

## PHYSICAL EDUCATION PK - 5

### Statement of Purpose

Physical Education is an integral and vital part of the general education program that significantly contributes to the total growth and development of each student, primarily through movement experiences. It is unique because it provides a balance of activities that reflect and challenge the diverse needs of students in the psychomotor, cognitive and affective domains.

The physical education program at the elementary school level is designed to provide students with a wide variety of skill developing activities including movement, lifelong, individual and modified team sports, and physical fitness. The focus is to expose students to a variety of activities, to develop fitness, and to encourage physical activity not only during physical education class, but as an integral part of a healthy lifestyle. The program aims to educate students to be healthy and active throughout their lives.

At the elementary school level, students are provided the introductory skills and given opportunities to become proficient in skill themes and movement concepts. Students are also provided the opportunity to enhance emotional, intellectual, and social growth. The sequential nature of the PreK-12 curriculum allows the elementary school to foster a unique transition to future grade levels.

### Course Overview

#### Course Objectives

Students will be able to:

- demonstrate the motor skills and movement patterns needed to perform a variety of physical activities.
- demonstrate an understanding of movement concepts and strategies as they apply to learning and the performance of physical activities.
- make use of the skills and knowledge learned in physical education as they participate regularly in physical activity.
- incorporate fitness and wellness concepts to achieve and maintain a healthy level of physical fitness.
- exhibit responsible personal and social

#### Essential Questions

- What different ways can the body move given a specific purpose?
- How can I move effectively and efficiently?
- What can I do to be physically active and why is this important?
- Why is it important to be physically fit and how can I stay fit?
- How do I interact with others during physical activity?
- How will physical activity help me now and in the future?

#### Focus Questions

- What are the skills and concepts necessary to successfully participate in basketball activities?
- What are the skills and concepts necessary to safely and successfully control, strengthen and move one's body?
- What are the skills necessary to successfully participate

#### Assessments

*Common Assessments*

*Skill Assessments*

<p>behavior that respects self and others in activity settings.</p> <ul style="list-style-type: none"> <li>• choose physical activity for health, enjoyment, challenge, self expression and/or social interaction to sustain a physically active lifestyle.</li> </ul>	<p>in circus activities?</p> <ul style="list-style-type: none"> <li>• What are some of the skills and techniques needed to work cooperatively as a class?</li> <li>• What are the skills and movement patterns that are necessary to successfully participate in dance and movement activities?</li> <li>• What are the main areas of fitness that we address and how are those applied to increase our fitness levels?</li> <li>• What are the skills and concepts necessary to successfully participate in floor hockey activities?</li> <li>• What are the skills necessary to be able to throw and catch a flying disc while playing a modified game?</li> <li>• What are the essential skills and concepts necessary to participate in lead-up football activities and skill applications?</li> <li>• What are the essential skills and concepts necessary to successfully participate in small and large group games?</li> <li>• How can hula hoops be used to expand our body and space awareness?</li> <li>• What are the physical benefits and different skills that are incorporated with jumping rope?</li> <li>• What are the skills and concepts necessary to successfully participate in locomotor activities?</li> <li>• What are the skills and concepts necessary to successfully participate in a modified baseball game/activity?</li> <li>• How can the parachute be used in different activities to help enhance student listening and cooperation?</li> <li>• What are the skills and concepts necessary to successfully participate in racquet activities?</li> <li>• What are the skills necessary to successfully participate in scooter activities?</li> <li>• What are the skills necessary to successfully participate in soccer activities?</li> <li>• What are the skills necessary to successfully participate</li> </ul>	
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	<p>in a modified game of team handball?</p> <ul style="list-style-type: none"> <li>• What are the skills and techniques necessary to successfully throw and catch?</li> <li>• What are the basic skills and concepts necessary to participate in modified volleyball activities?</li> </ul>	
<p><b>Unit Offerings</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Basketball Activities</a></li> <li>• <a href="#">Body Management</a></li> <li>• <a href="#">Circus Activities</a></li> <li>• <a href="#">Cooperative/Team Games</a></li> <li>• <a href="#">Dance and Movement Activities</a></li> <li>• <a href="#">Fitness</a></li> <li>• <a href="#">Floor Hockey Activities</a></li> <li>• <a href="#">Flying Disc</a></li> <li>• <a href="#">Football Activities</a></li> <li>• <a href="#">Games</a></li> <li>• <a href="#">Hula Hoop Activities</a></li> <li>• <a href="#">Jumping Rope</a></li> <li>• <a href="#">Locomotor Activities</a></li> <li>• <a href="#">Modified Baseball Activities</a></li> <li>• <a href="#">Parachute Activities</a></li> <li>• <a href="#">Racquet Activities</a></li> <li>• <a href="#">Scooter Activities</a></li> <li>• <a href="#">Soccer Activities</a></li> <li>• <a href="#">Team Handball</a></li> <li>• <a href="#">Throwing and Catching</a></li> <li>• <a href="#">Volleyball Activities</a></li> </ul>	<p><b>Standards</b></p> <p>Connecticut State Physical Education Standards are met in the following areas:</p> <ul style="list-style-type: none"> <li>• <i>Motor Skill Performance</i></li> <li>• <i>Applying Concepts and Strategies</i></li> <li>• <i>Engaging in Physical Activity</i></li> <li>• <i>Physical Fitness</i></li> <li>• <i>Responsible Behavior</i></li> <li>• <i>Benefits of Physical Activity</i></li> </ul> <p><a href="#">Health and Balanced Living Curriculum Framework for Physical Education</a></p>	<p><b>Grade Level Skills</b></p> <p>Students will:</p> <ul style="list-style-type: none"> <li>• Skills Matrix</li> </ul>



