

PLANNED INSTRUCTION

A PLANNED COURSE FOR:

Physical Education

Curriculum writing committee:

Jesse Feiss

Grade Level: 3-5

Date of Board Approval: _____2021_____

Course Weighting: Physical Education

Participation	30%
Preparation	30%
Skills	20%
Safety	10%
Sportsmanship	10%
Total	100%

Curriculum Map

Overview: The Delaware Valley School District is committed to providing a quality, standards based, Physical Education program. The course is designed to encourage, challenge, and develop all students to become a physically educated person. The program offers a variety of opportunities to enhance lifetime learning and success while meeting the Pennsylvania State Standards for Health, Safety, and Physical Education.

Physical Education is a culmination of the social, emotional, and physical well-being of every individual. The blending of these domains will provide an opportunity to develop a healthy lifestyle. This in turn contributes to healthful communities where all individuals can maximize their true potential.

Goals:

1. Unit One: Physical Activity and Fitness

Understanding of:

- Health related and skill related fitness
- Importance of a warm- up and a cool-down
- Health benefits from physical activity
- The body's reaction to moderate and vigorous physical activity
- Balance during skill activity

2. Unit Two: Game Skills & Strategies

Understanding of:

- Offensive Game strategies

- Defensive Game strategies
- Game Rules/Rules of Sport
- Fair play and sportsmanship
- Components of kicking and striking an object

Big Ideas:

Unit One:

1. Promoting Effective Exercise
2. Physical Fitness is the body's ability to function efficiently and effectively.

Unit Two:

1. Offensive strategies
2. Defensive Strategies
3. Throwing, Kicking and Striking an Object
4. Components of throwing and catching different objects (foam ball, tennis ball, football)

Textbook and Supplemental Resources:

- Delaware Valley School District Elementary Handbook
- PE Central (pecentral.org)
- Shape America (shapeamerica.org)
- Pennsylvania Department of Education

Curriculum Plan

Unit: Physical Activity & Fitness

Time Range in Days: 75 days

Standards Addressed:

PA Standards: 10.4.6A, 10.4.6B, 10.4.6C, 10.4.6D, 10.4.6E, 10.4.6F, 10.5.6A, 10.5.6B, 10.5.6C, 10.5.6D, 10.5.6E, 10.5.6F

National Standards: 1, 2, 3, 4, 5

Eligible Content:

- Space Awareness
- Gym and Equipment Safety
- Playground and Outdoor Safety
- Fitness Related Movements
- Soccer Skills (Dribbling, Trapping, Passing, Shooting)
- Basketball Skills (Dribbling, Passing, Shooting)
- Striking Skills (Ball & Bat, Bowling, Tennis, Hands)
- Locomotor and Non-Locomotor Movements
- Manipulative Skills (Over Hand Throwing, Under Hand Tossing, Rolling, etc.)

Objectives:

- The students will analyze the effects of heart rate and breathing while participating in moderate to vigorous physical activities. (DOK 4)
- The students will be able to identify ways to engage in physical activity outside of physical education class through teacher lead discussion. (DOK 1)
- The students will classify activities that will lead to a healthy lifestyle. (DOK 2)
- The students will draw conclusions about vigorous activity by measuring their heartbeat. (DOK 3)
- The students will define concepts of muscular strength, muscular endurance, cardiovascular endurance, and flexibility. (DOK 1)
- The students will be able to distinguish relationship terminology (over, under, around). (DOK 2)
- The students will assess the importance of warm-up and cool down activities. (DOK 3)
- The students will analyze the relationship between skill mastery and practice. (DOK 4)

Core Activities and Corresponding Instructional Methods:

