Third Quarter Outdoor Education Tracker

Name_____

Achievement Scale

26/26 Projects = Outstanding

24/26 Projects = Excellent (Gold)

21/26 Projects = Very Good (Silver)

19/26 Projects = Good (Bronze)

0/31 Projects = Keep Working

leadership



Perseverance

Demonstrate dignity when winning/losing

FITNESSGRAM SKILLS

Demonstrate flexibility test with behind the back finger touch



perform proper curl up form

Demonstrate the chin raise with proper form

Demonstrate proper push up form

TRACK AND FIELD SKILLS



Understand the importance of breathing while running

How to pass a baton while running

Demonstrate dynamic warm ups

Understand the diff between short and long distance running (pace)



Explain key elements of throwing for distance

running long jump

standing long jump

How to start a race

How to finish a race



TEAM SKILLS

Demonstrate the proper form for stretching the shoulders

Demonstrate the proper form for stretching the hamstrings and quadriceps

Demonstrate the proper form for stretching the biceps, and triceps.

Compare and contrast changes in heart rate before, during, and after physical activity.



Kick a slowly rolling ball

Acknowledge one's opponent or partner before, during, & after an activity or game & give positive feedback on their performance.

Demonstrate how to solve a problem with another person during physical activity.

Participate in a variety of group settings (partners, small groups, large groups) without interfering with others.

PERSONAL SKILLS

Define open space

Identify when to begin the kicking motion when kicking a slowly rolling ball.

Identify opportunities to use underhand and overhand movement (throw) patterns.

Identify muscles being strengthened during the performance of particular physical activities