE.C.2.3.4)</p>	<p>A. The student can perform skills associated with understanding and becoming sensitive to various cultures evident from participating in folk dances, games and sports. (PE.B.2.3.3)</p> <p>B. The student can write a one page paper describing values and contributions various cultures have made to physical education, dance and sport. (PE.A.3.3.2)</p>