**Adapted Physical Education Goals and Objectives**

**\*\*Goals adapted from: <http://www.bridges4kids.org/IEP/iep.goal.bank.pdf>**

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**Content Strand: Basic Gross Motor**

Annual Goal: \_\_\_\_\_\_\_\_ will increase ability to assume and/or maintain appropriate posture during school activities, to \_\_\_\_\_\_\_\_\_\_\_ (criteria), as measured by \_\_\_\_\_\_\_\_\_\_\_ (evaluation tool.).

Objective #1 Maintain head in midline in the following position \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Objective #2 Assume prone position.

Objective #3 Assume a supine position.

Objective #4 Assume an all four's position.

Objective #5 Assume a tail kneeling position.

Objective #6 Assume an appropriate sitting position.

Objective #7 Assume a standing position.

Objective #8 Maintain a prone position.

Objective #9 Maintain a supine position.

Objective #10 Maintain a kneeling position.

Objective #11 Maintain a sitting position

Objective #12 Maintain a standing position.

Objective #13 Maintain a prone position and reach for an object.

Objective #14 Maintain a supine position and reach for an object.

Objective #15 Maintain an all four's position.

Objective #16 Maintain a tall kneeling position and reach for an object.

Objective #17 Maintain a sitting position and reach for an object.

Objective #18 Maintain a standing position and reach for an object.

Objective #19 Maintain appropriate posture during locomotion.

**Content Strand: Basic Gross Motor**

Annual Goal: \_\_\_\_\_\_\_\_ will increase ability to roll \_\_\_\_\_ out of \_\_\_\_\_\_\_\_ opportunities, as measured by \_\_\_\_\_\_\_\_\_ (evaluation tool).

Objective #1 Roll prone to side.

Objective #2 Roll supine to side.

Objective #3 Roll prone to supine.

Objective #4 Roll supine to prone.

Objective #5 Roll \_\_\_\_\_\_\_\_\_\_\_\_\_consecutive rolls.

**Content Strand: Basic Gross Motor**

Annual Goal: \_\_\_\_\_\_\_\_\_ will increase ability to move about the classroom environment to get to desired location to \_\_\_\_\_\_\_\_ (criteria) as measured by \_\_\_\_\_\_\_\_\_\_ (evaluation tool).

Objective #1 Roll to desired location.

Objective #2 Crawl on stomach to desired location.

Objective #3 Creep on hands and knees to desired location.

Objective #4 Knee walk to desired location.

Objective #5 Cruise to desired location.

Objective #6 Walk to desired location.

**Content Strand: Basic Gross Motor**

Annual Goal: \_\_\_\_\_\_\_\_ will increase ability to use safety techniques (condition), when moving about the school environment to \_\_\_\_\_\_\_\_ (criteria) as measured by \_\_\_\_\_\_\_ (evaluation tool).

Objective #1 Use appropriate speed.

Objective #2 Use caution in opening and closing doors.

Objective #3 Attend visually to environment.

Objective #4 Maintain safe distance from others.

Objective #5 Use correct side of hallways and stairs.

Objective #6 Use caution around corners.

Objective #7 Use caution while backing-up.

Objective #8 Negotiate stairs with/without equipment.

**Content Strand: Basic Gross Motor**

Annual Goal: \_\_\_\_\_\_ will increase transfer skills used during the school day to \_\_\_\_\_\_\_\_\_\_ (criteria), as measured by \_\_\_\_\_\_\_\_ (evaluation tool).

Objective #1 Transfer to and from floor to classroom chair.

Objective #2 Transfer to and from floor to wheelchair.

Objective #3 Transfer to and from bench to wheelchair.

Objective #4 Transfer to and from bench to chair.

Objective #5 Transfer to and from wheelchair to toilet.

Objective #6 Transfer to and from standing position to toilet.

Objective #7 Transfer to and from standing to chair.

Objective #8 Transfer to and from standing to wheelchair.

Objective #9 Transfer to and from standing to bench.

Objective #10 Transfer to and from standing to stander.

Objective #11 Transfer lo and from wheelchair to stander.

Objective #12 Transfer to and from classroom chair to wheelchair.

Objective #13 Use safety techniques during transfers by \_\_\_\_\_\_\_\_\_\_ (locking brakes, turning power off/on power wc. swinging controls out of the way, positioning footplates, etc.).

Objective #14 Position wheelchair optimally for transfers.

**Content Strand: Basic Gross Motor**

Annual Goal: \_\_\_\_\_ will increase ability to use manual/power wheelchair to \_\_\_\_\_\_\_ (criteria) as measured by \_\_\_\_\_\_\_\_\_ (evaluation tool).

Objective #1 Access switch.

Objective #2 Release switch/stop appropriately.

Objective #3 Turn controls on/off appropriately.

Objective #4 Move forward for feet.

Objective #5 Turn right.

Objective #6 Turn left.

Objective #7 Move backwards.

Objective #8 Go up/down a curb.

Objective #9 Go up/down a ramp.

