

Physical Education Curriculum Overview: Grades 3-5

Unit 1: Fitness Test Prep (flexibility)

Unit Summary:

Students will improve their overall flexibility of the lower body and back muscles through a variety of stations and static and dynamic stretching activities. At the start of class, we will incorporate stretching warm ups and mainly focus on the muscles that are utilized for the flexibility component of the fitness test.

Learning Outcomes of the Unit:

- Enhance flexibility through a variety of lower body stretches. Improve overall flexibility.
- Demonstrates safe stretching during class time

Big ideas:

- Static and dynamic stretching exercises

Unit 2: Soccer/kicking (3-5)

Unit Summary:

Students will practice the key skills of soccer through a variety of warm up games, activities, and stations. Students will begin by learning the proper form of kicking and trapping a soccer ball and then will build up to dribbling and eventually to putting all the skills together to play a scrimmage or modified soccer game. Students will learn about offense, defense, and goalkeeping. d

Overall Learning Outcomes of the Unit:

- Kicks a ball for accuracy
- Combines traveling with manipulative skills for execution to a target
- Demonstrates an understanding of core rules and concepts

Unit Big Ideas:

- Soccer: dribbling, kicking at a goal, trapping, game concepts, rules and regulations

Unit 3: Fitness test prep (curl ups)

Unit Summary:

Students will aim to improve their overall abdominal muscle strength through a variety of exercises and activities. To improve abdominal strength, students will take part in partner activities (exercise cubes) and body weight exercises (planks, crunches). We will be focusing on the form and muscles that will be utilized on the fitness test.

- Use their own body as resistance (e.g., holding the body in plank position, animal walks) for developing strength.
- Meets, or makes gains towards, their age appropriate benchmark for the fitness test

Big ideas:

- Improving abdominal muscle strength
- Utilize a modified curl up (crunch) when needed
- Teachers highlight and demonstrate the specific elements required for the curl up test (as described in the CT Fitness Test)

Unit 4: Jumping/ Jumping Rope

Unit Summary:

Students will work to improve their rope jumping skills, while also increasing their cardiovascular endurance. Portions of this unit will be teacher led, while other parts will be student driven. Providing students with knowledge and core skills to improve their rope jumping is our main objective.

Overall Learning Outcomes of the Unit

- Identify three elements of a successful jump
- Students are engaged and actively participating during allotted practice time
- Create a jump rope routine that entails various skills practiced during class time

Unit Big Ideas:

- Students have the knowledge and confidence to engage in rope jumping independently or in a group setting

Unit 5: Fitness Test Prep (push ups)

Unit Summary:

Students will aim to improve their overall chest/shoulder/arm muscle strength through a variety of exercises and activities. To improve upper body strength, students will take part in partner activities (exercise cubes) and body weight exercises. We will be focusing on the form and muscles that will be utilized on the fitness test.

Overall Learning Outcomes of the Unit:

- Building the muscles of the upper body (arms/shoulders/chest)
- Use body as resistance for developing strength of the upper body

Unit Big Ideas:

- Improving upper body muscle strength
- Learning the proper form and technique of a push up
- Teachers highlight and demonstrate the specific elements required for the push up test (as described in the CT State Fitness Test)

Unit 6: Cooperative Games

Unit Summary:

Cooperative games provide children with the tools they need to learn to interact with others in society by cooperating with other members of their team, learning to provide leadership; and, depending on the game, learning to follow someone else's lead. They will learn to strategize with their teammates and work cooperatively to find a solution.

Overall Learning Outcomes of the Unit:

- Work cooperatively with peers to complete a common goal
- Apply cooperative skills during partner and group challenges
- Describe the process or components of team building

Unit Big Ideas:

- Cooperative games help in strengthening teamwork and communication
- Effective communication is essential when trying to accomplish a common goal
- Persistence and determination are highly effective strategies when achieving a goal or challenge

Unit 7: PACER (fitness test prep)

Unit Summary:

The PACER (Progressive Aerobic Cardiovascular Endurance Run) test is a fitness test that measures aerobic capacity, which is a combination of endurance, performance, and fitness. The test involves running back and forth across a 20-meter space to the beat of music, keeping pace with beeps that get faster every minute. The goal is to run as long as possible and to try to improve from their initial attempt to the final fitness test.

Overall Learning Outcomes of the Unit:

- Maintain or improve one's cardiovascular endurance
- Demonstrate an understanding of pacing during practice and testing

Unit Big Ideas:

- Learn the importance of pacing yourself during running
- Strive for your personal best

Unit 8: Bowling

Unit Summary:

Students will learn the core components of bowling as well as strategies to become more proficient. Using "in school" bowling equipment will provide a safe environment. Scoring will be discussed but an emphasis on spares and strikes will be the focus. Giving students the tools, content knowledge and practice time to improve their technique and consistency is paramount.

