

# Physical Education: Grades 3, 4, 5

Adopted 2008

**Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities**

**Physical Activity involves using movement and motor skills throughout your life.**

- Perform and demonstrate advanced characteristics of motor skills.
- Demonstrate spatial awareness in self and others.
- Move safely through general and self space.
- Apply movement in challenging context with self, and another person or groups of people
- Recognize competitive activity from cooperative activity
- Perform and develop cooperative activities
- Participate cooperatively in competitive and noncompetitive activities
- Explain the importance of maintaining a healthy body
- Logically connect health related components of fitness with specific movements

**Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities**

**There are different rules for different movements.**

- Apply movement concepts to fundamental skills
- Apply knowledge of anatomy for performance.
- Recognize when they are in an effective heart rate zone
- Perform individually and as part of a group.
- Follow, cue and expand – apply to other movement experiences

**Participates regularly in physical activity**

**Moving is important.**

- Identify Physical activity opportunities at school and within the community, for regular participation in physical activity
- Come to class prepared for participation
- Participate fully during physical education class
- Improve personal effort and engagement level of exertion during class

**Achieves and maintains a personal health-enhancing level of physical fitness**

**Being physically fit contributes to being healthy.**

- Count their pulse rate and record (resting and active)
  - Provide examples of the five (5) components of fitness and of activities or exercises
  - Predict how the body will respond to various/different physical activity
  - How to improve personal fitness
  - Build own fitness plan within context of physical education class constraints.
  - Create a list of activities that builds fitness
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**Exhibits responsible personal and social behavior that respects self and others in physical activity settings**

**There are behavioral expectations in physical activity settings**

- Apply and demonstrate rules and safe practices for a specific activity
  - Demonstrate cooperation in a variety of physical activity settings (diversity)
  - Demonstrate independence in physical activity settings
  - Model by leading a small group activity (teacher directed)
  - Work independently and groups while staying on task
  - Self-assess participation in physical activity
  - Use multiple strategies for solving differences or disagreements
  - Work independently and in groups while staying on task
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**Creates opportunities for health, enjoyment, challenge, self-expression and/or social interaction through physical activity**

**Physical activity provides a variety of opportunities for enjoyment and social interaction.**

- Perform a variety of physical activities that they enjoy
- Explain the benefits of physical activity/physical education
- Participate in physical activity social settings