## **Basketball Activities** [top](#)

This is an introductory basketball skills unit. Emphasis will be on skill development in the areas of ball handling, passing, and shooting which will be applied in modified games.

### **Physical Education Standards**

#### ***Motor Skill Performance***

**Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.**

Students will:

- demonstrate developmentally mature form in the fundamental movement skills: locomotor, nonlocomotor and manipulative, in a closed environment (skills in isolation).
- demonstrate simple applications combining locomotor, nonlocomotor and manipulative skills to participate in developmentally appropriate movement and fitness activities.
- acquire beginning skills for a few specialized movement forms.
- participate in a variety of modified games, developmentally appropriate tasks, activities, creative movement, dance and play.

#### ***Applying Concepts and Strategies***

**Students will demonstrate understanding of movement concepts, principles and strategies as they apply to the learning and performance of physical activities.**

Students will:

- demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that occur in movement.
- demonstrate knowledge of rules, safety practices and procedures of specific activities.

#### ***Engaging in Physical Activity***

**Students will participate regularly in physical activity.**

Students will:

- engage in a variety of moderate to vigorous developmentally appropriate physical activities on a regular basis.
- apply the understanding of physical activity concepts to developing movement sequences and game strategies.

#### ***Responsible Behavior***

**Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.**

Students will:

- understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and demonstrate etiquette and good sportsmanship in a variety of physical activity settings.
- work independently or cooperatively and productively with partners or in small groups to complete assigned tasks.
- demonstrate behaviors that are sensitive to individual differences (e.g., physical, gender, cultural/ethnic, social and emotional) that can affect group activities.

- develop skills needed for resolving conflicts peacefully.

***Benefits of Physical Activity***

**Students will choose physical activity for health, enjoyment, challenge, self-expression and/or social interaction to sustain a physically active lifestyle.**

Students will:

- use physical activity as a positive opportunity for social and group interaction.
- experience personal challenges through physical activity.
- understand that practicing activities increases specific skill competence.
- experiment with new physical activities.

