

3-4 Physical Education

Content Standards:

Students will:

- Become competent in a variety of, and proficient in a few, physical activities
- Understand and apply principles of human movement to the learning and development of motor skills
- Exhibit responsible personal and social behaviors in physical activity settings
- Exhibit an understanding of and respect for differences among people in physical activity settings
- Use fitness concepts to achieve and maintain a health-enhancing level of physical fitness

Benchmark	Unit
<ol style="list-style-type: none"> 1. Develop patterns and combinations of locomotor and non-locomotor movements into repeatable sequences. 2. Use different pathways, levels and speeds demonstrating the various locomotor skills safely. 3. Improve stability by keeping the center of gravity over the base of support. 4. Analyze potential risks associated with physical activities. 5. Respect persons from different backgrounds. 6. Accept the feelings resulting from challenges and successes in physical activity. 7. Be willing to accept challenges and explore new activities. 	<p>Gross Motor Skills</p> <p>Refinement of:</p> <ul style="list-style-type: none"> Hopping Running Walking Jumping Galloping Sliding Skipping Leaping

Benchmark	Unit
<ol style="list-style-type: none"> 1. Maintain continuous aerobic activity for a specified time. 2. Regularly participate in physical activity for the purpose of improving one's personal physical fitness. 3. Describe healthful benefits that result from regular and appropriate participation in physical activity. 4. Celebrate personal successes and achievements and of others. 5. Expresses personal satisfaction in his or her accomplishments. 6. Identify activities that are personally interesting. 	<p>Physical Fitness (including CT Physical Fitness Test)</p>

Benchmark	Unit
<ol style="list-style-type: none"> 1. Develop patterns and combinations of locomotor and non-locomotor movements into repeatable sequences. 2. Transfer weight, from feet to hands and land in control. 3. Improve stability by keeping the center of gravity over the base of support. 4. Maintain appropriate body alignment during activity. 5. Support, lift, and control body weight in a variety of activities. 6. Identify the appropriate safety practices for the chosen activities. 	<p>Gymnastics: Stunts/Tumbling</p> <ul style="list-style-type: none"> Log roll Crawl Crab walk Forward roll Backward roll Balancing Tripod Headstand Cartwheel Round off Hand stand Balance Beam Vaulting

Benchmark	Unit
<ol style="list-style-type: none"> 1. Consistently catch, throw or kick/strike objects with another object or body part back to a target/partner (e.g., the underhand pass in volleyball, kicking into a goal). 2. Hand dribble and foot dribble a ball and maintain control while traveling within a group. 3. Repeatedly jump a self-turned rope while initiating various movement patterns. 4. While traveling, avoid or catch an individual or object. 5. Identify the effects of body rotation, opposition, weight transfer and follow through on throwing an object. 6. Recognize and apply eye-hand/foot coordination and spatial awareness to the skills and dribbling. 7. Improve stability by keeping the center of gravity over the base of support. 8. Apply the beginning offensive and defensive concepts such as blocking, shielding, and protecting, as well as spatial orientation. 9. Support, lift, and control body weight in a variety of activities. 10. Distinguish between compliance and non-compliance with game rules and fair play. 11. Identify appropriate safety practices for the chosen activities. 12. Analyze potential risks associated with physical activities. 13. Demonstrate positive ways to resolve conflicts that occur in physical activity settings. 14. Appreciate differences and similarities in others during physical activities. 15. Accept the feelings resulting from challenge and successes in physical activity. 	<p data-bbox="1654 334 1885 456">Low Organized Activities and Skills</p> <p data-bbox="1654 467 1885 548">Running and tag games</p> <p data-bbox="1654 557 1885 638">Simple ball skills Soccer Skills</p> <p data-bbox="1654 646 1885 678">Basketball Skills</p> <p data-bbox="1696 735 1843 768">Volleyball</p> <p data-bbox="1717 776 1822 808">Kickball</p> <p data-bbox="1707 816 1833 849">Pillo Polo</p> <p data-bbox="1686 865 1854 898">Jump Ropes</p> <p data-bbox="1717 906 1822 938">Frisbee</p> <p data-bbox="1686 946 1854 979">Hula Hoops</p> <p data-bbox="1707 987 1833 1019">Scooters</p> <p data-bbox="1696 1027 1843 1060">Parachute</p>

Benchmark	Unit
<ol style="list-style-type: none"> 1. Respect persons of different backgrounds. 2. Appreciate differences and similarities in others during physical activity. 3. Celebrate personal successes and achievement as well as those of others. 4. Express personal satisfaction in his or her accomplishments. 5. Derive enjoyment through participation in physical activity with others or by oneself. 	<p style="text-align: center;"> Lifetime Leisure and Recreational Activities Bowling Paddle/Racquet Activities Wiffle Ball </p>