



GRADES K-2


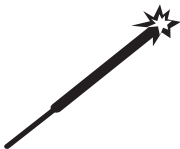
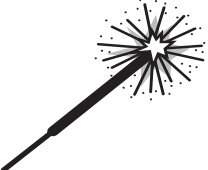


 DRIBBLING, VOLLEYING, AND STRIKING  PERFORMANCE RUBRIC	MOTOR DEVELOPMENT	COGNITIVE DEVELOPMENT	AFFECTIVE DEVELOPMENT	
			SOCIAL DEVELOPMENT	PERSONAL DEVELOPMENT
	<ul style="list-style-type: none"> • Dribbles a ball continuously • Strikes a balloon continuously using arms, hands, and feet • Strikes a balloon consistently using a short-handled paddle 	<ul style="list-style-type: none"> • Identifies different opportunities to use striking skills • Identifies the location of the point of contact to strike an object upward • Describes the position of the fingers in the follow-through phase of dribbling a ball 	<ul style="list-style-type: none"> • Cooperates with partner/group • Demonstrates courtesy towards others • Shares with others 	<ul style="list-style-type: none"> • Applies skills to play situations • Shows respect for equipment • Demonstrates acceptable responses to challenges, successes, and failures in physical activity
STUDENTS				

Scale: 3 Demonstrates all 3 cues all the time with no mistakes
 2 Demonstrates 2 cues all the time with no mistakes
 1 Demonstrates 1 cue all the time with no mistakes
 0 Cannot demonstrate any of the cues

BASKETBALL SELF-CHECK

NAME: _____ TEACHER: _____ DATE: _____

Practice the skills below using the “Think Abouts” for cues. Then try the activity alone or with a partner 10 times. Circle the number of times you did everything in the “Think Abouts.” Look for improvements each time we do a *Self-Check*. When you are “Sparklin’!” you are ready to show your stuff to a friend for sign-off.

	<i>Lightin' it up!</i>  I'm getting there!	<i>Startin' to glow!</i>  I am getting pretty good!	<i>SPARKlin'!</i>  I'm out of this world!	<i>SPARK Star!</i> Now show a friend.  Have your friend sign below.
Dribbling	2 3 4 times out of 10	5 6 7 times out of 10	8 9 10 times out of 10	
Passing	2 3 4 times out of 10	5 6 7 times out of 10	8 9 10 times out of 10	
Receiving	2 3 4 times out of 10	5 6 7 times out of 10	8 9 10 times out of 10	
Shooting	2 3 4 times out of 10	5 6 7 times out of 10	8 9 10 times out of 10	

THINK ABOUTS...

Dribbling	<ul style="list-style-type: none"> • Use pads of fingers. • Push the ball to floor. • Keep eyes up.
Passing	<ul style="list-style-type: none"> • Spread fingers and keeps elbows out. • Push the ball from chest level. • Step into the pass and extend elbows.
Receiving	<ul style="list-style-type: none"> • “Ask” for the ball with hands and eyes. • Move to the ball. • Give with the ball.
Shooting	<ul style="list-style-type: none"> • Keep eyes on target. • Keep shooting elbow in line with target. • Extend shooting elbow and legs.

BASKETBALL

COULDA, SHOULDA, WOULD A!

NAME: _____ DATE: _____

TEACHER: _____ DATE: _____

"Listen Up!"

(Leadership and Responsibility)

During the basketball unit your teacher is giving instructions for a game that your class has never played. You are toward the back of the group, standing near a friend who keeps talking to you and making it hard to hear the teacher.

Coulda: What could you do? Briefly list 3 things you could do.

1. _____
2. _____
3. _____

Shoulda: What should you do? Write 2-3 sentences describing what you should do in this situation.

Woulda: What would you do? Write a full paragraph describing what you would actually do in this situation.

Peer Coaching

NAME: _____ DATE: _____

TEACHER: _____ PERIOD: _____

Directions

- One of you is the Performer, while the other is the Coach
- Performer follows the cues for each skill
- Coach watches at least 5 trials and gives the Performer a checkmark for each cue done properly
- Switch roles
- When finished, practice other jump rope tricks

Jumping

Cues	Trial 1	Trial 2	Trial 3	Trial 4	Trial 5
Jumps low					
Jumps as rope passes nose (forward turning)					
Jumps 1 jump per turn (single bounce)					

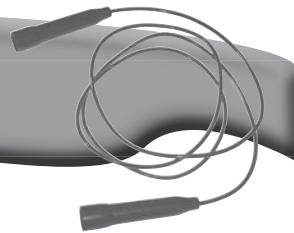
Landing

Cues	Trial 1	Trial 2	Trial 3	Trial 4	Trial 5
Keeps knees bent					
Lands on balls of feet					
Keeps feet together					