**Content Strand: Basic Gross Motor**

Annual Goal: \_\_\_\_\_\_\_\_ will increase ability to move about the school environment to get desired location to \_\_\_\_\_\_\_\_\_ (criteria), as measured by \_\_\_\_\_\_\_\_\_\_\_\_ (evaluation tool).

Objective #1 Walk to desired location by:\_\_\_\_\_\_\_\_.

Objective #2 Move to desired location using the following adaptive equipment:

Objective #3 Maintain pace with peers when moving between locations in the building.

Objective #4 Maintain pace with classmates when moving in a group.

Objective #5 Move up stairs by:

Objective #6 Move down stairs by:

**Content Strand: Basic Gross Motor**

Annual Goal: \_\_\_\_\_\_ will increase skills in wheelchair mobility when moving about the physical education environment \_\_\_\_ out of \_\_\_\_\_ opportunities as measured by \_\_\_\_\_\_\_\_\_\_ (evaluation tool).

Objective #1 Negotiate \_\_\_\_\_\_\_\_\_cone obstacle course.

Objective #2 Slow down and step safely.

Objective #3 Move safely in group activities.

Objective #4 Negotiate barriers.

Objective #5 Assume and/or maintain safe posture during physical education activities.

Objective #6 Perform twenty-five-yard dash.

Objective #7 Exhibit correct wheeling strokes for speed/endurance.

Objective #8 Execute a turn with precision.

**Content Strand: Fine Motor**

Annual Goal: \_\_\_\_\_\_\_\_\_\_will increase ability to grasp/pick up/release \_\_\_\_\_\_\_\_\_ inch object \_\_\_\_\_\_\_\_\_ % of time as measured by \_\_\_\_\_\_\_\_\_\_ (evaluation tool).

Objective #1 Grasp object with dominant hand.

Objective #2 Grasp object with non-dominant hand.

Objective #3 Grasp object with both hands together.

Objective #4 Grasp object using a gross grasp (object held in palm with four fingers and thumb).

Objective #5 Grasp object using fingers and thumb in opposition.

Objective #6 Grasp object with pincer grasp (held with tips of index finger and thumb) and arm supported on surface.

Objective #7 Grasp object with pincer grasp with hand and arm up off surface.

Objective #8 Use dominant hand.

Objective #9 Use non-dominant hand.

Objective #10 Use both hands together.

Objective #11 Pick up from a flat surface.

Objective #12 Pick up from inside a container.

Objective #13 Release an object onto a surface.

Objective #14 Release an object into a container.

**Content Strand: Fine Motor**

Annual Goal: \_\_\_\_\_\_\_ will improve grasp-release pattern to adequately use classroom materials \_\_\_\_\_\_\_\_\_\_ % of time as measured by \_\_\_\_\_\_\_\_\_ (evaluation tool).

Objective #1 Use dominant hand.

Objective #2 Use non dominant hand.

Objective #3 Use both hands together.

Objective #4 Grasp, hold, and release larger classroom objects (such as books).

Objective #5 Grasp. hold, and release smaller classroom objects such as pencils or crayons.

**Content Strand: Fine Motor**

Annual Goal: \_\_\_\_\_\_\_\_\_\_ will increase ability to manipulate classroom objects, grasp pencil and hold scissors and pencil \_\_\_\_\_\_\_\_ % of time as measured by \_\_\_\_\_\_\_\_ (evaluation tool).

Objective #1 Transfer an object from one hand to the other.

Objective #2 Manipulate objects and materials on a working surface (desk, table) to position for functional use.

Objective #3 Manipulate containers to access materials (open and close a jar, open glue bottle, open crayon box, use pencil sharpener, etc.).

Objective #4 Turn pages independently.

Objective #5 Use an assistive device to turn pages.

Objective #6 Pick up, position, and use writing and art tools.

Objective #7 Pick up, position, and use cutting materials.

Objective #8 Pick up, position, and carry educational materials from one site to another.

Objective #9 Hold pencil in a quadruped grasp (index and middle fingers opposed to thumb).

Objective #10 Hold pencil in a mature tripod grasp (index finger opposed to thumb).

Objective #11 Hold pencil in adapted tripod grasp (with pencil between index and middle fingers).

Objective #12 Use an adapter to maintain a functional pencil grasp.

Objective #13 Hold scissors in dominant hand with wrists extended and with hands in "thumbs up" position.

Objective #14 Hold paper in non-dominant hand with hand in "thumbs up" position.

Objective #15 Rotate paper with non-dominant hand.

**Content Strand: Intermediate Gross Motor-Balance**

Annual Goal: \_\_\_\_\_\_\_\_\_ will balance \_\_\_\_ seconds while performing \_\_\_\_\_ (#) standing and \_\_\_\_ (#) non-standing balance tasks as measured by \_\_\_\_\_\_\_\_ (evaluation tool).

Objective #1 Maintain balance, face down, in the following position(s):

Objective #2 Maintain balance, face up, in the following position(s):

Objective #3 Maintain kneeling balance in the following position(s):

Objective #4 Maintain balance while standing in the following position(s):

Objective #5 Maintain balance on unstable or uneven surface in the school environment in the following position(s):

Objective #6 Speed up, slow down, or change direction of movement as needed to keep up with others and/or meet requirements of school activities such as:

Objective #7 Move quickly when appropriate/necessary, including stopping/starting and changing directions during the following activity:

Objective #8 Maintain balance to perform school activities such as:

Objective #9 Travel on 2" wide line steps walking either forward or backward.

