

COMPONENT	OBJECTIVES	COMPETENCY
<p>I Mechanical Principles of Striking with the Body</p>	<ol style="list-style-type: none"> 1. Understand and apply the mechanical principles (balance, force, leverage and motion) inherent in skills related to striking with the body. (PE.A.2.3.1) (PE.A.2.3.2) 2. Describe and/or explain the application of the mechanical principles of balance, force, leverage and motion inherent in skills related to striking with the body. (PE.A.2.3.1) 3. Demonstrate the application of the mechanical principles of balance, force, leverage and motion inherent in skills related to striking with the body. (PE.A.2.3.2) 4. Exhibit an improved level of skills related to striking objects of different sizes, shapes, textures and weight with the body while stationary and moving. (PE.A.2.3.2) 5. Demonstrate the mature patterns of movement related to striking with the body. (PE.A.2.3.2) <ol style="list-style-type: none"> a. Kicking <ul style="list-style-type: none"> - Eyes focused on object to be struck. - Take one or two steps prior to the kick. - Support foot place on the side and slightly behind the ball. - Leg whips into kick, opposite arm moves forward. - Kicking by following through forward and toward midline of body. b. Punting <ul style="list-style-type: none"> - Take one or two preliminary steps. - Eyes are on ball which is held forward with both hands. - Ball is dropped as kicking leg begins forward motion. - Leg is whipped into kick opposite arm moves forward for balance. - Kicking leg follows through high and toward the midline of the body. 	<ol style="list-style-type: none"> A. The student can perform skills related to striking objects with the body (bouncing, dribbling, trapping, kicking, volleying, bumping and serving objects of different sizes, shapes, textures and weights) at various distances and targets. (PE.A.1.3.1) B. the student can perform and exhibit improved level of skills related to striking objects with the body of different sizes, shapes, textures and weights while stationary and moving. (PE.A.2.3.2) C. The student can demonstrate mature patterns of movement related to striking with the body: (PE.A.2.3.2) <ol style="list-style-type: none"> a. Kicking b. Punting c. Dribbling d. Volleying e. Striking with the hand f. Bumping D. The student can perform striking objects with the body while: (PE.A.2.3.2) <ol style="list-style-type: none"> a. Stationary to a stationary target b. Stationary to a moving target c. Moving to a stationary target d. Moving to a moving target

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	<p>c. Dribbling (Hand)</p> <ul style="list-style-type: none"> - Knees are flexed, body leans slightly forward from the waist. - Impetus is given to ball by action of fingers and wrist. - Ball is bounced waist high and slightly forward and to the outside of the shoulder on the dribbling side. <p>d. Volleying (Overhead)</p> <ul style="list-style-type: none"> - Body moves into position directly in path of the trajectory of object to be volleyed. - Eyes are on object, knees are flexed, one foot forward, elbows are bent, fingers and hands are relaxed and pointed at object to be volleyed. - Knees and elbows are extended as contact is made. - Impetus is given to object with action of fingers and wrist. - Follow through to complete extension after contact has been made. <p>e. Striking with the Hand</p> <ul style="list-style-type: none"> - In preparation the trunk rotates away from the object to be struck. - Stride forward with the foot opposite the striking hand. - Striking arm swings backward and upward for overhand, sideward for sidearm, downward for underhand. <p>f. Underhand Pass (Bumping)</p> <ul style="list-style-type: none"> - Body moves into position directly in path of the trajectory of object to be volleyed. - Eyes are on object, knees are flexed, one foot forward, elbows are straight, heel of hands together, thumbs parallel. - Impetus is given to object as contact is made with forearms. <p>6. Demonstrate striking objects with the body while: (PE.A.2.3.2)</p> <ul style="list-style-type: none"> a. Stationary to a stationary target. b. Stationary to a moving target. c. Moving to a stationary target. d. Moving to a moving target. 	<p>E. The student can demonstrate the ability to: (PE.A.2.3.2)</p> <ul style="list-style-type: none"> a. Intercept the flight of a moving object. b. Initiate action of an object with the body. c. Maintain control of a dribble using hands and/or feet while stationary or moving.

