

# **Dribbling**

## **K-5 Physical Education**

### **Benchmarks**

#### Kindergarten

1. Is able to bounce and catch a playground ball with two hands.
2. Is able to dribble continuously with two hands.
3. Is able to control the ball within self-space while dribbling continuously.

#### Grade One

1. Is able to dribble playground ball with dominant hand in self-space.
2. Is able to dribble with dominant hand while walking slowly forward.
3. Understands proper hand contact with the ball.

#### Grade Two

1. Is able to dribble with eyes up in self-space.
2. Is able to dribble with either hand in self-space.
3. Is able to dribble “like a basketball player,” with proper footwork.

#### Grade Three

1. Is able to control dribble at different heights.
2. Is able to dribble with the body in different positions: from a squat position, on the floor, etc.
3. Is able to transfer basketball from one hand to the other when dribbling.

#### Grade Four

1. Is able to travel forward, backward, and laterally while dribbling.
2. Is able to switch hands while moving.
3. Is able to dribble well while changing speed of travel.

#### Grade Five

1. Is able to start and stop dribble while changing directions.
2. Is able to dribble in various pathways.
3. Is able to dribble around obstacles.