Turning

Cues	Trial 1	Trial 2	Trial 3	Trial 4	Trial 5
Grips handles loosely					
Keeps elbows close to body					
Turns rope with wrists					

HEART RATE MONITOR LOG



NAME: _____ DATE: _____

TEACHER: _____ PERIOD: _____

Personal Heart Rate Zone Information

Max HR = $208 - (.7 \times \text{your age})$

Zone 1 (Healthy Heart 50% – 60%)	
Zone 2 (Temperate 60% – 70%)	
Zone 3 (Aerobic 70% – 80%)	
Zone 4 (Threshold 80% – 90%)	
Zone 5 (Red Line 90% – 100%)	
Ambient Heart Rate Reading	

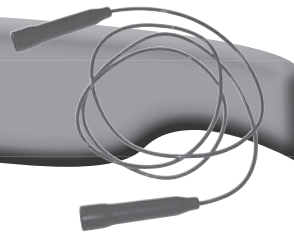
Activity Average Heart Rate Assessment

Activity #1 Name			
Reading 1:	Reading 2:	Reading 3:	
Total of 3 Readings			
Average of 3 Readings			
Activity #2 Name			
Reading 1:	Reading 2:	Reading 3:	
Total of 3 Readings			
Average of 3 Readings			
Activity #3 Name			
Reading 1:	Reading 2:	Reading 3:	
Total of 3 Readings			
Average of 3 Readings			

Recovery Rate Assessment

Activity Name	
Peak Heart Rate	
1-Minute HR Recovery Rate	
Recovery Rate Assessment (Peak – 1-Min HR Recovery Rate)	

PEDOMETER TRACKING LOG



NAME: _____ DATE: _____

TEACHER: _____ PERIOD: _____

Activity Step Count Assessment

Activity #1 Name	
Total Activity Time	
Total Steps	
Steps Per Minute	
Activity #2 Name	
Total Activity Time	
Total Steps	
Steps Per Minute	
Activity #3 Name	
Total Activity Time	
Total Steps	
Steps Per Minute	

3 Activity Average Step Count

Activity 1 Step Count	
Activity 2 Step Count	
Activity 3 Step Count	
Total Step Count for All 3 Activities	
Average Step Count (Total Steps ÷ 3 = Average)	

Badminton Personal Best Assessment

Name _____

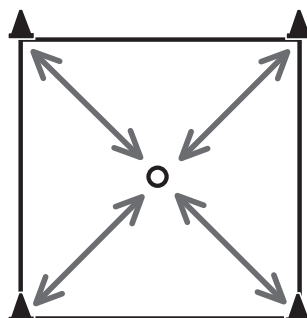
Date _____ Gender _____

Age _____ Ht. _____ Wt. _____

At each station:

1. Read content card and perform the tasks below.
2. Record your score and set a goal.
3. Give yourself a personal rating.

Badminton Skills Stations		Personal Best		
		Pre	Goal	Post
1	Serves: Long and Short How many serves out of 20 can you make from the serve line to a hoop-target (10 long & 10 short)? Shuttle must first land in the hoop.	LS		
		SS		
2	Clears: Forehand and Backhand How many clears can you make? From a partner feed, hit 20 overhand clears (10 FH & 10 BH) into the hoop-target. Shuttle must first land in the hoop.	FH		
		BH		
3	Drop shots: Forehand and Backhand How many shots can you make? From a partner feed, hit 20 underhand drop shots (10 FH & 10 BH) into the hoop-target. Shuttle must first land in the hoop.	FH		
		BH		
4	Smashes: Forehand How many smashes can you make? From a partner feed, hit 10 smashes into the hoop-target. Shuttle must first land in the hoop.			
5	Footwork: STaR Pattern How fast can you move? Start at center court, Swing racquet (pretending to hit a clear), move and Touch a cone with racquet, and Return to center. Repeat Swing-Touch-and-Return (STaR) pattern for each remaining cone. Perform 2X. Record fastest time.			



Rate Yourself

Pre ☐ Rookie ☐ Semi-pro ☐ All Star

Post ☐ Rookie ☐ Semi-pro ☐ All Star

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Evaluación de Marca Personal de Badminton

Nombre _____

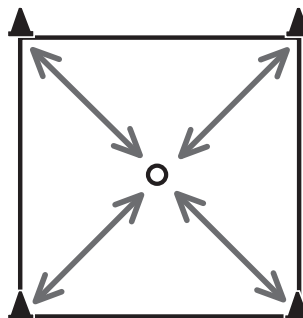
Fecha _____ Genero _____

Edad _____ Alt. _____ Peso _____

En cada estación:

1. Lee la tarjeta de contenido y haz las tareas de abajo.
2. Marca tu puntuación y fija una meta.
3. Suma todas tus puntuaciones y evalúate.