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<p>II Application of Mechanical Principles of Striking with the Body</p>	<ol style="list-style-type: none"> 7. Demonstrate the ability to use different body parts to intercept the flight of a moving object and gain control of it. (PE.A.1.3.1) (PE.A.2.3.2) 8. Demonstrate the ability to strike an object with the body to initiate action. (PE.A.1.3.1) 9. Demonstrate the ability to maintain control of a dribbling using hands and/or feet while stationary or moving. (PE.A.1.3.1) 10. Demonstrate the ability to rebound an object in a desired direction using different body parts. (PE.A.2.3.1) (PE.A.2.3.2) <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 objects with the body. (PE.A.2.3.1) 2. Describe and/or explain the application of the movement concepts inherent in skills related to striking objects with the body. (PE.A.2.3.2) 3. Demonstrate the application of the movement concepts of body awareness, spatial awareness, effort qualities and relationships inherent in skills related to striking objects with the body. (PE.A.2.3.1) 	<ol style="list-style-type: none"> A. The student can perform the movement concepts of body awareness, spatial awareness, effort qualities and relationships inherent in skill related to striking objects with the body through a series of properly selected and properly controlled activities. (PE.A.2.3.1) 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 the body. (PE.A.3.3.2)

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<p>III Physical Fitness</p>	<ol style="list-style-type: none"> 1. 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 objects with the body. (PE.B1.3.12) 2. Determine after participation in a variety of activities involving striking objects with the body, the effects of participation relative to the health-related components of physical fitness. 3. Understand and apply the physiological principles related to exercise and training (intensity, frequency, duration, overload, progression and specificity). 4. Explain how the physiological principles related to exercise and training can be applied through striking objects with the body to improve levels of fitness. 5. Explain how skills related to striking objects with the body are improved through the application of training principles. 6. Exhibit improved level of health-related components of physical fitness (cardiovascular, flexibility, muscular strength, endurance and body composition). 7. Identify and demonstrate striking with the body activities that improve the health related components of fitness. 8. Identify specific skills related to striking with the body that are enhanced by improvement of health-related fitness. 9. Demonstrate an improved or maintained level of health-related fitness as measured by a district approved health-related fitness test. 	<ol style="list-style-type: none"> A. The student can improve their knowledge and level of individual fitness through skills related to striking objects with the body through skills tests. B. The student can explain and apply physiological principles related to exercise and training. C. The student can identify and demonstrate three activities or skills that improve the health-related fitness components. D. The student can exhibit an improved or maintained level of health-related fitness as measured by district approved test.

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<p>IV Safety Practices of Striking with the Body</p>	<ol style="list-style-type: none"> 1. Understand and apply safety practices related to striking objects with the body. (PE.A.1.3.4) 2. Identify potential safety hazards in activities involving skills related to striking objects with the body. (PE.B.2.3.1) 3. Explain precautions to be taken in relation to potential hazards in activities using skills related to striking objects with the body. (PE.B.2.3.3) 4. Apply safety practices while participating in activities involving skills related to striking objects with the body. (PE.A.1.3.4) 5. Describe and demonstrate proper warm-up and cool-down procedures specific to striking objects with the body. (PE.B.1.3.3) 	<ol style="list-style-type: none"> A. The student can perform safety practices related to striking objects with the body based upon specific verbal and physical directed procedures in identifying safety hazards and adverse environmental conditions during specific activities. (PE.A.1.3.4) B. Identify five potential safety hazards in activities involving skills related to striking objects with the body. (PE.B.2.3.1) C. The student can demonstrate five proper warm-up and cool-down procedures specific to striking objects with the body. (PE.B.1.3.3)
<p>V Affective Outcomes of Striking with the Body.</p>	<ol style="list-style-type: none"> 1. Understand and apply the social skills derived from participation in activities utilizing skills related to striking objects with the body. (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 as a member of a class or team. 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. 	<ol style="list-style-type: none"> A. The student can practice social skills, self discipline and positive behavior toward self and others by participating in activities utilizing skills related to striking objects with the body. (PE.C.2.3.4) B. The student can write a once page paper on sportsmanship, respect for others and positive methods of resolving conflict. (PE.B.2.3.4)

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	<ul style="list-style-type: none"> b. Demonstrate an improved ability to make choices based on examination of alternatives. c. Demonstrate an upward ability to make choices about the direction of one's own learning. d. Demonstrate an improved ability to work independently in a group. e. Demonstrate an understanding of the need for rules and structure. f. Demonstrate an improved ability to give and receive constructive criticism. <p>3. Exhibit an improved level of self confidence in movement activities. (PE.A.2.3.1)</p> <p>4. Demonstrate a willingness to explore an increased variety and level of difficulty of activities using skills related to striking objects with the body. (PE.A.2.3.2)</p>	<p>C. The student can perform and exhibit attributes to self-discipline and positive behavior toward self and others from participating in activities related to striking with the body as observed and directed by the teacher. (PE.C.2.3.4)</p>