

### Psychomotor Outcomes

- Demonstrate the non-locomotor skill of Direction
- Demonstrate the locomotor skill of Running
- Demonstrate the locomotor skill of Jumping with Control
- Demonstrate the locomotor skill of Walking
- Demonstrate an Underhand Toss
- Demonstrate Catching a Self-Bounced Ball
- Demonstrate Kicking a Stationary Ball
- Demonstrate Balance on a Body Part
- Demonstrate the fundamental movement skill of Stepping and Sliding (prerequisite of Gallop)

### Cognitive Outcomes

- Identify and recognize the immediate effects of vigorous physical activity on the body
- Identify nutritious foods that fuel the body for physical activity
- Identify and recognize the activities that improve aerobic fitness, muscular strength, and flexibility

### Affective Outcomes

- Demonstrate safe use of space
- Work cooperatively with others