

Psychomotor Outcomes

- Demonstrate the skill of Catching a Rebounded Ball
- Demonstrate the skill of a Mature Overhand Throw
- Demonstrate the skill of Striking a Moving Object
- Demonstrate the skill of Either Hand/Foot Dribbling

Cognitive Outcomes

- Identify how force affects the movement of objects
- Identify and explain the FITT Guidelines
- Identify the relationship between nutrition and physical activity
- Identify and recognize the activities that improve aerobic fitness, muscular strength, and flexibility

Affective Outcomes

- Demonstrate safety, effort, cooperation, and responsibility