

LCES 3-4 Physical Education

Physical Education

Grades 3 - 4

Course Overview

Physical Education, for grades 3-4, will focus on the following units: Physical Education for Life, Personal Fitness, Dance, and Team Sports.

Scope and Sequence

| Timeframe | Unit | Instructional Topics |
|------------------|-----------------------------|--|
| Ongoing | Physical Education for Life | <ol style="list-style-type: none"> 1. Team Building - PE.S4 2. Yoga - PE.S3 3. Bowling - PE.S1.S2 4. Jump Rope - PES2.S3 5. Racquet Sports - PES1.S2 6. Backyard Games - PES2.S5 |
| Ongoing | Personal Fitness | <ol style="list-style-type: none"> 1. Cardiovascular Strength - PE.S3 2. Cardiovascular Endurance - PE.S3 3. Muscular Strength - PE.S3 4. Muscular Endurance - PE.S3 5. Flexibility - PE.S3 |
| Ongoing | Dance | <ol style="list-style-type: none"> 1. Rhythms/Dance- PES1.S4 |
| 16 Week(s) | Team Sports | <ol style="list-style-type: none"> 1. Football - PES2.S5 2. Volleyball- PES2.S5 3. Basketball- PES2.S5 4. Floor Hockey- PES2.S5 5. Soccer- PES2.S5 6. Softball- PES2.S5 |

Course Details

UNIT: Physical Education for Life -- [Ongoing - PE.S4]

Description

Students will participate in a variety of lifetime activities ranging from jumping rope to Team Building.

TOPIC: Team Building -- [Ongoing - PE.S4]

Description

Students will participate in a variety of activities that enhance social relations often involving collaborative tasks.

Learning Targets

Students will work together in small groups and demonstrate appropriate life skills .

Students will show how to effectively communicate appropriately while performing a task or challenge.

TOPIC: Yoga -- [Ongoing - PE.S3]

Description

This will be an introduction to different yoga techniques, terminology, positions, and movement.

Learning Targets

Students will develop muscular strength and flexibility through proper yoga stretches.

Students will model a variety of beginner yoga poses and positions.

TOPIC: Bowling -- [Ongoing - PE.S1.S2]

Description

This will be a hands on introduction to the basics of bowling including proper skill and scoring techniques.

Learning Targets

Students will demonstrate the proper way to hold and release the ball.

Students will differentiate between strike, spare, and open frame.

TOPIC: Jump Rope -- [Ongoing - PES2.S3]

Description

This will be a continuation of long rope and short rope skills.

Learning Targets

Students will be introduced to long rope activities such as double dutch, triangle jump, etc.

Students will demonstrate a short rope routine of 2-3 jump rope skills.

Students will demonstrate entering and exiting the long rope.

Students will demonstrate partner skills using the short rope(s).

TOPIC: Racquet Sports -- [Ongoing - PES1.S2]

Description

This will be a hands on introduction to the basic skills of racquet sports (tennis, badminton, pickleball, eclipse ball).

Learning Targets

Students will be introduced to proper scoring terminology.

Students will demonstrate the proper grips and stance.

Students will explore different ways to strike.

- Forehand Hit
- Backhand Hit
- Striking
- Serving

UNIT: Personal Fitness -- [Ongoing - PE.S3]

Description

A continuation of the growth and development of the different components of fitness.

TOPIC: Cardiovascular Strength [Ongoing - PE.S3]

Description

Cardiovascular strength and endurance is the ability of the heart, lungs, and blood vessels to deliver oxygen to working muscles and tissues, as well as, the ability of those muscles and tissues to utilize that oxygen.

Learning Targets

Students will demonstrate cardiovascular strength.

TOPIC: Cardiovascular Endurance [Ongoing - PE.S3]

Description

Cardiovascular strength and endurance is the ability of the heart, lungs, and blood vessels to deliver oxygen to working muscles and tissues, as well as, the ability of those muscles and tissues to utilize that oxygen.

Learning Targets

Students will demonstrate cardiovascular endurance.

TOPIC: Muscular Strength [Ongoing - PE.S3]

Description

Muscular strength refers to the amount of force a muscle can produce with a single maximal effort.

Learning Targets

Students will demonstrate muscular strength.

TOPIC: Muscular Endurance [Ongoing - PE.S3]

Description

Muscular endurance is the ability of a muscle or group of muscles to perform repetitive contractions against a force for an extended period of time.

Learning Targets

Students will demonstrate muscular endurance.

TOPIC: Flexibility [Ongoing - PE.S3]

Description

Flexibility refers to a person's ability to move their joints and muscles through a full range of motion.

Learning Targets

Students will demonstrate flexibility.

UNIT: Dance -- [Ongoing - PES1.S4]

Description

The students in grades 3-4 will identify and apply steps into a variety of dances. They will identify the procedure of the different steps in a variety of dances. A positive attitude toward dancing and their ability to work with others will be stressed. The terms and patterns of dancing will be covered.

TOPIC: Rhythms/Dance -- [PES1.S4]

Description

Dance incorporates specific steps to music and follows repetitive counts where a group of people dance together in different formations.

Learning Targets

Students will demonstrate an understanding for dances done at social gatherings.

_____ Students will identify and demonstrate movement skills to music.

UNIT: Team Sports -- [16 Weeks -PES2.S5]

Description

Team sports will include, but not be limited to football, soccer, volleyball, floor hockey, softball and basketball. Students will practice and apply skills, drills and properties of team play.

TOPIC: Football -- [3 Weeks -PES2.S5]

Description

Football is a game played by two teams who try to advance the ball to the opposing teams end zone.

Learning Targets

Students will demonstrate the proper form for punting and kicking.

Students will demonstrate the proper way to throw and catch.

Students will participate in a game.

TOPIC: Volleyball -- [3 Weeks -PES2.S5]

Description

A game in which two teams hit an inflated ball over a net.

Learning Targets

Students will attempt to perform an overhead hit (spike).

-Students will be introduced to this skill, but not expected to master during team play.

Students will demonstrate the proper way to do an overhead set.

-Students may also be expected to demonstrate an overhead set with a team member.

Students will demonstrate the proper way to perform an underhand pass.

Students will demonstrate the proper way to perform a serve.

Students will participate in lead-up games.

TOPIC: Basketball -- [3 Weeks -PES2.S5]

Learning Targets

Students will be introduced to defensive techniques.

Students will demonstrate how to perform a variety of passes and shots.

Students will demonstrate the proper way to dribble.

Students will participate in lead-up games.

TOPIC: Floor Hockey -- [2 Weeks -PES2.S5]

Learning Targets

Students will demonstrate how to perform a variety of passes and shots.

Students will demonstrate proper defensive techniques such as goaltending.

Students will demonstrate the proper way to stickhandle.

Students will participate in lead-up games.

TOPIC: Soccer -- [3 Weeks -PES2.S5]

Updated on

Learning Targets

Students will demonstrate how to perform a variety of passes and shots.

Students will demonstrate proper defensive techniques such as goaltending.

Students will demonstrate the proper way to dribble.

Students will participate in lead-up games.

Students will perform proper ball control.

TOPIC: Softball -- [2 Weeks -PES2.S5]

Learning Targets

Students will demonstrate the proper way to bat.

Stance

Striking

Hold

Swing

Students will demonstrate the proper way to field balls.

-This skill will include fielding of ground and fly balls.

Students will demonstrate the proper way to throw and catch with a teammate.

Students will participate in lead-up games.