Objective #10 Travel on a 4" wide lo' long balance beam \_\_\_\_ steps in the following directions: forward, backward, crossover to right, crossover to left.

**Content Strand: Intermediate Gross Motor-locomotor-galloping**

Annual Goal: \_\_\_\_\_\_\_ will repeat consecutive gallops for a distance of 30 feet using mature form (or to a score of) \_\_\_\_ as measured by the Test of Gross Motor Development).

Objective #1 Gallop taking a step forward with the lead foot followed by a step with the trailing foot to a position adjacent to or behind the lead foot.

Objective #2 Gallop with a brief period where both feet are off the ground

Objective #3 Gallop while arms are bent and lifted to the waist level

Objective #4 Gallop feet with the foot.

Objective #5 Gallop and lead with the right or left foot.

Objective #6 Gallop feet changing lead foot on command.

**Content Strand: Intermediate Gross Motor-locomotor-hopping**

Annual Goal: \_\_\_\_\_\_\_ will hop consecutively for a distance of 15 feet using mature form (or to a score of \_\_\_\_\_) as measured by the Test of Gross Motor Development.

Objective #1 Hop by bending the knee of the non-support leg and keeping the non-support foot behind the body.

Objective #2 Hop with non-support leg swinging in pendular fashion to produce force.

Objective #3 Hop with arms bent at the elbows and swinging forward on take-off.

Objective #4 Hop on the right and left foot.

Objective #5 Hop consecutive times

Objective #6 Hop more than times on each foot.

**Content Strand: Intermediate Gross Motor-locomotor-jumping**

Annual Goal: \_\_\_\_\_\_\_\_ will jump \_\_\_\_\_\_\_ (#) of times using mature form (or to a score of \_\_\_\_\_\_) as measured by the Test of Gross Motor Development.

Objective #1 Jump with a two-foot take-off with both feet clearing the floor.

Objective #2 Jump down\_\_\_\_\_\_\_\_ inches.

Objective #3 Jump up \_\_\_ inches.

Objective #4 Jump with a preparatory movement which includes flexion of both knees with arms extended behind the body.

Objective #5 Jump with arms extended forcefully forward and upward, reaching full extension above the head.

Objective #6 Take off and land on both feet simultaneously.

Objective #7 Arms are brought downward during landing.

Objective #8 Jump a long rope turned by others \_\_\_\_\_ consecutive times.

Objective #9 Jump rope\_\_\_\_\_\_\_ consecutive times.

**Content Strand: Intermediate Gross Motor-locomotor-leaping**

Annual Goal: \_\_\_\_ will repeat consecutive leaps for a distance of 30 feet using mature form (or to a score of) \_\_\_\_\_\_\_ as measured by the Test of Gross Motor Development.

Objective #1 Take off on one foot and land on the opposite foot.

Objective #2 Leap maintaining a period where both feet are off the ground (longer than running).

Objective #3 Leap reaching forward with arm opposite the lead foot.

**Content Strand: Intermediate Gross Motor-locomotor- Running**

Annual Goal: \_\_\_\_\_\_\_ will run smoothly for a distance of 30 feet using mature form (or to a score \_\_\_\_\_) as measured by the Test of Gross Motor Development.

Objective #1 Run with a brief period where both feet are off the ground.

Objective #2 Run while arms move in opposition to legs, elbows bent.

Objective #3 Run with foot placement on or near a line (not flat footed).

Objective #4 Run with nonsupport leg bent (approximately 90 degrees) and moving in line with hips.

Objective #5 Run smoothly with changes in speed (starting/stopping on command and in control).

**Content Strand: Intermediate Gross Motor-locomotor-skipping**

Annual Goal: \_\_\_\_\_\_ will skip using a rhythmical, alternate skipping pattern a distance of 30 feet using mature form (or to a score \_\_\_\_) as measured by the Test of Gross Motor Development.

Objective #1 Skip using a step-hop on one side of the body.

Objective #2 Skip using a rhythmical repetition of the step-hop on alternate feet.

Objective #3 Skip using a step-hop on alternate feet, arms alternately moving in opposition to legs at about waist level.

Objective #4 Skip using a rhythmical repetition of the step-hop on alternate feet.

**Content Strand: Intermediate Gross Motor-object control-catching**

Annual Goal: \_\_\_\_\_\_will catch using a mature form (or to a score \_\_\_\_) as measured by \_\_\_\_\_\_\_\_\_\_\_ (evaluation tool, e.g., TGMD, etc.).

Objective #1 Catch a tossed ball.

Objective #2 Bounce and catch a rubber playground ball.

Objective #3 Catch, bending the elbows, to scoop the ball into the body.

Objective #4 Catch, using the hands to trap the ball (vice-squeeze).

Objective #5 Catch and control the bail using hands only, with elbows bending to absorb force.

