

Oxford Area School District Physical Education Scope and Sequence:

Grades K-3

10.4

Physical Activity

- Identify and engage in physical activities that promote physical fitness and health.
- Know the positive and negative effects of regular participation in moderate to vigorous physical activities.
- Know and recognize changes in body responses during moderate to vigorous physical activity.
- Identify likes and dislikes related to participation in physical activities.
- Identify reasons why regular participation in physical activities improves motor skills
- Recognize positive and negative instructions of small group activities.

10.5

*Concepts,
Principles and
Strategies of
Movement*

- Recognize and use basic movement skills and concepts.
- Recognize and describe the concepts of motor skill development using appropriate vocabulary.
- Know the function of practice.
- Identify and use principles of exercise to improve movement and fitness activities.
- Know and describe scientific principles that affect movement and skills using appropriate vocabulary.
- Recognize and describe game strategies using appropriate vocabulary.

Physical Education Grade K-3				
Big Idea Physical Activity				
Essential Question How does being physically active promote a healthy lifestyle? Why does my body feel different when I exercise? What physical activities do I like to do? How do I demonstrate good sportsmanship?			Standards 10.4.3A 10.4.3B 10.4.3C 10.4.3D 10.4.3E 10.4.3F	
Concepts	Competencies	Standards	Resources	Assessments
Various physical activities promote physical fitness and health.	Identify and participate in movement concepts, individual and team activities.	10.4.3A – Identify and engage in physical activities that promote physical fitness and health.	Websites: Pecentral.org Spark P.E. www.sparkpe.org Shape America www.shapeamerica.org Gonoodle.com Fitnessgram (Fitness Testing) Literature: Physical Fitness Games & Activities The Elementary P.E. Workbook Games to Keep Kids Moving Adapted Physical Education and Sport	Curriculum Based Assessments Performance Based Assessments
Regular participation in physical activity affects the body in positive and negative ways.	Identify positive and negative effects of regular participation in physical activity.	10.4.3B – Know the positive and negative effects of regular participation in moderate to vigorous physical activities.	Websites: Pecentral.org Spark P.E. www.sparkpe.org Shape America www.shapeamerica.org Gonoodle.com Literature: Physical Fitness Games & Activities The Elementary P.E. Workbook Games to Keep Kids Moving Adapted Physical Education and Sport	Curriculum Based Assessments Performance Based Assessments

<p>The intensity level of physical activity causes the body to respond in various ways.</p>	<p>Identify and list the body responses to moderate to vigorous activity (increased heart rate/breathing rate, perspiration)</p>	<p>10.4.3C – Know and recognize changes in body responses during moderate to vigorous physical activity.</p>	<p>Websites: Discoveryeducation.com Kidshealth.org Gonoodle.com</p> <p>Literature: Science Fusion Science Curriculum</p>	<p>Curriculum Based Assessments</p> <p>Performance Based Assessments</p>
<p>Physical activities are enjoyed for various reasons.</p>	<p>Explore physical activities and identify preferences for participation.</p>	<p>10.4.3D – Identify likes and dislikes related to participation in physical activities.</p>	<p>Websites: Pecentral.org Spark P.E. www.sparkpe.org Shape America www.shapeamerica.org Gonoodle.com</p> <p>Literature: Physical Fitness Games & Activities The Elementary P.E. Workbook Games to Keep Kids Moving Adapted Physical Education and Sport</p>	<p>Curriculum Based Assessments</p> <p>Performance Based Assessments</p>
<p>Regular participation in physical activities improves motor skills.</p>	<p>Students will be able to explain why their skills improve through practice.</p>	<p>10.3.4E – Identify reasons why regular participation in physical activities improves motor skills.</p>	<p>Websites: Pecentral.org Spark P.E. www.sparkpe.org Shape America www.shapeamerica.org Gonoodle.com</p> <p>Literature: Physical Fitness Games & Activities The Elementary P.E. Workbook Games to Keep Kids Moving Adapted Physical Education and Sport</p>	<p>Curriculum Based Assessments</p> <p>Performance Based Assessments</p>
<p>There are positive and negative interactions in group activities.</p>	<p>Recognize and demonstrate cooperation/sharing, on task participation, and roles within groups.</p>	<p>10.3.4F – Recognize positive and negative interactions of small group</p>	<p>Websites: Pecentral.org Spark P.E. www.sparkpe.org Shape America www.shapeamerica.org Gonoodle.com</p> <p>Literature: Physical Fitness Games &</p>	<p>Curriculum Based Assessments</p> <p>Performance Based Assessments</p>

