

COMPONENT	OBJECTIVES	COMPETENCY
<p>I Mechanical Principles of Throwing and Catching</p>	<ol style="list-style-type: none"> 1. Understand and apply the mechanical principles (equilibrium, force, leverage and motion) inherent in throwing and catching skills. (PE.A.2.3.1) (PE.A.2.3.2) 2. Exhibit an improved level of throwing and catching skills while stationary and moving with objects of different shapes, sizes, textures, and weights. (PE.A.1.3.1) (PE.A.2.3.2) 	<ol style="list-style-type: none"> A. The student can perform throwing and catching skills by exhibiting proper mechanical principles in throwing and catching a variety of objects with a partner. (PE.A.2.3.2) B. The student can demonstrate an improved level of catching skills while stationary or moving. (PE.A.2.3.1)
<p>II Mechanical Principles of Throwing</p>	<ol style="list-style-type: none"> 1. Demonstrate the mature throwing patterns (stride, trunk rotation, cock and throw). (PE.A.2.3.1) <ol style="list-style-type: none"> a. Preparatory turn of the trunk away from the intended direction of the throw. b. Long stride forward with opposite foot. c. Throwing arm swings backward and upward for overhand throw, sideward for side arm throw and downward for underhand throw. d. Hips, spine and shoulders rotate in direction of throw as arm is whipped forward. e. Reach toward target and follow through. 2. Demonstrate the mature throwing pattern while: (PE.A.2.3.2) <ol style="list-style-type: none"> a. Stationary and throwing to a stationary target. b. Stationary and throwing to a moving target. c. Moving and throwing to a stationary target. d. Moving and throwing to a moving target. 3. Demonstrate an improved level of throwing skill for distance. (PE.A.2.3.2) 4. Demonstrate improved level of throwing for accuracy within the context of a variety of movement forms. (PE.A.2.3.2) 	<ol style="list-style-type: none"> A. The student can demonstrate the mature throwing patterns: (PE.A.2.3.2) <ol style="list-style-type: none"> a. Stationary and throwing to a stationary target. b. Stationary and throwing to a moving target. c. Moving and throwing to a stationary target. d. Moving and throwing to a moving target. B. The student can exhibit an improved level of throwing for distance. (PE.A.1.3.1) C. The student can exhibit an improved level of throwing skill for accuracy. (PE.A.1.3.1)

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<p>III Mechanical Principles of Catching</p>	<ol style="list-style-type: none"> 1. Demonstrate the mature catching pattern: (PE.A.2.3.2) <ol style="list-style-type: none"> a. Body moves into position in line with trajectory of the object to be caught. b. Eyes focus on object to be caught. c. Arms outstretched and relaxed with elbows slightly bent and facing downward. d. Hands and fingers extended and relaxed. e. Contact with object is with hands only. f. Arms, shoulders and elbows give to absorb the force of the object. 2. Demonstrate mature catching pattern while: (PE.A.2.3.2) <ol style="list-style-type: none"> a. Stationary and the object is: <ul style="list-style-type: none"> - Above the head - Below the head - To either side - In the air - On the ground b. Moving to catch an object: <ul style="list-style-type: none"> - In front - Behind - to the side 	<p>A. The student can demonstrate the mature catching pattern while: (PE.A.2.3.1)</p> <ol style="list-style-type: none"> a. Stationary and the object is: above the head, below the shoulders to either side, in the air or on the ground. b. Moving to catch an object in: in front, behind, to the side.
<p>IV Application of Mechanical Principles of Throwing and Catching</p>	<ol style="list-style-type: none"> 1. Understand and apply the movement concepts (body awareness, spatial awareness, effort qualities and relationships) inherent in throwing and catching skills. (PE.A.2.3.1) 2. Understand and apply strategies of attacking/defending space in a variety of activities utilizing throwing and catching skills. (PE.A.1.3.2) <ol style="list-style-type: none"> a. Students can attack space by: <ul style="list-style-type: none"> - Cutting, dodging, feinting, and moving to an empty space to catch or throw an object. 	<p>A. The student can perform the mechanical principles of throwing and catching in all movement forms with a partner from a variety of distances utilizing objects/ball of varying sizes, shapes, textures and weights. (PE.A.2.3.2)</p> <p>B. The student can explain and apply strategies of attacking or defending space in a variety of activities utilizing throwing and catching skills. (PE.A.1.3.2)</p>

