

Racquet

K-5 Physical Education

Benchmarks

Kindergarten

1. Is able to balance a balloon on a lightweight paddle.
2. Is able to strike a balloon in self space with a lightweight paddle.
3. Is able to strike a balloon upward with a lightweight paddle.

Grade One

1. Is able to hit a suspended ball with a racket
2. Is able to hit a balloon against a wall with a racket
3. Is able to hit up and down using a racket and balloon.

Grade Two

1. Can hit up, down, and forward.

Grade Three

1. Students will be able to strike at different distances to a wall.
2. Is able to strike at high and low targets
3. Is able to strike at different force at targets.

Grade Four

1. Is able to hit to the wall and to the wall again.
2. Is able to hit against a wall to different places

Grade Five

1. Is able to hit cooperatively and continuously to a partner.