



## Grade 4 Wellness PE - Unit 2: Chase, Flee, Dodge

### 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"

CH.PH.02.03 Perform rhythm routines, including dancing, to demonstrate fundamental movement skills

#### 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

#### Awareness

CH.SP.11.01 Describe some of the ways that young children can be intentionally helpful and intentionally hurtful to one another

#### Alternatives

CH.SP.11.03 Differentiate between one's personal rights and those of others and use communication and problem-solving to set personal boundaries, resolve conflicts, and develop positive relationships