Objective #6 Catch a ball tossed from\_\_\_\_\_\_\_\_\_feet using a mature form.

Objective #7 Move to catch a playground ball/tennis ball that is tossed\_\_\_\_\_\_\_\_\_\_\_ feet to the left or right.

Objective #8 Keep head down and eyes on the ball as it approaches.

Objective #9 Trap the ball on his/her lap with arms.

Objective #10 Catch using assistive devices.

**Content Strand: Intermediate Gross Motor-object control-kicking**

Annual Goal: \_\_\_\_\_\_\_\_\_ will kick using a mature form (or to a score of \_\_\_\_\_) as measured by \_\_\_\_\_\_\_\_\_\_ (evaluation tool, e.g., TGMD, etc.).

Objective #1 Kick a ball.

Objective #2 Kick from a sitting position, using a knee action kick.

Objective #3 Propel the bail on the ground using a push stick.

Objective #4 Kick using a knee action kick.

Objective #5 Kick using a knee action kick with trunk inclined backward during ball contact.

Objective #6 Kick using a forward swing of the arm opposite the kicking leg, and following through by hopping on nonkicking foot.

Objective #7 Kick a rolled playground/soccer ball towards a target using mature form.

**Content Strand: Intermediate Gross Motor-object control-push/hit**

Annual Goal: \_\_\_\_\_\_\_\_\_ will push/hit a ball \_\_\_\_\_ times in \_\_\_\_\_ # activities as measured by \_\_\_\_\_\_\_\_\_\_\_\_\_ (performance data, teacher observations, etc.).

Objective #1 Place a hand on a bowling ball (hand-over-hand assistance) that is on a ramp in preparation to push the ball\_\_\_\_times.

Objective #2 Push a bowling ball (hand-over-hand assistance) down a bowling ramp on the count of 1-2-3 times.

Objective #3 Hit a large balloon (hand-over-hand or head assistance) \_\_\_\_\_\_\_\_\_\_\_\_times in a volleyball game.

Objective #4 Push a golf ball (hand-over-hand assistance) down a tube onto the putting green on the count of 1-2-3\_\_\_\_\_(#) times f o r \_\_\_\_\_\_(#) holes.

Objective #5 Push/drop a Velcro dart (hand-over-hand assistance) off of lap/tray onto a dart board that is laying on the floor times.

Objective #6 Push a bocce ball (hand-over-hand assistance) down a ramp on the count of 1-2-3 times.

**Content Strand: Intermediate Gross Motor-object control-striking**

Annual Goal: \_\_\_\_\_\_\_\_ will strike a ball using a mature form (or to a score of \_\_\_\_\_\_\_\_\_) as measured by \_\_\_\_\_\_\_\_\_ (evaluation too, e.g., TGMD, etc.).

Objective #1 Swing a bat and hit a pitched ball.

Objective #2 Swing a bat and hit ball off a batting "T."

Objective #3 Grip the bat with dominant hand above non-dominant hand, side of body facing the tosser and feet parallel.

Objective #4 Rotate hip and spine on the back swing and transfer weight to the front foot on the follow-through.

**Content Strand: Intermediate Gross Motor-object control-throw/propel**

Annual Goal: \_\_\_\_\_\_\_\_\_\_ will throw/propel a \_\_\_\_\_\_\_ (ball, bean bag) \_\_\_\_\_\_\_\_ (# trials) for a distance of \_\_\_\_\_\_\_\_\_\_ (inches/feet) as measured by \_\_\_\_\_\_\_\_\_\_ (performance data, teacher observations, etc.).

Objective #1 Push a ball off lap/tray.

Objective #2 Push a ball down a tube.

Objective #3 Push a hall down a tube in the direction of a target.

Objective #4 Throw a bean bag.

Objective #5 Throw a bean bag with a downward arc of the throwing arm.

Objective #6 Release bean bag at appropriate point in the arm motion.

Objective #7 Throw a bean bag in the direction of a target.

**Content Strand: Intermediate Gross Motor-object control-throwing**

Annual Goal: \_\_\_\_\_\_\_\_ will throw overhand using a mature form (or to a score \_\_\_\_) as measured by \_\_\_\_\_\_\_\_\_\_ (evaluation tool, e.g., TGMD).

Objective #1 Throw a ball.

Objective #2 Throw with a downward arc of the throwing arm initiating the windup, and a rotation of hip and shoulder to a point where the nondominant side faces an imaginary target.

Objective #3 Throw with one foot forward.

Objective #4 Throw, transferring weight by stepping with the foot opposite the throwing hand (bilateral throw).

Objective #5 Throw using a mature bilateral throw with throwing arm following through diagonally across the body.

Objective #6 Throw a tennis ball feet using a mature form.

**Content Strand: Intermediate Gross Motor-swinging**

Annual Goal: \_\_\_\_\_\_\_\_\_\_ will increase playground skills in the area of swinging in \_\_\_\_\_\_\_ out of \_\_\_\_\_\_\_ opportunities as measured by \_\_\_\_\_\_\_\_\_\_ (pre-post comparison, performance assessment, teacher-made probe, etc.)

Objective #1 Get on/off swing safely by\_\_\_\_\_\_\_\_\_\_\_.

