

Chasing, Fleeing, and Dodging

K-5 Physical Education

Benchmarks

Kindergarten

1. Is able to travel in general space at different speeds.
2. Is able to flee in general space at different levels.
3. Understands the importance of avoiding obstacles in general space.

Grade One

1. Is able to dodge make-believe objects without colliding with others.
2. Is able to chase make-believe objects as fast as safely possible.
3. Understands the importance of looking up when chasing and dodging.

Grade Two

1. Is able to dodge in response to a signal.
2. Is able to flee from a partner in general space.
3. Understands faking and making moves quicker than light.

Grade Three

1. Is able to dodge obstacles in general space.
2. Is able to use quick changes of direction when dodging.
3. Understands the importance of faking when avoiding a chaser.

Grade Four

1. Is able to overtake a fleeing person.
2. Is able to flee from a chaser without being caught.
3. Understands that chasers should watch the hips of the runner in order to overtake them.

Grade Five

1. Is able to chase and dodge as part of a team.
2. Is able to dodge stationary objects.
3. Is able to fake moves to avoid a chaser.