

# I CAN

## KICK USING CORRECT FORM



## PHYSICAL LITERACY MANIPULATIVES

### SUCCESS CRITERIA

APPROACH TO THE BALL IS FROM A RUN OR A LEAP

LEG SWING IS LONGER

KICKING ACTION IS INITIATED AT THE HIP

TRUNK BENDS AT THE WAIST WITH A SLIGHT LEAN BACKWARDS

FOLLOW-THROUGH IS HIGH AND IN THE DIRECTION OF THE PATH OF THE BALL

### GRADES K-2

Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments

### GRADES 3-5

Develop and apply a variety of fundamental movement skills in a variety of physical activities and environments

### GRADES 6-7

Develop, refine, and apply fundamental movement skills in a variety of physical activities and environments

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## PHYSICAL LITERACY MANIPULATIVES

### LEARNING CUES

- STAND BEHIND THE BALL AND SLIGHTLY TO ONE SIDE
- KEEP EYES ON THE BALL
- STEP FORWARD PLACING NON-KICKING FOOT NEXT TO THE BALL
- SWING KICKING LEG BACK, BENT AT KNEE, AND BRING THROUGH FAST TO CONTACT BALL
- HIT BALL ON THE SHOELACES FOR A LOW BALL, WITH THE TOE FOR A HIGH BALL, AND WITH THE INSIDE OF THE FOOT FOR A GROUND BALL
- FOLLOW-THROUGH IN THE DIRECTION OF THE TARGET