Objective #2 Assume/maintain grasp.

Objective #3 Pump.

Objective #4 Slow down in preparation to stop.

Objective #5 Swing safely (e.g., not too high, watch for others).

Objective #6 Tolerate \_\_\_\_\_\_\_\_\_\_ minutes of swinging.

**Content Strand: Perception**

Annual Goal: \_\_\_\_\_\_\_\_\_ will increase ability to identify body parts to the \_\_\_\_\_\_\_\_\_ level as measured by \_\_\_\_\_\_\_\_ (evaluation tool).

Objective #1 Point to or move the following body parts when asked (name specific body park).

Objective #2 Give the name of \_\_\_\_\_(specific body parts) when someone points to it/them.

Objective #3 Move the body in the following body planes (top, bottom, side, front, back).

**Content Strand: Perception**

Annual Goal: \_\_\_\_\_\_\_ will increase ability to execute body actions as measured by \_\_\_\_\_\_\_\_ (evaluation tool).

Objective #1 Imitate, model, or mirror the following body actions\_\_\_\_\_\_\_\_\_(bend, straighten, swing, sway, twist, turn).

Objective #2 Independently perform the following body actions \_\_\_\_\_\_\_\_\_\_(bend, straighten, swing, sway, twist, turn).

Objective #3 Move body in the following directions (forward, backward, up, down, sideways, right/left, diagonally).

Objective #4 Move the body into each of the following positions: (in front of, behind, beside, between. toward. away from, near, far, over, under, through, around, inside outside.)

**Content Strand: Perception**

Annual Goal: \_\_\_\_\_\_\_\_\_\_ will increase ability to rhythmically move to various tempos as measured by \_\_\_\_\_\_\_\_\_\_.

Objective #1 Move body to music.

Objective #2 Move in time to a rhythmic beat.

Objective #3 Bounce and catch a ball in time to a rhythmic beat.

Objective #4 Clap to a rhythmic patterned beat.

Objective #5 Play an instrument to a rhythmic beat.

**Content Strand: Physical Fitness-agility**

Annual Goal: \_\_\_\_\_\_\_\_\_ will increase agility by performing \_\_\_\_\_\_\_\_ (#) motor coordination activities in \_\_\_\_\_\_\_\_ (time-minute, second) as measured by \_\_\_\_\_\_\_\_\_\_\_ (performance data, observational data, weekly checklist, etc.).

Objective #1 Perform a 15-yard shuttle run.

Objective #2 Perform a 20-second agility run in and out o f 4 cones placed 5 feet apart.

Objective #3 Lie face down with feet touching wall, stand quickly and touch above mark on wall, and repeal as many times as possible in 20 seconds.

Objective #4 Execute\_\_\_\_\_\_\_\_\_consecutive jumping jacks.

Objective #5 Execute\_\_\_\_\_\_\_consecutive mountain climbers.

**Content Strand: Physical Fitness-cardio-respiratory**

Annual Goal: \_\_\_\_\_\_\_ will increase cardio-respiratory endurance by continuously \_\_\_\_\_\_\_\_\_ (walk, jog, wheel) \_\_\_\_\_\_\_\_ (distance) in \_\_\_\_\_\_\_\_\_ (time, minute, seconds) as measured by \_\_\_\_\_\_\_\_\_ (performance data, observational data, etc.).

Objective #1 Jog/walk/wheel continuously.

Objective #2 Jog/walk/wheel continuously for minutes.

Objective #3 Ride or row continuously.

Objective #4 Use a therapy ball for aerobic exercises for minutes.

Objective #5 Use rowing machine or exercycle for minutes.

Objective #6 Achieve a target heart rate during aerobic exercise.

**Content Strand: Physical Fitness-strength**

Annual Goal: \_\_\_\_\_ will increase muscular strength and endurance by performing \_\_\_\_\_\_\_\_\_ (# exercises, sets, lifts) in \_\_\_\_\_\_\_\_\_ (time - minute, second) as measured by \_\_\_\_\_\_\_\_\_\_\_\_\_ (performance data, observational data, weekly checklist, etc.).

Objective #1 Perform strengthening activities such as:\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Objective #2 Perform hand strengthening exercises by:\_\_\_\_.

Objective #3 Execute \_\_\_\_\_ (#) bent-knee push-ups, using correct form.

Objective #4 Execute \_\_\_\_\_ (#) straight-knee push-ups, using correct form.

Objective #5 Execute \_\_\_\_\_\_\_\_\_\_ wheelchair push-ups, using correct form.

Objective #6 Hold a flexed-arm hang position\_\_\_\_\_\_\_\_\_seconds.

Objective #7 Jump forward with two feet\_\_\_\_\_\_\_\_\_\_\_\_ inches.

Objective #8 Perform a right-arm bicep curl using a\_\_\_lb. dumbbell/weight cuff.

Objective #9 Perform a left-arm bicep curl using a\_\_\_\_\_\_\_\_\_\_lb. dumbbell/weight cuff.

Objective #10 Perform a right-arm tricep extension using a \_\_\_\_\_\_\_\_\_\_lb. dumbbell/weight cuff.

