

### Psychomotor Outcomes

- Demonstrate the locomotor skill of Galloping
- Demonstrate the locomotor skill of Hopping with Control
- Demonstrate the locomotor skill of Skipping
- Demonstrate the locomotor skill of Sliding
- Demonstrate Catching a Self-Tossed Object - Underhand
- Demonstrate Catching a Bounced Ball
- Demonstrate Striking a lightweight Object
- Demonstrate Dynamic and Static Balance

### Cognitive Outcomes

- Identify and recognize the benefits of physical activity
- Identify nutritious foods
- Identify and recognize the activities that improve aerobic fitness, muscular strength, and flexibility

### Affective Outcomes

- Demonstrate safe use of equipment
- Recognize safety Rules
- Work cooperatively with others