

**TOWNSHIP OF FRANKLIN PUBLIC SCHOOLS
PHYSICAL EDUCATION CURRICULUM
GRADES 1 - 2 & SPECIAL EDUCATION
SEPTEMBER 2006**

Introduction to Tumbling Stunts

All stunts and mat work emphasize body awareness.

As a result of this unit, students will be able to:

- develop better self-confidence;
- develop better balance;
- develop better coordination;
- develop greater strength and endurance;
- develop greater flexibility;
- develop greater body awareness;
- develop more courage to use their body;
- be aware of the need for safety rules;
- do a log roll with toe pointed and all joints straight;
- balance doing an egg sit;
- do a shoulder stand, holding their body up on their elbows, with toes pointed;
- do a squat roll, coming up to their feet;
- balance walking a 16 inch straight line or balance beam, placing one foot in front of the other.

Evaluation

Evaluation will be made of each student's performance level by observing their demonstration of the skills listed in the "Student Objective" section of this curriculum.