

3rd, 4th, 5th, 6th Grade
Fundamental Movement, Activity and Sports Skills
*Striking**

3rd Trimester

**rotate each year between kicking and striking skills*

Description: Students will demonstrate mature form within striking skills.

| Standards | Assessment/ Student Evidence | Resources | Academic Vocabulary |
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| <p>PS 1.1.1: Applies locomotor, non-locomotor manipulative, balance, and rhythmic skills in traditional and non-traditional activities that contribute to movement proficiency.</p> <p>PS 1.1.5: Analyzes movement concepts.</p> <p>PS 1.2.1: Analyzes safety rules and procedures in a variety of physical activities necessary to maintain a safe-learning environment.</p> <p>PS 1.2.2: Applies social skills necessary for effective participation in physical activities.</p> | <p>Students:</p> <ul style="list-style-type: none"> -demonstrate mature form (rubric outline) while striking -strike ball/object with a paddle/object while moving -apply safety rules by making sure others are at a safe distance before striking -apply skills in game situations (5th and 6th) <p style="text-align: center;">Activities that Support Assessment:</p> <ul style="list-style-type: none"> *PE Metrics Skill Rubric *Paddle Lead-Up Activities *Golf Curriculum | <ul style="list-style-type: none"> *PE Metrics Rubrics (link) *www.pecentral.com *Cliff Carnes’ Books- “Awesome Elementary School Physical Education Activities” and “Awesome Primary Action Units” *JD Hughes’ Books: “No Standing Around in My Gym: Lesson Plans, games, and teaching tips for elementary physical education” and “PE2theMax: Maximize Skills, Participation, Teamwork, and Fun” *FirstTee Curriculum | <p>Click here for a comprehensive glossary of Fitness & Health vocabulary.</p> |

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|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|
| <p>PS 1.2.3: Applies strategies necessary for effective participation in physical activities.</p> <p>PS 1.3.1: Understands components of health-related fitness. (6th)</p> <p>PS 1.4.1: Analyzes components of skill-related fitness. (5th)</p> <p>PS 1.4.2: Explains how movement skills contribute to active, living-for-lifetime health. (6th)</p> | <p>*Hockey Activities</p> | <p>*“Adventure Curriculum for Physical Education-Elementary Curriculum”</p> <p>*“PE Connections-Helping Kids Succeed Through Physical Activity” by Fleming and Bunting</p> | |

Curriculum Guide:

- The curriculum guide gives an overview of the entire year.
- The curriculum guide provides a look at the learning targets and resources for a larger audience, therefore learning targets and description of evidence may be summarized with less detail.
- The curriculum guide is a public document on the district website.
- The curriculum guide answers the question – *What does a student learn in this course/content over the course of a year?*