

Kicking/Punting

K-5 Physical Education

Benchmarks

Kindergarten

1. Is able to kick a stationary ball.
2. Is able to kick a stationary ball with both feet.
3. Is able to hit the wall with the ball.

Grade One

1. Is able to approach a stationary ball and kick it.
2. Is able to use both feet.
3. Understands the contact point.

Grade Two

1. Is able to kick a stationary ball to a large target.
2. Is able to hit the target with both feet.
3. Understands the proper plant foot placement.

Grade Three

1. Is able to kick a stationary ball or rolling ball to a partner.
2. Is able to keep the ball on the ground.
3. Understand the concept of the speed of your pass.

Grade Four

1. Is able to kick a stationary or rolling ball to a partner.
2. Is able to kick a rolling ball on the ground.
3. Understands where to kick the ball to keep it on the ground.

Grade Five

1. Is able to kick a stationary or rolling ball to a moving partner.
2. Is able to kick a stationary or rolling ball while they are on the run.
3. Understands where to strike the ball to make it go where they want.