Natural Flow of a Written Measurable Goal

Timeframe	Condition	Behavior	Criteria
By the end of 36 instructional weeks.	Given a tennis ball.	Student will throw the ball a distance of 12 feet with weight transfer in opposition and land within arm's reach of the receiver.	During 4 of 5 attempts.
By the end of the 2012-2013 school year.	With a playground ball placed on the floor 5 feet in front of the student.	The student will walk up to the ball, plant the non-kicking leg near the ball and kick the ball a distance of 30 feet.	During 4 of 6 attempts.
By May 12, 2013	Using a modified goal height of 5 feet.	The student will propel the ball with both hands into the goal from a minimum distance of 3 feet.	During 4 of 6 attempts.
In 36 instructional weeks.	Upon verbal request.	The student will perform abdominal crunches.	And complete 12 crunches without stopping.
In 36 instructional weeks.	Given a large heavy ball placed on a table top or bowling ramp.	Student will extend arms and purposefully and independently push the ball across the table top or down the ramp.	During 4 of 5 attempts.

Natural Flow of a Written Benchmark

Timeframe	Condition	Behavior	Criteria
By the end of 12 instructional weeks.	Given a tennis ball.	Student will voluntarily grasp the ball and propel it forward in the intended direction.	3 of 3 attempts.
By the end of March 2012.	With a playground ball placed on the floor directly in front of the student.	The student will extend kicking leg forward and contact the ball so it moves forward.	3 of 3 attempts.
By the end of February 2012.	With a large trash can placed directly in front of the student.	The student will hold a basketball with both hands and drop it in the trash can.	3 of 4 attempts.
In 24 instructional weeks.	With instructor sitting over students feet holding on to the both hands.	The students will perform sit-ups with minimal assistance in pulling up.	And complete 12 sit-ups without stopping.
In 12 instructional weeks.	Given a large heavy ball, placed on a table top.	Student will extend dominant arm to place hand on the ball.	3 of 4 attempts.