

Curriculum at a Glance

Physical Education

Grades 3-5

The elementary school Physical Education curriculum is based off of the Shape America National Standards. The elementary program emphasizes the importance of physical activity and personal fitness. The physical education program emphasizes the development of fundamental locomotor, nonlocomotor, and manipulative skills. The focus of the 3-5 curriculum is learning about rules and modified game play. The curriculum offers students a wide variety of activities.

- **Standard 1** - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- **Standard 2** - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- **Standard 3** - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- **Standard 4** - The physically literate individual exhibits responsible personal and social behavior that respects self and others.
- **Standard 5** - The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Unit Name/Description	Content and/or Skills
Class Expectations & Substitute Games	<ol style="list-style-type: none">1. Rules & expectations in PE2. Assign individual spots for warm-ups3. Review emergency drills and protocol4. Sports etiquette & sportsmanship5. Practice games to be played with substitutes

<p>Cooperative Games</p>	<ol style="list-style-type: none"> 1. Build relationships 2. Enhance communication skills 3. Problem Solving 4. Respect for differences 5. Team work 6. Trust building
<p>Soccer</p>	<ol style="list-style-type: none"> 1. Dribbling 2. Passing 3. Shooting 4. Spacing & positions 5. Game rules
<p>Flag Football</p>	<ol style="list-style-type: none"> 1. Throwing 2. Catching 3. Kicking 4. Proper technique 5. Spacing & positions 6. Game rules
<p>Physical Fitness Assessment</p>	<ol style="list-style-type: none"> 1. Cardiovascular endurance & pacing <ul style="list-style-type: none"> ● Mile run ● Pacer test 2. Abdominal endurance <ul style="list-style-type: none"> ● Curl-up test 3. Upper body strength & endurance <ul style="list-style-type: none"> ● Push-up test

	<p>4. Flexibility</p> <ul style="list-style-type: none"> ● Sit & reach back saver test
Jump Rope	<ol style="list-style-type: none"> 1. Proper techniques 2. Timing 3. Jumping 4. Different techniques of jumping rope
Basketball	<ol style="list-style-type: none"> 1. Dribbling 2. Passing 3. Shooting 4. Spacing and positions 5. Game rules
Team Handball	<ol style="list-style-type: none"> 1. Ball handling 2. Dribbling 3. Pivoting 4. Passing 5. Shooting 6. Positioning 7. Game rules
Volleyball	<ol style="list-style-type: none"> 1. Forearm pass (bump) 2. Overhead pass (set) 3. Underhand serve 4. Rotation 5. Scoring

	<ol style="list-style-type: none">6. Game Rules
Floor Hockey	<ol style="list-style-type: none">1. Stick handling2. Dribbling3. Passing4. Shooting5. Goalie play6. Positions7. Game rules
Track and Field	<ol style="list-style-type: none">1. Baton relay & exchange2. High Jump3. Standing long jump4. Hurdles5. 50-yard dash6. Shot put7. Javelin8. Discus
Lacrosse	<ol style="list-style-type: none">1. Stick handling2. Throwing3. Catching4. Cradling
Softball	<ol style="list-style-type: none">1. Throwing2. Catching

	<ol style="list-style-type: none">3. Fielding4. Batting5. Positions6. Offense & defense
Field Day Preparation	<ol style="list-style-type: none">1. Field Day procedures and expectations2. Games3. Stations4. Sportsmanship