<p><b><u>Unit Objectives</u></b> Students will be able to:</p> <ul style="list-style-type: none"> <li>• demonstrate an understanding of the basic rules.</li> <li>• demonstrate competency in basketball skills.</li> <li>• actively participate in a modified basketball activity/game.</li> <li>• appreciate the value of basketball as lifetime learners.</li> </ul>	<p><b><u>Essential Questions</u></b></p> <ul style="list-style-type: none"> <li>• What different ways can the body move given a specific purpose?</li> <li>• How can I move effectively and efficiently?</li> <li>• What can I do to be physically active and why is this important?</li> <li>• How do I interact with others during physical activity?</li> <li>• How will physical activity help me now and in the future?</li> </ul> <p><b><u>Focus Question</u></b></p> <ul style="list-style-type: none"> <li>• What are the skills and concepts necessary to successfully participate in basketball activities?</li> </ul>	<p><b><u>Assessment</u></b></p> <ul style="list-style-type: none"> <li>• Skill Assessment</li> <li>• Cognitive Assessment</li> </ul> <hr/> <p><b><u>Skill Objectives</u></b> Students will:</p> <ul style="list-style-type: none"> <li>• demonstrate increased competency in the following basketball skills: <ul style="list-style-type: none"> <li>○ shooting</li> <li>○ passing</li> <li>○ dribbling</li> </ul> </li> <li>• develop an understanding of: <ul style="list-style-type: none"> <li>○ spacing/movement</li> <li>○ offensive and defensive concepts</li> <li>○ rules</li> </ul> </li> <li>• apply safety skills and concepts.</li> </ul>
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**Body Management** [top](#)

This unit is designed to introduce the students to different forms of manipulation of the body through a variety of apparatus. Balance, strength, flexibility, and movement are also addressed.

## **Physical Education Standards**

### ***Motor Skill Performance***

**Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.**

Students will:

- demonstrate simple applications combining locomotor, nonlocomotor and manipulative skills to participate in developmentally appropriate movement and fitness activities.
- explore and adapt fundamental movement skills in a variety of dynamic environments.
- acquire beginning skills for a few specialized movement forms.
- participate in a variety of modified games, developmentally appropriate tasks, activities, creative movement, dance and play.

### ***Applying Concepts and Strategies***

**Students will demonstrate understanding of movement concepts, principles and strategies as they apply to the learning and performance of physical activities.**

Students will:

- demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that occur in movement.
- recognize critical performance skill elements in self and others using movement vocabulary.

### ***Engaging in Physical Activity***

**Students will participate regularly in physical activity.**

Students will:

- engage in a variety of moderate to vigorous developmentally appropriate physical activities on a regular basis.
- demonstrate an understanding of a variety of movements and how they affect the body.
- engage in appropriate physical activity during and outside of school that promotes the development and improvement of physical fitness level.

### ***Physical Fitness***

**Students will incorporate fitness and wellness concepts to achieve and maintain a health enhancing level of physical fitness.**

Students will:

- demonstrate understanding of the relationship between activities and physical fitness components (e.g., cardio-respiratory endurance, muscular strength and endurance, flexibility, nutritional status and body composition).
- recognize physiological indicators (e.g., heart rate, body temperature, perspiration, thirst) of exercise during and after physical activity.

### ***Responsible Behavior***

**Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.**

Students will:

- understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and



demonstrate etiquette and good sportsmanship in a variety of physical activity settings.

- work independently or cooperatively and productively with partners or in small groups to complete assigned tasks.
- demonstrate behaviors that are sensitive to individual differences (e.g., physical, gender, cultural/ethnic, social and emotional) that can affect group activities.

***Benefits of Physical Activity***

**Students will choose physical activity for health, enjoyment, challenge, self-expression and/or social interaction to sustain a physically active lifestyle.**

Students will:

- express and identify feelings about participating in physical activity and begin to make choices based on those feelings.
- experience personal challenges through physical activity.
- understand that practicing activities increases specific skill competence.
- experiment with new physical activities.

