

Skillastics Connection with the National Physical Education Standards

The goal of physical education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity.

Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Because of the innovative Skillastics Activity Kit design, maximum participation is encouraged and students are given ample time to practice and improve their individual skills in several fundamental motor skills (locomotor skills, dribbling with hand, dribbling with foot, volley, striking, etc.). Skillastics also help teachers give individual feedback to students while they are playing the game. Teachers can assess specific skills to determine if students are competent in designated movement patterns during the activities. It is important that students acquire competency in skills in order to be physically active for a lifetime.

Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Throughout the course of the year, students are taught concepts, movement vocabulary and strategies that are used in different games and activities. Skillastics Activity Kits reinforce these by encouraging students to develop strategies throughout the course of the activity, applying the knowledge and practice of the skills they have learned in previous practice, which can be carried over/transfer into activities/game play situations. Some of these concepts and strategies include; movement concepts of direction, levels, force and time, concept of open space, moving freely into open space, combining skills with movement and different movement patterns.

Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Skillastics activities can be used to promote a health-enhancing level of physical activity and fitness in many ways. There are numerous “teachable” moments as students participate in the activities when teachers can discuss fitness components and concepts. Teachers can include many of the individual activities from the Skillastics Activity Kits on fitness calendars, and as suggestions for fitness or activity logs to promote physical activity outside of the physical education class. Integrating the Skillastics nutritional cards enhances the learning experience and reinforces the MyPlate concepts. Through this combination of promoting fitness and activity in

a variety of fun ways and using the activities to teach students the importance and value of how to achieve fitness through a variety of physical activities, Skillastics is well suited to reinforce this standard.

Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Because of the nature of Skillastics, leadership skills are developed, teamwork is implemented and sportsmanship is encouraged. Skillastics promotes behaviors that lead to individual and team success during an activity. It is critical to help students understand the importance of respecting others regardless of their abilities, cooperation, and problem solving skills. Skillastics provides teachers an opportunity to teach and promote these important life skills. The Skillastics Activity Kits enhance students' social skills, provide opportunity for enjoyment of physical activity and promote a positive learning environment.

Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

In order to help students leave physical education class with the desire to continue to participate in physical activities throughout their lifetime, it's important to help them understand there is value and benefit in the activities they are exposed to. Skillastics Activity Kits are designed to ensure that all students are successful, they are challenging yet enjoyable and help students develop self confidence in their abilities. The activities can be used as ideas for classroom teachers to provide activity breaks during the school day and as options for activities at recess time and before and after school. By connecting what is done in the physical education class and what students can do outside of the class, Skillastics is a great tool to promote a physically active lifestyle.