



NAME OF COURSE: PHYSICAL EDUCATION

GRADE LEVEL: 3rd & 4th Grades

SCHOOL YEAR: 2011 – 2012

COURSE DESCRIPTION

Physical Education in grades 3-4 stresses the application of motor skills and movement concepts to lifetime physical activities. Proficiency in basic movement forms will lead to enjoyment in more complex skills and activities. By third grade students have developed mature loco motor, non-loco motor and manipulative skills. They begin to practice these skills to adapt and refine them to be used in a variety of specific situations, primarily, in sports and games. Students begin to apply basic concepts of movement to improve their individual performance. They observe, analyze, and critique their own and other student's performance. Social skills and lifetime wellness principals promote continued participation in regular physical activity.

LEARNING OBJECTIVES

- Identify and participate in fitness and conditioning programs; set personal improvement goals and determine strategies to achieve personal goals.
- Participate in activities to prepare for a health related fitness assessment (five minutes jog, one minute rope jump, twenty push ups, twenty-five second speed sit-ups, flexibility stretches).
- Demonstrate mastery level proficiency in all loco motor and non-loco motor skills as incorporated with activities.
- Demonstrate mastery of selected isolated manipulative skills (throwing, catching, rolling, striking, and kicking and perform them independently or in cooperative group activity.
- Perform activities that develop basic skills for future participation in lifetime physical activity (kicking, striking, rolling, throwing, and catching).
- Associate a variety of activities with their specific health-related benefits (soccer-cardiovascular; stretching-flexibility, e.t.c.).
- Distinguish between acceptable and unacceptable roles in leadership, sportsmanship, and recognize how respect for others is important when participating in physical activities; use positive social skills to enhance enjoyment in physical activity settings. (effective interpersonal communication skills, attentive listening skills, positive peer reinforcement skills).
- Utilize rules, strategies, and appropriate safety practices in physical activities (e.g. rolling a volley ball under net Vs throwing over the net to a server).

SCOPE AND SEQUENCE *

TRIMESTER I

Fine motor skills review and further development
Soccer skills development
Introduction to kickball – softball
Game Type activities

TRIMESTER II

Introduction to basic Basketball skills
Introduction to basic Floor Hockey skills
Gymnastics stunts
Relays

TRIMESTER III

Dodge ball of various types
Introduction to basic Football skills
Conditioning, track and field basics
Review of all the sports covered during the year

**Note that the order in scope and sequence is subject to change during the school year.*

HOMEWORK POLICY

No homework is given to the students

ASSESSMENT

Combination of objective observation by teacher, student self assessment, progress through the unit of instruction. At the end of each trimester, students will receive grades in a letter scale (A to F)

RESOURCES

Facilities & Equipment of the Physical Education Department.