Objective #11 Perform a left-arm tricep extension using a\_\_\_\_\_\_\_\_\_\_lb. dumbbell/weight cuff.

Objective #12 Perform a front-am raise with the left arm using a \_\_\_ Ib. dumbbell weight cuff.

Objective #13 Perform a front-am raise with the left arm using a \_\_\_ Ib. dumbbell weight cuff.

Objective #14 Execute prone flys with \_\_\_\_ Ib. dumbbell/weight cuff.

Objective #15 Perform a prone dumbbell press with the right arm using a\_\_\_\_\_\_\_\_\_\_lb. dumbbell/weight cuff.

Objective #16 Perform a prone dumbbell press with the left arm using a \_\_\_\_ Ib. dumbbell/weight cuff.

Objective #17 Perform a right-arm lateral raise with a \_\_\_\_ Ib. dumbbell/weight cuff.

Objective #18 Perform a left-arm lateral raise with a Ib. dumbbell/weight cuff.

Objective #19 Perform a \_\_\_\_\_\_\_\_\_\_Ib. bench press.

Objective #20 Perform a \_\_\_ Ib. leg press.

Objective #21 Perform a\_\_\_\_\_\_\_\_\_lb. leg curl using the right leg.

Objective #22 Perform a\_\_\_\_\_\_\_\_\_lb. leg curl using the left leg.

Objective #23 Perform a\_\_\_\_\_\_ Ib. leg extension using the right leg.

Objective #24 Perform a\_\_\_\_\_\_\_Ib. leg extension using the left leg.

Objective #25 Execute a\_\_\_\_\_\_lb. lat pull down.

Objective #26 Execute a \_\_\_\_\_\_\_\_lb. low lat row.

Objective #27 Execute \_\_\_\_\_\_(#) theraputty exercises.

Objective #28 Execute \_\_\_\_\_\_(#)theraband exercises.

Objective #29 Execute \_\_\_\_\_\_\_(#) upper extremity strengthening exercises.

Objective #30 Walk with AFO's and walker regularly to maintain/improve leg strength, flexibility, and functional skills needed for independent mobility.

**Content Strand: Sensory Motor**

Annual Goal: \_\_\_\_\_\_\_\_\_ will increase ability to transition from one activity to another \_\_\_\_\_\_\_\_\_\_\_ % of time as measured by \_\_\_\_\_\_\_\_\_\_\_\_ (evaluation tool).

Objective #1 Use a visual to transition.

Objective #2 Use a concrete object to transition.

Objective #3 Use a sensory motor activity prior to transition.

Objective #4 Use a sensory motor activity/technique during the transition.

Objective #5 Complete the transition within the time specified by the teacher.

**Content Strand: Sensory Motor**

Annual Goal: \_\_\_\_\_\_\_\_ will increase ability to tolerate tactile/auditory stimuli \_\_\_\_\_\_\_\_\_\_ % of time as measured by \_\_\_\_\_\_\_\_\_ (evaluation tool).

Objective #1 Stand in line.

Objective #2 Hold hands with others.

Objective #3 Handle materials of various textures and temperatures.

Objective #4 Tolerate music during classroom activities.

Objective #5 Tolerate predictable bells in school environment.

Objective #6 Tolerate unpredictable bells in school environment.

**Content Strand: Sensory Motor**

Annual Goal: \_\_\_\_\_\_\_\_\_\_\_\_ will improve ability to gain information from tactile cues \_\_\_\_\_\_\_\_\_\_ % of time as measured by

\_\_\_\_\_\_\_\_\_\_\_ (evaluation tool).

Objective #1 Identify materials using tactile cues.

Objective #2 Manipulate materials using tactile cues.

Objective #3 Navigate within a room using tactile cues.

Objective #4 Navigate within a building using tactile cues.

Objective #5 Navigate on the playground using tactile cues.

**Content Strand: Sensory Motor**

Annual Goal: \_\_\_\_\_\_\_\_\_\_ will increase awareness of his/her body within the school environment \_\_\_\_\_\_\_\_\_% of time as measured by \_\_\_\_\_\_\_\_\_\_\_ (evaluation tool).

Objective #1 Sit safely in seat.

Objective #2 Navigate within the classroom safely.

Objective #3 Transition within the school building safely.

Objective #4 Transition from school building to playground safely.

Objective #5 Transition to and from bus safely.

**Content Strand: Sensory Motor**

Annual Goal: \_\_\_\_\_\_\_\_\_\_\_ will increase participation in playground/recess/physical education programs \_\_\_\_\_\_\_ % of the time as measured by \_\_\_\_\_\_\_\_\_\_\_\_ (evaluation tool).

Objective #1 Perform motor planning activities.

Objective #2 Play on playground/gym equipment.

Objective #3 Play interactive games with peers.

Objective #4 Participate in musical games.

**Content Strand: Sensory Motor**

Annual Goal: \_\_\_\_\_\_\_\_ will increase ability to calm self when anxious or frustrated \_\_\_\_\_ % of the time as measured by \_\_\_\_\_\_\_\_ (evaluation tool).

