

200 Goals for Adapted Physical Education

Preschool:

1. Student will stand in an open space, without support, and independently balance on either foot momentarily.
2. When verbally cued, student will jump in place four to six times consecutively, taking off from and landing on two feet with balance and control.
3. In a space free from obstacles, student will hop on either left or right foot one time.
4. Using a 10" red rubber playground ball, student will walk up to the ball from a distance of 6' and kick the ball.
5. From a standing position with balance, student will hold a tennis ball in preferred hand and throw it overhand for a distance of at least six feet.
6. Using a 10" red rubber playground ball, student will stand 6' from instructor, and will use arms, chest, and body to catch the ball.
7. Sitting on a tricycle with feet on the pedals, student will pedal the tricycle forward for a 10' distance.
8. Standing in a clear space, student will independently stand on either left or right foot for 5 seconds with balance and control.
9. Student will run in a straight running lane for a distance of 50 yards in less than 20 seconds.

Gross Motor Iep Goals And Objectives

Ying Liu



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