		<p>activities.</p>	<p>Activities The Elementary P.E. Workbook Games to Keep Kids Moving Adapted Physical Education and Sport</p>	
<p>Vocabulary: Physical Education, physical activity, fitness, health, moderate, vigorous, heart rate, breathing rate, participation, motor skills, skip, hop, jump, leap, run, walk, gallop, slide, leader, follower, cooperation</p>				

Physical Education Grade K-3				
Big Idea Concepts, Principles and Strategies of Movement				
Essential Question How can I move my body? How does practice make me better? What does FITT (Frequency, intensity, type, time) mean? How does vocabulary help in physical education? How is science a part of physical education?			Standards 10.5.3A 10.5.3B 10.5.3C 10.5.3D 10.5.3E 10.5.3F	
Concepts	Competencies	Standards	Resources	Assessments
Regular participation in physical activity improves locomotor movements.	Demonstrate locomotor movements, non-locomotor movements, manipulative movements, relationships, combination movements, space awareness and effort	10.5.3A – Recognize and use basic movement skills and concepts.	Websites: Pecentral.org Spark P.E. www.sparkpe.org Shape America www.shapeamerica.org Gonoodle.com Literature: Physical Fitness Games & Activities The Elementary P.E. Workbook Games to Keep Kids Moving Adapted Physical Education and Sport	Curriculum Based Assessments Performance Based Assessments
Vocabulary of motor skill development.	Verbalize form, developmental differences, critical elements and feedback of motor skills.	10.5.3B – Recognize and describe the concepts of motor skill development using appropriate vocabulary.	Websites: Pecentral.org Spark P.E. www.sparkpe.org Shape America www.shapeamerica.org Gonoodle.com Literature: Physical Fitness Games & Activities The Elementary P.E. Workbook Games to Keep Kids Moving Adapted Physical Education and Sport	Curriculum Based Assessments Performance Based Assessments

<p>Function of practice.</p>	<p>State the function of practice.</p>	<p>10.5.3C – Know the function of practice.</p>	<p>Websites: Pecentral.org Spark P.E. www.sparkpe.org Shape America www.shapeamerica.org Gonoodle.com</p> <p>Literature: Physical Fitness Games & Activities The Elementary P.E. Workbook Games to Keep Kids Moving Adapted Physical Education and Sport</p>	<p>Curriculum Based Assessments</p> <p>Performance Based Assessments</p>
<p>Principles of exercise.</p>	<p>Recognize The FITT Principles Frequency-how often to exercise Intensity-how hard to exercise Time-how long to exercise Type-what kind of exercise</p>	<p>10.5.3D – Identify and use principles of exercise to improve movement and fitness activities.</p>	<p>Websites: Pecentral.org Spark P.E. www.sparkpe.org Shape America www.shapeamerica.org Gonoodle.com</p> <p>Literature: Physical Fitness Games & Activities The Elementary P.E. Workbook Games to Keep Kids Moving Adapted Physical Education and Sport</p>	<p>Curriculum Based Assessments</p> <p>Performance Based Assessments</p>
<p>Scientific principals affect movement and skills.</p>	<p>Demonstrate and verbalize gravity, force production/absorption, balance and rotation</p>	<p>10.5.3E – Know and describe scientific principles that affect movement and skills using appropriate vocabulary.</p>	<p>Websites: Pecentral.org Spark P.E. www.sparkpe.org Shape America www.shapeamerica.org Pebblego.com Gonoodle.com</p> <p>Literature: Physical Fitness Games & Activities The Elementary P.E. Workbook Games to Keep Kids Moving Adapted Physical Education and Sport</p>	<p>Curriculum Based Assessments</p> <p>Performance Based Assessments</p>

<p>Specific vocabulary words describe game strategies.</p>	<p>Demonstrate faking/dodging, passing/receiving, moving to be open, defending space and flowing rules of play.</p>	<p>10.5.3F – Recognize and describe game strategies using appropriate vocabulary.</p>	<p>Websites: Pecentral.org Spark P.E. www.sparkpe.org Shape America www.shapeamerica.org Gonoodle.com</p> <p>Literature: Physical Fitness Games & Activities The Elementary P.E. Workbook Games to Keep Kids Moving Adapted Physical Education and Sport</p>	
<p>Vocabulary: loco-motor movements, , skip, hop, jump, leap, run, walk, gallop, slide, non-locomotor movements, bend, stretch, twist, manipulative movements, throw, catch, roll, kick, over, under, beside, through, between, front, behind, spacial awareness, self-space, general space, levels, pathways, directions, effort, speed, force, cues, form, practice, frequency, intensity, time, type, gravity, absorption, balance, rotation, faking, dodging, passing, receiving, defending, rules</p>				