Overall Learning Outcomes of the Unit:

- Students will focus on underhand rolling a ball with control at a target
- Students will learn the 3 step approach, smooth low release, and how to follow through after releasing the ball

Unit Big Ideas:

- How to hold a bowling ball (proper grip)
- How to release a bowling ball (3 step approach)
- Work on accuracy, consistency, and aim

Unit 9: Basketball

Unit Summary:

Through guided practice, modified games and various skill refinement drills, students will have ample opportunities to improve their skill set. The core skills of dribbling, passing and shooting will be practiced the most. Students will gain a better understanding of offensive and defensive responsibilities and concepts during class time.

Overall Learning Outcomes of the Unit:

- Students will work cooperatively during modified game situations
- Students will dribble in self space and general space during practice time
- Students will describe the basic concepts of offense and defense at the end of the unit

Unit Big Ideas:

- Give students the skills and knowledge needed to be confident while playing basketball in any setting
- Allow for long practice periods during class time to better assist each students personal growth (dribbling, passing, shooting, defending)

Unit 10: Floor Hockey

Unit Summary:

Students will increase their knowledge of basic rules and strategy in floor hockey. Students will increase their ability to handle a puck while dribbling around an obstacle course and in game play. Students will increase their ability to pass and shoot as needed in a floor hockey game and activities.

Overall Learning Outcomes of the Unit:

- Strikes a ball with a long-handled implement (e.g., hockey stick, bat, golf club), sending it forward, while using proper grip for the implement.
- Combines traveling with manipulative skills for execution to a target (e.g., scoring in soccer, hockey and basketball).
- Combines striking with a long implement (e.g., bat, hockey stick) with receiving and traveling skills in a small-sided game.

Unit Big Ideas:

- Proper grip of a hockey stick
- Major rules of floor hockey in game like settings
- Stick handling, passing, shooting on goal, offense and defense

Unit 11: Lacrosse

Unit Summary:

Students will learn the basic rules of lacrosse as well as major concepts such as cradling, scooping, moving in general space, and passing. Students will work cooperatively with peers to improve their passing and catching skills. Additionally, students will work on passing with accuracy to a specific target.

Overall Learning Outcomes of the Unit:

- Students will successfully cradle the tennis while moving in general space
- Students will perform the scoop during modified game drills

Unit Big Ideas:

- Proper grip of a lacrosse stick
- Safety during practice time
- Cradling and scooping a ball
- Passing and catching a ball

Unit 12: Volleyball

Unit Summary:

Basic skills, rules and concepts will be taught to all 3rd, 4th and 5th graders. Students will engage in individual, partner and small group practice. Scoring, as well as, core rules will be discussed and practiced. Giving the knowledge and skill base to help make students feel comfortable and confident on the volleyball court is our main goal.

Overall Learning Outcomes of the Unit:

- Students will successfully bump and set the volleyball to their partner during practice
- Students will demonstrate knowledge of rules by “rotating” positions during games

Unit Big Ideas:

- Students can demonstrate and identify a set, bump and underhand serve
- Students understand “rally scoring” and keep score during practice games

Unit 13: Four Square

Unit Summary:

Students will reinforce their striking skills during our “four square” unit. Rules and concepts will be practiced and discussed during each lesson. Providing students with a strong understanding of rules and ways to resolve disagreements is vital for this particular unit. Students will get opportunities to play in competitive or noncompetitive games based on their choosing.

Overall Learning Outcomes of the Unit:

- Identify 2 or more ways you can get someone out in four square
- Each student is able to demonstrate the proper underhand serve in four square

Unit Big Ideas:

- Students are confident in their understanding of rules and “specials”
- Students are able to “officiate” their own games and resolve disagreements that arise
- Students begin to think of their own rule variations and “special rules”

Unit 14: Frisbee

Unit Summary:

In this unit, students will learn to properly and safely throw and catch a Frisbee. Students will learn how to aim throws, adjust speed and direction, follow through, and catch using an overhand and underhand grip. Students will practice throwing to stationary and moving targets. The unit will culminate with several team and game-like activities.

Overall Learning Outcomes of the Unit:

- Learn the proper form and technique to throw a frisbee
- Throw a Frisbee with accuracy
- Catch a Frisbee in two different ways
- Adjust their throws to reach a short or long ranged target
- Demonstrate safe use of a Frisbee when playing in a confined space with others

Unit Big Ideas:

- Learn the major concepts of throwing and catching a frisbee
- Be able to aim for a target and throw for accuracy
- Successfully throw and catch a frisbee about 50%-75% of the time