

# Rock Foundation's Children's Fitness Challenge & Sunshine State Standards

The mission of the physical education program in the state of Florida is to provide students with the opportunities to develop the skills, knowledge, motivation, and behaviors that lead to the adoption of a physically active and healthy lifestyle.

The mission of The Rock Foundation's Physical Fitness Program and Obesity Prevention Program is to improve health and build self-esteem of children, educating children about healthy eating, nutrition and the life benefits of physical exercise. The program emphasizes the importance of goal setting, overcoming obstacles, and realizing the power of accomplishments.

Movement is critical in the overall growth and development of children. Quality physical education plays an integral role in the education process of the whole child while promoting enjoyment, competence, and confidence. Research has demonstrated that children who participate in regular physical education enjoy better concentration, enhanced memory, as well as a positive attitude towards self and others, which are important factors in creating a healthy learning environment.

- Development of Movement Skills
- Development of Physical Fitness
- Understanding of and Application of Movement Concepts
- Development of Positive Attitudes and Values about Movement

The Rock Foundation's Children's Fitness Challenge Obstacle Course allows the students to accomplish the following Sunshine State Standard Benchmarks in Movement.

Our 100 yard obstacle course provides movements such as gymnastic rolls, bear crawling or ducking through a shoot, running through a running grid, negotiating a cone weave, crossing a balance beam, running a series of hurdles, long jumping, and sprinting, the following bench marks are met!

## Kindergarten

- PE.K.M.1.11 Balance on a variety of body parts.
- PE.K.M.1.12 Perform a variety of rolling actions.
- PE.K.M.1.13 Move in a variety of ways in relation to others.

## First Grade

- PE.1.M.1.1 Travel using various locomotor skills while changing directions, pathways, and speeds.
- PE.1.M.1.11 Demonstrate a sequence of a balance, a roll, and a different balance.

## Second Grade

- PE.2.M.1.10 Demonstrate a sequence of a balance, a roll, and a different balance with correct technique and smooth transitions.

## Third Grade

- PE.3.M.1.1 Apply locomotor skills in a variety of movement settings.
- PE.3.M.1.9 Perform a teacher-designed sequence using manipulatives.

## Fourth Grade

- PE.4.M.1.1 Apply movement concepts to the performance of locomotor skills in a variety of movement settings.
- PE.4.M.1.12 Run and hurdle a succession of low to medium level obstacles.

## Fifth Grade

- PE.5.M.1.1 Apply locomotor skills in a variety of movement settings while applying the appropriate movement concepts as the situation demands.