PERFORMANCE STANDARDS FOR REPORTED SKILLS
Grades 3-5

Physical Fitness

Cardiovascular Fitness

3rd- Jog continuously for at least 10 minutes
4th- Jog continuously for at least 12 minutes
5th- Jog continuously for at least 14 minutes

Abdominal Strength

3rd- Execute at least 32 curl ups (girls)/ 33curl ups (boys) in 1 minute
4th- Execute at least 35 curl ups (girls)/ 36 curl ups (boys) in 1 minute
5th- Execute at least 37 curl ups)girls)/ 38 curl ups (boys) in 1 minute

(Cardiovascular Fitness and Abdominal Strength are assessed once a year)

First Semester

Motor Skills:

Overhand Throw

3rd- Throw a ball and hit a 4 ft. square target from a distance of 15 ft.
4th- Throw a ball and hit a 4 ft. square target from a distance of 20 feet
5th- Demonstrates all elements of overhand throw during physical activities

Foot Dribble

3rd- Focus the eyes forward. Demonstrate all elements of form when dribbling. Maintains control while running at moderate to fast speeds.
4th- Demonstrates all elements of form when dribbling along a curving pathway while running at moderate to fast speeds.
5th- Demonstrate all elements of form when using the foot dribble in physical activities.

In-step Kick

3rd- Approach a stationary ball at a moderate speed and kick the ball so that it travels 30 ft.
4th- After dribbling a ball at a modeate speed kick the ball so that it travels 40 ft.
5th- Demonstrate all elements of form when kicking a ball with the in-step in physical activities.

Second Semester

Motor Skills:

Catching

3rd- Catch a thrown ball from a distance of 15 ft./ 3 consecutive times.
4th- Catch a thrown ball that is thrown from a distance of 20 ft. and within 5 ft. on either side of the body/ 3 consecutive times
5th- Demonstrate all elements of form while catching a ball in physical activities.

Understand Strike

3rd- Strike a ball so that it reaches a height of 7 ft. and travels a distance of 20 ft.
4th- Strike a ball so that it reaches a height of 7 ft. and travels a distance of 25 ft.
5th- Demonstrates all elements of form when using the under hand strike in physical activities.

Hand Dribble

3rd- Dribble a ball continuously in a stationary position alternating hands every 5 seconds.
4th- Demonstrates all elements of form while dribbling along a curved pathway. Alternated hands to negotiate turns to the right and left while maintaining control of the ball.
5th- Demonstrate all elements of form while stopping, starting, and changing directions. Demonstrate all elements of form while dribbling in physical activities.

PERSONAL/SOCIAL DEVELOPMENT (ASSESSED BOTH SEMESTERS)

Following Directions-Listens to all instructions., asks questions, and complies with instructions. Uses equipment properly.
Best Effort-Attempts new/ difficult tasks willingly and independently. Challenges self to improve performance.
Responsibility-Comes to class prepared. Respects others. Able to admit mistakes and accept consequences.
Sportsmanship- Participates honestly. Cooperates with peers. Demonstrates appropriate response to winning and losing.