Objective #1 Take a rest break.

Objective #2 Use relaxation techniques.

Objective #3 Use sensory motor techniques/activities.

Objective #4 Demonstrate appropriate emotions during difficult tasks.

Objective #5 Demonstrate appropriate emotions during transitions.

Objective #6 Demonstrate appropriate emotions during group activities.

Objective #7 Demonstrate appropriate emotions during changes in routine (substitutes, altered bell schedule, etc.).

**Content Strand: Sensory Motor**

Annual Goal: \_\_\_\_\_\_\_\_ will increase ability to focus attention \_\_\_\_\_\_\_\_ % of the time as measured by \_\_\_\_\_\_\_\_ (evaluation tool).

Objective #1 Attend to teacher while sitting at desk or in circle.

Objective #2 Attend to small group activity.

Objective #3 Focus on a task for the time requested by the teacher.

Objective #4 Focus on the overhead or other visuals.

Objective #5 Attend to a student presentation.

**Content Strand: Visual Motor**

Annual Goal: \_\_\_\_\_\_\_ will increase ability to visually track a moving object to \_\_\_\_\_\_\_\_ % of the time as measured by \_\_\_\_\_\_\_\_ (evaluation tool).

Objective #1 Write with left to right, top to bottom flow.

Objective #2 Maintain eye contact with an object moving toward him/her.

Objective #3 Maintain eye contact with an object moving across field of vision (left to right or right to left)

**Content Strand: Visual Motor**

Annual Goal: \_\_\_\_\_\_\_\_ will increase writing skills by tracing/imitating/copying with \_\_\_\_\_\_\_\_\_\_\_% accuracy as measured by \_\_\_\_\_\_\_ (evaluation tool).

Objective #1 Trace simple geometric shapes (name the shapes).

Objective #2 Trace name (first/last).

Objective #3 Trace (upper/lower) manuscript letters of the alphabet.

Objective #4 Trace numbers 1-10.

Objective #5 Imitate simple geometric shapes (name shapes).

Objective #6 Imitate name (first/last).

Objective #7 Imitate (upper/lower) manuscript letters of the alphabet.

Objective #8 Imitate (upper/lower) cursive letters of the alphabet.

Objective #9 Imitate numbers 1-10.

Objective #10 Copy simple geometric shapes (name the shapes).

Objective #11 Copy name (first/last).

Objective #12 Copy (upper/lower) manuscript fetters of the alphabet.

Objective #13 Copy (upper/lower) cursive letters of the alphabet.

Objective #14 Copy numbers.

Objective #15 Copy simple sentences.

**Content Strand: Adaptations & Modifications**

Annual Goal: \_\_\_\_\_\_\_\_\_ will participate in a physical education class and execute necessary skills by making \_\_\_\_\_\_ (3) adaptations and naming \_\_\_\_\_ (3) modifications of the equipment and rules as measured by \_\_\_\_\_\_\_ (student verbal report, observational data, etc.).

Objective #1 State modifications in equipment that will assist with participation in physical education activities.

Objective #2 State adaptations in the rules of sports/games that will assist with participation in physical education activities.

Objective #3 Use equipment that will assist with participation in physical education class.

Objective #4 Perform modifications of warm-up exercises that are incorporated into the physical education program.

Objective #5 Perform an alternate physical activity when the regular physical education program is inappropriate and/or unsafe.

Objective #6 Demonstrate two game modifications within the regular physical education program.

**Content Strand: Play And Games**

Annual Goal: \_\_\_\_\_\_\_\_\_ will increase ability to grasp hand-sized object with either hand using ends of thumb, index and second fingers \_\_\_\_\_\_\_ % of time as measured by \_\_\_\_\_\_\_\_\_.

Objective #1 Grasp hand-sued object with either hand using the palm with object placed toward the thumb and index finger.

Objective #2 Grasp cylindrical object with either hand by closing fingers around it.

Objective #3 Grasp hand-sized object with either hand using whole hand.

**Content Strand: Play And Games**

Annual Goal: \_\_\_\_\_\_ will increase ability to grasp pea-sized object with either hand using tip of index fingers and thumb with hand and/or arm supported/unsupported \_\_\_\_\_% of time as measured by \_\_\_\_\_\_\_\_\_\_\_\_.

Objective #1 Grasp pea sired object with either hand using tip of the index finger and thumb with hand and/or arm resting on the surface for support.

Objective #2 Grasp pea-sized object with either hand using side of the index finger and thumb.

Objective #3 Grasp pea-sized object with either hand using fingers in a raking and/or scratching movement.

**Content Strand: Play And Games**

Annual Goal: \_\_\_\_\_\_\_\_\_\_\_will increase ability to simultaneously bring hands or two objects to midline \_\_\_\_\_\_\_% of time as measured by \_\_\_\_\_\_\_\_\_\_\_\_\_.

Objective #1 Make directed batting and/or swiping movements with each hand.

Objective #2 Make non-directed movements with each arm.

Objective #3 Transfer object from one hand to the other

Objective #4 Hold an object in each hand.

Objective #5 Reach toward and touch object with each hand.