<b><u>Unit Objectives</u></b>	<b><u>Essential Questions</u></b>	<b><u>Assessments</u></b>
<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>• demonstrate and understand basic movement relating to balance, agility and control.</li> <li>• understand the importance of safety and control while performing given activities.</li> <li>• feel comfortable with ability and limitations of one’s self.</li> </ul>	<ul style="list-style-type: none"> <li>• What different ways can the body move given a specific purpose?</li> <li>• How can I move effectively and efficiently?</li> <li>• What can I do to be physically active and why is this important?</li> <li>• Why is it important to be physically fit and how can I stay fit?</li> <li>• How do I interact with others during physical activity?</li> <li>• How will physical activity help me now and in the future?</li> </ul> <p><b><u>Focus Question</u></b></p> <ul style="list-style-type: none"> <li>• What are the skills and concepts necessary to safely and successfully control, strengthen and move one’s body?</li> </ul>	<ul style="list-style-type: none"> <li>• Skill Assessment</li> <li>• Scoring Rubric</li> </ul> <hr/> <p><b><u>Skill Objectives</u></b></p> <p>Students will:</p> <ul style="list-style-type: none"> <li>• demonstrate increased competency in the following muscular and endurance activities: <ul style="list-style-type: none"> <li>○ cargo net</li> <li>○ ropes</li> <li>○ traverse wall</li> <li>○ balance beams</li> <li>○ parallel bars</li> </ul> </li> <li>• demonstrate increased competency in the following agility activities: <ul style="list-style-type: none"> <li>○ hurdles</li> <li>○ agility ladder</li> <li>○ partner support and counter balances</li> <li>○ vaulting</li> </ul> </li> <li>• apply safety skills and concepts with all equipment and classmates.</li> </ul>

## **Circus Activities** [top](#)

This unit will expose students to circus skills such as balancing, spinning, and juggling.

### **Physical Education Standards**

#### ***Motor Skill Performance***

**Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.**

Students will:

- demonstrate developmentally mature form in the fundamental movement skills: locomotor, nonlocomotor and manipulative, in a closed environment (skills in isolation).
- demonstrate simple applications combining locomotor, nonlocomotor and manipulative skills to participate in developmentally appropriate movement and fitness activities.
- explore and adapt fundamental movement skills in a variety of dynamic environments.
- acquire beginning skills for a few specialized movement forms.
- participate in a variety of modified games, developmentally appropriate tasks, activities, creative movement, dance and play.

#### ***Applying Concepts and Strategies***

**Students will demonstrate understanding of movement concepts, principles and strategies as they apply to the learning and performance of physical activities.**

Students will:

- demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that occur in movement.
- recognize critical performance skill elements in self and others using movement vocabulary.
- demonstrate knowledge of rules, safety practices and procedures of specific activities.

#### ***Engaging in Physical Activity***

**Students will participate regularly in physical activity.**

Students will:

- demonstrate an understanding of a variety of movements and how they affect the body.
- apply the understanding of physical activity concepts to developing movement sequences and game strategies.

#### ***Responsible Behavior***

**Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.**

Students will:

- understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and demonstrate etiquette and good sportsmanship in a variety of physical activity settings.
- work independently or cooperatively and productively with partners or in small groups to complete assigned tasks.

- demonstrate behaviors that are sensitive to individual differences (e.g., physical, gender, cultural/ethnic, social and emotional) that can affect group activities.
- develop skills needed for resolving conflicts peacefully.

***Benefits of Physical Activity***

**Students will choose physical activity for health, enjoyment, challenge, self-expression and/or social interaction to sustain a physically active lifestyle.**

Students will:

- use physical activity as a means of self-expression.
- use physical activity as a positive opportunity for social and group interaction.
- experience personal challenges through physical activity.
- understand that practicing activities increases specific skill competence.
- experiment with new physical activities.

