



Grade 4 Wellness PE - Unit 5: Volleying

Massachusetts Learning Standards Taught in this Unit

Motor Skill Development

CH.PH.02.01 Apply movement concepts including direction, balance, level (high, low), pathway (straight, curve, zigzag), range (expansive, narrow), and force absorption (rigid, with bent knees) to extend versatility and improve physical performance"

CH.PH.02.02 Use a variety of manipulative (throwing, catching, striking), locomotor (walking, running, skipping, hopping, galloping, sliding, jumping, leaping), and non-locomotor (twisting, balancing, extending) skills as individuals and in teams"

Personal and Social Competency

CH.PH.02.07 Demonstrate responsible personal and social conduct used in physical activity settings

Feelings and Emotions

CH.SEH.05.02 Apply methods to accommodate a variety of feelings in a constructive manner in order to promote well being

Identity

CH.SEH.05.03 Define character traits such as honesty, trustworthiness, self-discipline, respectfulness, and kindness and describe their contribution to identity, self-concept, decision-making, and interpersonal relationships"

CH.SEH.05.04 Describe the effects of leadership skills on the promotion of teamwork

Communication

CH.SEH.07.02 Apply both verbal and non-verbal communication skills to develop positive relationships and improve the social environment of the school