

**PHYSICAL EDUCATION CONTENT STANDARDS, BENCHMARKS AND
DIOCESAN OBJECTIVES**

Diocese of Lansing

Grades K-8

June, 2006 Curriculum Objectives

Content Standard 2: All students will demonstrate selected fundamental object control skills.			
1. MOTOR SKILLS (Movement: locomotor and non-locomotor)	2. PHYSICAL FITNESS (Measuring of fitness levels)	3. COGNITIVE CONCEPTS (Teaching cues and strategies)	4. PERSONAL AND SOCIAL TRAITS (Sportsmanship)

Early Elementary Benchmark	Later Elementary Benchmark	Middle School Benchmark
1. Demonstrate appropriate form in the following object control skills: underhand throw (toss), overhand throw, catch, hand dribble, kick and strike (batting and forehand).	1. Demonstrate mature form and functional competence in the following object control skills: underhand throw (toss), overhand throw, catch, hand dribble, kick and strike (batting, forehand, overhand, underhand, backhand, punt, chest and past).	1. <i>Combine locomotor and manipulative skills.</i>

Code	Diocesan objective: the student will...	K	1	2	3	4	5	6	7	8
2.1.1	Kick, throw, catch and strike objects under simple conditions, (e.g., kicking and striking a stationary ball, catching a tossed ball).	I	D	D	D					
2.1.2	Demonstrate with consistency the manipulative skills performed alone (e.g., toss and catch, dribble with hand in a general space, dribble with foot, kick and strike with hand or equipment, throw underhand and overhand, volley).		I	D	D					

Code	Diocesan Objective: The student will . . .	K	1	2	3	4	5	6	7	8
2.1.3	Demonstrate a variety of stationary manipulative skills (e.g., toss and throw to targets, bounce and catch, toss and catch, kick to target, strike a paddle).		I	D	D					
2.1.4	Demonstrate individually and with a partner, the manipulative skills of throwing, catching, kicking, striking, volleying and dribbling.		I	D	D					
2.1.5	Demonstrate the forehand and backhand striking skills in dual and individual sports.						I	D	D	D
2.1.6	Demonstrate proficiency in specialized locomotor, non-locomotor and manipulative skills combinations in games and modified sports activities (e.g., throw to a partner while he/she runs to catch, dribble and pass soccer/basketball ball).						I	D	D	D
2.1.7	Demonstrate and understand the critical elements of throwing, catching, dribbling, passing, striking and shooting skills found in team sports.						I	D	D	D
2.1.8	Combine locomotor and manipulative skills into specialized sports skills and apply these sequences to partner, small group and small-sided game situations.							I	D	D