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<p>V Physical Fitness Improvement</p>	<ul style="list-style-type: none"> - Putting the object into play quickly - Throwing lead passes. b. Students will defend space by: <ul style="list-style-type: none"> - Anticipating opponents and team mates movements in games and sports utilizing throwing and catching. - Maintaining a position to intercept a throw to an opponent or target. - Moving to a position appropriate for catching a rebounding object. <ol style="list-style-type: none"> 1. Understand the skill related components (agility, coordination, balance, speed, power and reaction time) of physical fitness enhanced by participation in activities utilizing throwing and catching skills. (PE.A.1.3.1) 2. Determine, after participation in a variety of activities involving throwing and catching skills, the effects of participation relative to the skill related components of physical fitness. (PE.A.2.3.3) 3. Understand and apply the physiological principles related to exercise and training (intensity, frequency, duration, overload, progression and specificity). (PE.A.2.3.3) (PE.C.2.3.4) <ul style="list-style-type: none"> a. The student can explain how the physiological principles related to exercise and training can be applied through throwing and catching skills to improved fitness levels. b. The student can explain how throwing and catching skills are improved through the application of training principles. 4. Exhibit an improved level of health-related components (cardiovascular, flexibility, muscular strength and endurance and body composition) of physical fitness. (PE.B.1.3.12) (PE.B.1.3.13) 	<ol style="list-style-type: none"> A. The student can improve his/her level of individual fitness through throwing and catching by participating in series of activity skills (agility, coordination, balance, speed and power) on a competitive an non-competitive level. (PE.A.1.3.1) B. Student can write a paper explain how physiological principles related to exercise and training will improve fitness levels and throwing and catching skills. (PE.A.3.3.2) (PE.C.2.3.4)

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VI Safety Practices	<ol style="list-style-type: none"> 1. The student can identify potential safety hazards in activities involving throwing and catching skills. (PE.B.2.3.1) 2. Explain precautions to be taken in relation to potential hazards in activities using throwing and catching skills. (PE.B.2.3.3) 3. Apply safety practice while participating in activities involving throwing and catching skills. (PE.A.1.3.4) 4. Describe and demonstrate proper warm-up and cool-down procedures specific to throwing and catching activities. (PE.B.1.3.3) 5. Identify precautions to be taken when exercising in extreme weather and/or environmental conditions. (PE.B.1.3.2) 	<ol style="list-style-type: none"> A. The student can perform safety practices related to throwing and catching based upon participation in specific activities. (PE.B.2.3.1) B. The student can demonstrate five warm-up and cool-down activities specific to throwing and catching. (PE.B.1.3.3) C. The student can identify five precautions to be taken when exercising in extreme weather and/or environmental conditions. (PE.B.1.3.2)
VII Affective Outcome of Throwing and Catching	<ol style="list-style-type: none"> 1. The student can understand and apply the social skills derived from participation in activities utilizing throwing and catching skills. (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. 2. Exhibit an improved level of self-confidence in movement activities. (PE.A.2.3.1) <ol style="list-style-type: none"> a. Demonstrate an understanding of the need for rules and structures. 3. Demonstrate a willingness to explore an increased variety and level of difficulty of activities using, throwing and catching skills. (PE.A.2.3.2) 	<ol style="list-style-type: none"> A. The student can perform affective outcomes (self-esteem, self confidence, and self discipline) through throwing and catching activities with a partner from various distances by utilizing objects/balls of varying sizes, shapes, textures, and weights. (PE.A.3.3.1) (PE.C.2.3.4) B. The student can write a summary about understanding the need for rules and structure in throwing and catching activities. (PE.A.3.3.2) (PE.B.2.3.3)