Estaciones de Destreza de Bádminton		Marca Personal		
		Antes	Meta	Desp.
1	Saques: Largo y Corto ¿Cuántos saques de 20 puedes meter en un aro desde la línea de servicio (10 largos y 10 cortos)? La palomita debe aterrizar en el aro inicialmente.	SL		
		SC		
2	Despejes: Derecha y Revés How many clears can you make? From a partner feed, hit 20 ¿Cuántos despejes puedes hacer? Con palomitas viniendo de tu compañero, mete 20 despejes por arriba (10 DE y 10 RE) en el aro. La palomita debe aterrizar en el aro inicialmente..	DE		
		RE		
3	Dejadas: Derecha y Revés ¿Cuántas puedes hacer? Con palomitas viniendo de tu compañero, mete 20 dejadas por abajo (10 DE y 10 RE) en el aro. La palomita debe aterrizar en el aro inicialmente.	DE		
		RE		
4	Smash: Derecha ¿Cuántos puedes hacer? Con palomitas viniendo de tu compañero, mete 19 smashes en el aro. La palomita debe aterrizar en el aro inicialmente..			
5	Juego de piernas: Patrón de Estrella ¿Qué tan rápido te puedes mover? Empieza en el centro de la cancha, Mueve la raqueta (pretendiendo que estas despejando), muévete y Toca un cono con la raqueta, y Vuelve al centro. Repite el patrón de Movimiento-Toque-y-Vuelta por cado cono que quede. Hazlo 2X, anota el tiempo mas rápido.			



Evalúate

Antes ☐ Novato ☐ Semi-pro ☐ Estrella

Después ☐ Novato ☐ Semi-pro ☐ Estrella

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Unit Test Badminton

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NAME: _____ DATE: _____

TEACHER: _____ PERIOD: _____

Circle and write the letter for the best answer for each question.

Skill-it!

- ___ 1. A drop shot...
- a. uses a trajectory that goes low and just over the net.
 - b. uses a steep trajectory that goes toward the mid-court sideline.
 - c. should only be done when you are in the back of the court.
 - d. All of the above
- ___ 2. Where on the court can you hit the shuttle to make it harder for your opponent to return?
- a. Cross-court
 - b. Down-the-line
 - c. Open space
 - d. All of the above

In the Game

- ___ 3. Which is a doubles strategy?
- a. Calling shots and court positions
 - b. Adjusting as your partner moves
 - c. Using a front-to-back formation
 - d. All of the above
- ___ 4. When playing singles badminton, where is usually the best place to be to defend shots?
- a. One of the sidelines
 - b. The center of the court
 - c. At the net
 - d. None of the above

Character Builders

- ___ 5. How can you encourage a partner who is having difficulty hitting the shuttle over the net?
- a. Tell them to find another partner.
 - b. Give them a high-five when they get the shuttle over the net.
 - c. Tell them "Way to go. Now we're going to lose."
 - d. Yell for the teacher. Your partner needs help.

- ___ 6. Which is a good way to cooperate to keep a continuous rally going with a partner?
- a. Hit to open space.
 - b. Use deception to make your shots look similar initially.
 - c. Hit the shuttle lightly and to your partner.
 - d. Make your partner move a lot.

Fitness Facts

- ___ 7. Which exercise is most likely to allow you to reach out to hit a shuttle headed to the ground?
- a. Horizontal Arm Rotations
 - b. Push-ups
 - c. Curl-ups
 - d. Lunges
- ___ 8. Which locomotor movement can increase your heart rate and help you move sideways across the court quickly (facing your opponent)?
- a. Walking
 - b. Hopping
 - c. Carioca or grapevine
 - d. Leaping

Make it Happen

(Remember this section is about YOU.

All answers are acceptable.)

- ___ 9. Which Badminton skill(s) do YOU need more practice with?
- a. Drop Shot
 - b. Serve
 - c. Smash
 - d. All of the above
- ___ 10. How are YOU most likely to use your new Badminton skills?
- a. Play a competitive game against a friend after school.
 - b. Play cooperatively to keep a rally going with a friend after school.
 - c. Join an after school team or take more lessons at a club.
 - d. Play a relaxed game of doubles with a friend or family member on weekends or at family picnics.