**Personal Fitness**

I will use different strategies to achieve the healthy standard on the Fitnessgram.

I will participate in moderate vigorous activity by monitoring my heart rate.

I will set goals and use heart rate to analyze the effect of exercise.

**Shooting**

I will shoot a basketball consistently using BEEF (Balance, eyes, elbows, follow through) and be able to explain the sequences of movement to a partner.

I will shoot an object consistently using ball control, while moving to a stationary target with accuracy using my feet or my hands.

I will follow rules when playing a game.

**Dribbling**

I will dribble a ball consistently using hands or feet and be able to explain the sequences of movement to a partner.

I will dribble an object consistently using ball control around defenders, while moving to a stationary target with accuracy using my feet or my hands.

I will follow rules when playing a game.

**Rhythmic Activities**

I will create basic routines in rhythmic activities.

I will perform locomotor skills using rhythmic activities into smooth, flowing sequences.

I will appreciate the aesthetic and creative aspects of skilled performance in others and self.

**Individual/Team Strategies**

I will use concepts from other subjects when performing moving skills.

I will use offensive and defensive strategies in activity settings.

I will use the appropriate cooperative skills to reach goals in cooperative and competitive situation.

**Striking with Implements**

I will practice the correct striking skills based on scores on skill checklists specific to identified modified activity.

I will play by the rules and guidelines.

I will use the appropriate strategies to solve conflict during games.

**Striking with feet**

I will properly strike the ball with various parts of my foot towards a target.

I will demonstrate striking the ball with the inside and outside of the foot with pace towards a target.

I will cooperate with my group to accomplish group goals in cooperative and competitive situations.

**Striking for accuracy and distance**

I will practice the correct striking skills based on scores on skill checklists specific to identified modified activity.

I will play by the rules and guidelines.

I will use the appropriate strategies to solve conflict during games.