Delaware Health and Physical Education

Physical Education: Grades 3, 4, 5

Adopted 2008

Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities	**Physical Activity involves using movement and motor skills throughout your life.** Perform and demonstrate advanced characteristics of motor skills. Demonstrate spatial awareness in self and others. Move safely through general and self space. Apply movement in challenging context with self, and another person or groups of people Recognize competitive activity from cooperative activity Perform and develop cooperative activities Participate cooperatively in competitive and noncompetitive activities Explain the importance of maintaining a healthy body Logically connect health related components of fitness with specific movements
Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities	**There are different rules for different movements.** Apply movement concepts to fundamental skills Apply knowledge of anatomy for performance. Recognize when they are in an effective heart rate zone Perform individually and as part of a group. Follow, cue and expand – apply to other movement experiences
Participates regularly in physical activity	**Moving is important.** Identify Physical activity opportunities at school and within the community, for regular participation in physical activity Come to class prepared for participation Participate fully during physical education class Improve personal effort and engagement level of exertion during class
Achieves and maintains a personal health-	**Being physically fit contributes to being healthy.** Count their pulse rate and record (resting and active)

enhancing level of physical fitness	Provide examples of the five (5) components of fitness and of activities or exercises Predict how the body will respond to various/different physical activity How to improve personal fitness Build own fitness plan within context of physical education class constraints. Create a list of activities that builds fitness
Exhibits responsible personal and social behavior that respects self and others in physical activity settings	**There are behavioral expectations in physical activity settings** Apply and demonstrate rules and safe practices for a specific activity Demonstrate cooperation in a variety of physical activity settings (diversity) Demonstrate independence in physical activity settings Model by leading a small group activity (teacher directed) Work independently and groups while staying on task Self-assess participation in physical activity Use multiple strategies for solving differences or disagreements Work independently and in groups while staying on task
Creates opportunities for health, enjoyment, challenge, self-expression and/or social interaction through physical activity	**Physical activity provides a variety of opportunities for enjoyment and social interaction.** Perform a variety of physical activities that they enjoy Explain the benefits of physical activity/physical education Participate in physical activity social settings