<p><b><u>Unit Objectives</u></b> Students will be able to:</p> <ul style="list-style-type: none"> <li>• demonstrate increased competency in circus skills.</li> <li>• follow directions in order to complete a given task.</li> <li>• appreciate the value of circus activities as lifetime learners.</li> </ul>	<p><b><u>Essential Questions</u></b></p> <ul style="list-style-type: none"> <li>• What different ways can the body move given a specific purpose?</li> <li>• How can I move effectively and efficiently?</li> <li>• What can I do to be physically active and why is this important?</li> <li>• How do I interact with others during physical activity?</li> <li>• How will physical activity help me now and in the future?</li> </ul> <p><b><u>Focus Question</u></b></p> <ul style="list-style-type: none"> <li>• What are the skills necessary to successfully participate in circus activities?</li> </ul>	<p><b><u>Assessments</u></b></p> <ul style="list-style-type: none"> <li>• Skill Assessment</li> </ul> <hr/> <p><b><u>Skill Objectives</u></b> Students will:</p> <ul style="list-style-type: none"> <li>• demonstrate increased competency in the following circus skills:             <ul style="list-style-type: none"> <li>○ Juggling</li> <li>○ Cup Stacking</li> </ul> </li> <li>• apply safety skills and concepts.</li> </ul>
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### **Cooperative/Team Games** [top](#)

This unit will allow students to participate in a variety of cooperative and team games. Students will use physical activity as a positive opportunity for social and group interaction. Students will engage in moderate to vigorous physical activities. Students will demonstrate an understanding of rules, strategy, and good sportsmanship while participating in cooperative and team games.

### **Physical Education Standards**

#### ***Motor Skill Performance***

**Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.**

Students will:

- demonstrate simple applications combining locomotor, nonlocomotor and manipulative skills to participate in developmentally appropriate movement and fitness activities.
- explore and adapt fundamental movement skills in a variety of dynamic environments.
- participate in a variety of modified games, developmentally appropriate tasks, activities, creative movement, dance and play.

#### ***Applying Concepts and Strategies***

**Students will demonstrate understanding of movement concepts, principles and strategies as they apply to the learning and performance of physical activities.**

Students will:

- demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that occur in movement.
- recognize critical performance skill elements in self and others using movement vocabulary.
- demonstrate knowledge of rules, safety practices and procedures of specific activities.

#### ***Engaging in Physical Activity***

**Students will participate regularly in physical activity.**

Students will:

- engage in a variety of moderate to vigorous developmentally appropriate physical activities on a regular basis.
- demonstrate an understanding of a variety of movements and how they affect the body.
- apply the understanding of physical activity concepts to developing movement sequences and game strategies.
- engage in appropriate physical activity during and outside of school that promotes the development and improvement of physical fitness level.

#### ***Responsible Behavior***

**Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.**

Students will:

- understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and

<p>demonstrate etiquette and good sportsmanship in a variety of physical activity settings.</p> <ul style="list-style-type: none"> <li>• work independently or cooperatively and productively with partners or in small groups to complete assigned tasks.</li> <li>• demonstrate behaviors that are sensitive to individual differences (e.g., physical, gender, cultural/ethnic, social and emotional) that can affect group activities.</li> <li>• develop skills needed for resolving conflicts peacefully.</li> </ul>		
<p><b><u>Unit Objectives</u></b> Students will be able to:</p> <ul style="list-style-type: none"> <li>• work together to complete tasks.</li> <li>• follow directions to complete tasks.</li> <li>• develop strategies to complete tasks.</li> <li>• emerge into specific roles within a task.</li> <li>• appreciate the value of cooperative team games as lifetime learners.</li> </ul>	<p><b><u>Essential Questions</u></b></p> <ul style="list-style-type: none"> <li>• What different ways can the body move given a specific purpose?</li> <li>• How can I move effectively and efficiently?</li> <li>• What can I do to be physically active and why is this important?</li> <li>• How do I interact with others during physical activity?</li> </ul> <p><b><u>Focus Question</u></b></p> <ul style="list-style-type: none"> <li>• What are some of the skills and techniques needed to work cooperatively as a class?</li> </ul>	<p><b><u>Assessments</u></b></p> <ul style="list-style-type: none"> <li>• Skill Assessment</li> </ul> <hr/> <p><b><u>Skill Objectives</u></b> Students will:</p> <ul style="list-style-type: none"> <li>• apply safety skills and concepts.</li> <li>• work cooperatively.</li> <li>• communicate effectively.</li> </ul>

