

Psychomotor Outcomes

- Demonstrate and apply Fundamental Movement Skills in an Authentic Situation
- Demonstrate the skill of a Mature Overhand Throw
- Demonstrate the skill of a Punt

Cognitive Outcomes

- Identify how force affects the movement of objects
- Identify and recognize the benefits of physical activity on the body
- Explain the components of the FITT Guidelines
- Identify the relationship between nutrition and physical activity
- Identify, recognize, and analyze the activities that improve aerobic fitness, muscular strength, and flexibility

Affective Outcomes

- Demonstrate safety, effort, cooperation, responsibility, compassion and inclusiveness