**Content Strand: Play And Games**

Annual Goal: \_\_\_\_\_\_\_\_ will increase ability to place and release object balanced on top of another object with either hand \_\_\_\_ % of time measured by \_\_\_\_\_\_\_\_\_.

Objective #1 Place and release an object onto another object of the same size.

Objective #2 Release hand-held object onto and/or into a larger target with either hand.

Objective #3 Release hand-held object with each hand.

**Content Strand: Play And Games**

Annual Goal: \_\_\_\_\_\_\_\_\_\_ will increase ability to rotate either wrist on horizontal plane \_\_\_\_\_ % of time as measured by \_\_\_\_\_\_\_\_\_\_.

Objective #1 Turn object over using wrist and arm rotation with each hand.

Objective #2 Carry object in palm of hand with palm facing up.

**Content Strand: Play And Games**

Annual Goal: \_\_\_\_\_\_\_\_\_ will increase ability to assemble toy and/or object that requires putting pieces together \_\_\_\_\_\_ % of time as measured by \_\_\_\_\_\_\_\_\_\_\_.

Objective #1 Fit a variety of shapes into corresponding spaces.

Objective #2 Fit objects into defined spaces.

Objective #3 Complete a \_\_\_ part puzzle.

Objective #4 Build a Lego object with \_\_\_\_ pieces.

**Content Strand: Play And Games**

Annual Goal: \_\_\_\_\_\_\_\_\_\_ will increase ability to use either index finger to activate objects \_\_\_\_\_\_\_ % of time as measured by \_\_\_\_\_\_\_\_\_.

Objective #1 Use isolated index finger movement to activate a toy.

Objective #2 Use either hand to activate objects.

Objective #3 Correctly activate a simple toy.

Objective #4 Push button lo activate a simple toy.

Objective #5 Push switch lo activate a simple toy.

**Content Strand: Sports And Physical Development- Condition skills**

Annual Goal: \_\_\_\_\_\_\_\_\_ will increase condition skills by developing own exercise program with \_\_\_\_\_\_ (#) of exercises and performing it \_\_\_\_\_\_\_\_\_ (#) times per week as measured by \_\_\_\_\_\_\_\_ (observational data, checklist, student log, etc.).

Objective #1 Dress appropriately for exercising.

Objective #2 Use and identify equipment as each exercise is named.

Objective #3 Use proper form while exercising.

Objective #4 Use proper breathing techniques for weight lining.

Objective #5 Exercise on a regular basis.

Objective #6 Name exercises that are part of his/her conditioning program.

Objective #7 Name exercises that are contraindicated for his/her disability.

Objective #8 Consistently use warm-up and cool-down exercises.

Objective #9 Consistently perform a variety of exercises that improve strength/tone in all areas.

Objective #10 Identify the muscle or muscle groups that each exercise benefits.

Objective #11 Increase work of routine by adjusting the number of repetitions or the amount of weights at appropriate intervals.

Objective #12 Develop and use a balanced conditioning program.

Objective #13 Record workouts in a journal or log.

Objective #14 Use and develop a list of accessible exercise/conditioning facilities in the community.

**Content Strand: Sports And Physical Development-social/behavior**

Annual Goal: \_\_\_\_\_\_\_\_\_\_ will increase appropriate behavior in a physical education setting by performing \_\_\_\_\_\_\_\_ (#) mature behaviors expected of all students as measured by \_\_\_\_\_\_\_\_\_ (observational data, teacher-made probe, etc.).

Objective #1 Take turns.

Objective #2 Wait for turn.

Objective #3 Keep hands to self.

Objective #4 Initiate cooperative play.

Objective #5 Communicate appropriately with peers.

Objective #6 Stay on task for \_\_\_\_\_\_\_(time-minutes).

Objective #7 Exhibit good sportsmanship, e.g., acceptance of win/loss situations, acceptance of own/others abilities, puts forth best effort).

Objective #8 Follow teachers' verbal/visual directions.

Objective #9 Recognize inability to understand directions and seek clarification before proceeding with task.

Objective #10 Ask appropriate questions to gain understanding of the activity (e.g., how far away is the net, how high is the basket, where are the boundaries).

Objective #11 Ask for, and/or accept, assistance when needed.

Objective #12 Dress down for physical education class.

Objective #13 Arrive on time for physical education class.

Objective #14 Exhibit good social etiquette in physical education class ( e.g., please, thank you, will you please help me).

**Content Strand: Sports And Physical Development-Special Olympics**

Annual Goal: \_\_\_\_\_\_\_\_\_\_\_ will increase skills in \_\_\_\_\_\_ (#) activities sponsored by Special Olympics by performing \_\_\_\_\_ (criteria) as measured by \_\_\_\_\_\_\_\_ (evaluation).

Objective #1 Select events in which to participate.

Objective #2 Fill out and mail registration form.

Objective #3 Utilize appropriate exercise and competition attire.

Objective #4 Perform warm-up and cool-down exercises.

Objective #5 Practice events.

Objective #6 Attend training sessions.

Objective #7 Attend competition.

Objective #8 Participate in competition.

Objective #9 Follow rules of etiquette for the specific event