

3-4-5 Physical Education						
Movement Skills and Concepts	Strategy	Sportsmanship, Rules and Safety	Fitness, Sports and Physical Activity	Responsibility, Cooperation, Respect for Self and Others	Interdisciplinary Instruction	Special Units of Study
<p>Explain and perform essential elements of movement skills in both isolated and applied settings.</p> <p>Use body management skills and demonstrate control when moving in relation to others, objects, and boundaries in personal and general space.</p> <p>Explain and demonstrate movement sequences, individually and with others, in response to</p>	<p>Explain and demonstrate the use of basic offensive and defensive strategies. (e.g. player positioning, faking, dodging, creating open areas, and defending space.)</p> <p>Acknowledge contributions of team members and choose appropriate ways to motivate and celebrate accomplishments.</p> <p>Teach teamwork as a strategy.</p>	<p>Summarize the characteristics of sportsmanship and demonstrate appropriate behavior as both a player and observer.</p> <p>Apply specific rules and procedures during physical activity and explain how they contribute to a safe, active environment.</p>	<p>Determine the physical, social, emotional, and intellectual benefits of regular physical activity.</p> <p>Know and recognize changes in body responses during moderate to vigorous physical activity (e.g. heart rate, breathing rate).</p> <p>Participate in moderate to vigorous age-appropriate activities that address each component of health related</p>	<p>Recognize safe/unsafe practices.</p> <p>Identify and use safe practice in physical activity settings.</p> <p>Recognize conflict situations and identify appropriate strategies to avoid or resolve.</p> <p>Acknowledge contributions of team members and choose appropriate ways to motivate and celebrate accomplishments.</p> <p>Recognize</p>	<p>Relate the origin and rules associated with certain games, sports, and dances to different cultures.</p> <p>Analyze the impact of different world cultures on present-day games, sports and dance.</p>	<p>Track and Field Day</p> <p>Dance</p> <p>Low Ropes Course</p> <p>Community 5K Run Event</p> <p>Trust Activities</p> <p>Cooperative Games</p>

<p>various tempos, rhythms, and musical styles.</p> <p>Correct movement errors in response to feedback and explain how the change improves performance.</p>			<p>and skills related fitness.</p> <p>Develop a health related fitness goal and track progress using health/fitness indicators. Determine the extent to which different factors influence personal fitness, such as heredity, training, diet and technology.</p> <p>Incorporate topics in biomechanics</p> <p>Promote self, family and community fitness.</p>	<p>positive and negative interactions of small group activities and respond appropriately.</p> <p>Stay on task through duration of activity.</p> <p>Cooperate with others.</p> <p>Follow rules of play.</p>		
---	--	--	---	---	--	--