

AREA Eye Foot Coordination

Grade	Skills	Knowledge	Physical Activity	Fitness	Responsible Behavior	Intrinsic Value
K	<ul style="list-style-type: none"> • Kick a stationary ball • Kick a rolled ball • Step over and onto objects • Jump over a stationary rope 	<ul style="list-style-type: none"> • Watch the ball • Eyes and feet work together to kick the ball • Demonstrate appropriate jumping form 	<ul style="list-style-type: none"> • Independent exploration with a ball • Teacher directed activities 	<ul style="list-style-type: none"> • Movement exploration • Strengthening and endurance through jumping and striking skills 	<ul style="list-style-type: none"> • Follows directions appropriately • Self control 	<ul style="list-style-type: none"> • Self fulfilling
1	<ul style="list-style-type: none"> • Running up to a stationary ball • Dribble and trap a ball in motion • Jump with own rope with pull and step; jump a long rope 	<ul style="list-style-type: none"> • One foot balance • Eye on the ball • Step and kick (with back swing and follow through) • Turn, wait, jump • Use inside of feet for dribble • Tap trap 	<ul style="list-style-type: none"> • Kick ball type of game • Ski jump • Forward and back jump rope step • Independent exploration with a ball • Starts and stops to music 	<ul style="list-style-type: none"> • Movement to music • Playing a game/practicing skills for a continuous amount of time 	<ul style="list-style-type: none"> • Controls equipment in personal space 	<ul style="list-style-type: none"> • Feels personal success at skills taught
2	<ul style="list-style-type: none"> • Kick a rolled ball with proper form • Trap a propelled ball with proper form • Jump with two feet with own rope 	<ul style="list-style-type: none"> • Step, kick, follow through • Eye on ball • Timing • Rebound jump 	<ul style="list-style-type: none"> • Pass and trap with a partner • Tag games • Various jumping activities, i.e. jump tricks and rebound 	<ul style="list-style-type: none"> • Various tag games to build endurance • Jump for time for cardiovascular endurance 	<ul style="list-style-type: none"> • Personal space and safety 	<ul style="list-style-type: none"> • Feels personal success
3	<ul style="list-style-type: none"> • Dribble, pass, and trap a ball with proper form • Use a variety of jumps with an individual rope 	<ul style="list-style-type: none"> • Basic soccer terms and positions • Demonstration of a variety of jumps and tricks 	<ul style="list-style-type: none"> • Lead up games • Jump stations 	<ul style="list-style-type: none"> • Jump for increased time or amount • Participation with intensity in lead-up game 	<ul style="list-style-type: none"> • Work cooperatively 	<ul style="list-style-type: none"> • Follow basic game rules
4	<ul style="list-style-type: none"> • Jump band skills • Tinikling skills • Use a running approach to kick a rolled ball • Demonstrate a variety of soccer skills • Demonstrate short and long rope skills 	<ul style="list-style-type: none"> • Demonstrate ready position • Demonstrate proper rhythm and foot movements in tinikling 	<ul style="list-style-type: none"> • Use an in and out step pattern when tinikling 	<ul style="list-style-type: none"> • Utilized an in and out step pattern continuously 	<ul style="list-style-type: none"> • Work together appropriately with others • Participate safely 	<ul style="list-style-type: none"> • Experience enjoyment while participating • Demonstrate acceptance of other skills and abilities

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5	<ul style="list-style-type: none"> • Demonstrate dribbling techniques with speed and control in a modified game • Perform a jump rope routine • Punt a football 	<ul style="list-style-type: none"> • Pass to an open player or move to an open space • Knowledge of various jumps • Create a repeatable routine • Rhythm, timing and execution 	<ul style="list-style-type: none"> • Games with small number of players • Execute a rope routine 	<ul style="list-style-type: none"> • Extended play for cardio 	<ul style="list-style-type: none"> • Follow directions for rules of play • Safe movement 	<ul style="list-style-type: none"> • Success in game • Encouragement from classmates
6	<ul style="list-style-type: none"> • Can perform basic inside kick of Hack-e-sac • Perform single jump roping with five variations • Punt a football with proper form 	<ul style="list-style-type: none"> • Knowledge of various jumps • Timing/rhythm • Demonstrate and verbally explain rhythm and body position 	<ul style="list-style-type: none"> • Practice kicking • Execute jump rope routine • Practice with partner 	<ul style="list-style-type: none"> • Strength • Flexibility • Endurance 	<ul style="list-style-type: none"> • Use and take care of equipment • Personal space • Safety of self and others 	<ul style="list-style-type: none"> • Success on skills • Enjoyment of the outdoors
7	<ul style="list-style-type: none"> • Demonstrate shots on a soccer goal from various positions • Utilize a variety of ball patterns that can be applied to a game 	<ul style="list-style-type: none"> • Understand mastery on rule comprehension • Understand appropriate techniques utilized 	<ul style="list-style-type: none"> • Demonstrate proficiency on given tasks 	<ul style="list-style-type: none"> • Participation in games to improve over-all fitness 	<ul style="list-style-type: none"> • Participate appropriately and safely in a game setting 	<ul style="list-style-type: none"> • Communicate feelings toward others in a socially acceptable manner
8	<ul style="list-style-type: none"> • Demonstrate mastery on skills related to eye / foot coordination 	<ul style="list-style-type: none"> • Timing with self and partner 	<ul style="list-style-type: none"> • Warm-up and lead up activities 	<ul style="list-style-type: none"> • Improve flexibility and balance 	<ul style="list-style-type: none"> • Follow directions for rules of play 	<ul style="list-style-type: none"> • Personal success
9	<ul style="list-style-type: none"> • Apply the skills that are developed into a game strategy 	<ul style="list-style-type: none"> • Knowledge of a variety of partner patterns 	<ul style="list-style-type: none"> • Demonstrate offensive and defensive strategies 	<ul style="list-style-type: none"> • Extended play for cardiovascular endurance 	<ul style="list-style-type: none"> • Demonstrate appropriate team play 	<ul style="list-style-type: none"> • Personal success • Enjoyment of activities
10	<ul style="list-style-type: none"> • Demonstrates advanced skills in a competitive atmosphere 	<ul style="list-style-type: none"> • Understands appropriate skills and strategies to be used in a competitive or leisure setting 	<ul style="list-style-type: none"> • Participate in a variety of competitive games 	<ul style="list-style-type: none"> • Participate in continuous activity over an extended period of time 	<ul style="list-style-type: none"> • Demonstrates appropriate team work at appropriate levels of participation 	<ul style="list-style-type: none"> • Enjoyment of the activity