- The students will demonstrate locomotor skills while engaging in a variety of instructional methods.
- The students will demonstrate manipulative movement skills while performing various activities, games, and learning stations.
- The students will refine non-locomotor movement skills utilizing a variety of games, activities, and/or learning stations.
- The students will understand and practice the critical elements of a specific skill independently, in small cooperative groups, and/or in whole group instructional activities.
- The students will perform relationship movement patterns while practicing in a variety of stationary and/or movement activities.
- The students will execute combination movements based on their flexibility, coordination, agility, strength, and endurance (locomotor, non-locomotor and manipulative).
- The students will practice combination movement skills utilizing a multitude of objects, manipulative, and/or body parts to maximize learning.
- The students will comprehend and demonstrate space awareness concepts of movement through a variety of teacher directed questions and activities.
- The students will be given the opportunity to challenge his/her performance of specific skills via space awareness concepts.
- The students will apply effort of movement concepts through a variety of activities.
- The students will be able to identify and demonstrate proper, (mature) form while executing various specific movement skills.
- The students will restate, perform, and apply the critical elements of a specific skill utilizing different instructional modalities.
- The students will identify reasons why practice is vital for skill improvement and mastery.
- The students will understand and apply concepts of force utilizing a variety of objects, manipulatives and body parts.
- The students will refine static and dynamic balancing skill while performing various tasks, skills and challenges.

Assessments:**Diagnostic:**

- Teacher observation
- Student observation
- Self-evaluation

Formative:

- Student demonstration

- Student survey
- Teacher/student conference
- Peer evaluation
- Self-evaluation

Summative:

- Authentic assessment activity focusing on critical elements
- Skills testing
- Socialization
- Activity level
- Written response

Unit: Game Skills and Strategies

Time Range in Days: 75 days

Standards Addressed:

PA Standards: 10.5.6A, 10.5.6B, 10.5.6C, 10.5.6F

National Standards: 1, 2, 3, 4, 5

Eligible Content:

- Space Awareness
- Gym and Equipment Safety
- Playground and Outdoor Safety
- Offensive Strategies
- Defensive Strategies
- Game Rules
- Principles of Teamwork and Cooperation
- Importance of Practice

Objectives:

- The students will recognize different offensive strategies. (give and go, pick and roll) (DOK 1)
- The students will compare different defensive strategies. (person to person, zone) (DOK 2)
- The students will compare the rules of a specific sport, game or activity to other another sport, game or activity. (DOK 3)
- The students will design offensive plays for a specific sport, game, or activity. (DOK 4)
- The students will assess personal and partner throwing technique. (DOK 3)
- The students will recite the teaching ques for striking with an implement. (DOK 1)
- The students will classify sports or activities by the skills being used. (DOK 2)
- The students will assess the importance of practice to skill development. (DOK 3)
- The students will identify principles of teamwork and cooperation. (DOK 1)
- The students will show a cooperative attitude by working together during activities. (DOK 2)
- The students will apply the concepts learned during drills to game situations. (DOK 4)
- The students will critique the sportsmanship of themselves and others during game situations (DOK 4)

- The students will recognize the importance of boundaries and spatial awareness with respect to the game rules and safety. (DOK 1)
- The students will hypothesize why creating space is an important offensive strategy. (DOK 3)

Core Activities and Corresponding Instructional Methods:

- The students will be able to combine game strategies to improve success in a variety of games, activities and challenges.
- The students will incorporate game strategies of faking and dodging while performing movement or skill related activities.
- The students will demonstrate moving to become open through various games, activities and learning stations.
- The students will apply concepts of zone defense including person-person, space and target.
- The students will follow the rules of play reinforcing concepts of fair play, safety and skill mastery.
- The students will identify reasons why practice is vital for skill improvement and mastery.
- The students will demonstrate manipulative movement skills while performing various activities, games and learning stations. (kick, throw, catch, strike)
- The students will understand and practice the critical elements of a specific skill independently, in small cooperative groups or whole group instructional activities.
- The students will offer feedback through verbal or nonverbal cues after observing student performance of a specific skill.
- The students will be able to identify and demonstrate proper form while executing various specific movement skills. (dribble, pass)
- The students will participate in cooperative activities to enhance the concepts of teamwork and sportsmanship.
- The students will participate in a variety of activities to promote lifetime health and wellness.
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Assessments:

Diagnostic:

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Summative:

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