## **Dance & Movement Patterns** [top](#)

This unit offers an opportunity for students to participate in a variety of dance activities. Students will be involved with multicultural activities by utilizing different patterns and movements of the body.

### **Physical Education Standards**

#### ***Motor Skill Performance***

**Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.**

Students will:

- demonstrate developmentally mature form in the fundamental movement skills: locomotor, nonlocomotor and manipulative, in a closed environment (skills in isolation).
- explore and adapt fundamental movement skills in a variety of dynamic environments.
- acquire beginning skills for a few specialized movement forms.
- participate in a variety of modified games, developmentally appropriate tasks, activities, creative movement, dance and play.

#### ***Applying Concepts and Strategies***

**Students will demonstrate understanding of movement concepts, principles and strategies as they apply to the learning and performance of physical activities.**

Students will:

- demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that occur in movement.
- recognize critical performance skill elements in self and others using movement vocabulary.

#### ***Engaging in Physical Activity***

**Students will participate regularly in physical activity.**

Students will:

- demonstrate an understanding of a variety of movements and how they affect the body.
- apply the understanding of physical activity concepts to developing movement sequences and game strategies.

#### ***Responsible Behavior***

**Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.**

Students will:

- understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and demonstrate etiquette and good sportsmanship in a variety of physical activity settings.
- work independently or cooperatively and productively with partners or in small groups to complete assigned tasks
- demonstrate behaviors that are sensitive to individual differences (e.g., physical, gender, cultural/ethnic, social and emotional) that can affect group

activities.

- develop skills needed for resolving conflicts peacefully.

***Benefits of Physical Activity***

**Students will choose physical activity for health, enjoyment, challenge, self-expression and/or social interaction to sustain a physically active lifestyle.**

Students will:

- express and identify feelings about participating in physical activity and begin to make choices based on those feelings.
- use physical activity as a means of self-expression.
- use physical activity as a positive opportunity for social and group interaction.
- experience personal challenges through physical activity.
- understand that practicing activities increases specific skill competence.
- experiment with new physical activities.

**Unit Objectives**

Students will be able to:

- develop an understanding and appreciation of dance and movement patterns.
- develop knowledge of a variety of dance and movement patterns.
- appreciate the value of dance and movement patterns as lifetime learners.
- demonstrate etiquette in a variety of dance and movement activities.
- develop an understanding of individual differences as they relate to dance and movement activity.

**Essential Questions**

- What different ways can the body move given a specific purpose?
- How can I move effectively and efficiently?
- What can I do to be physically active and why is this important?
- How do I interact with others during physical activity?
- How will physical activity help me now and in the future?

**Focus Question**

- What are the skills and movement patterns that are necessary to successfully participate in dance and movement activities?

**Assessment**

- Skill Assessment

**Skill Objectives**

Students will:

- effectively move their body in space to music.
- identify proper cues for specific dance and movement sequences.
- apply appropriate etiquette in a dance and movement activity setting.

## **Fitness** [top](#)

This unit offers an opportunity for the students to participate in a variety of activities which includes the areas of strength, flexibility, and cardio respiratory endurance.

### **Physical Education Standards**

#### ***Motor Skill Performance***

**Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.**

Students will:

- demonstrate developmentally mature form in the fundamental movement skills: locomotor, nonlocomotor and manipulative, in a closed environment (skills in isolation).
- demonstrate simple applications combining locomotor, nonlocomotor and manipulative skills to participate in developmentally appropriate movement and fitness activities.
- explore and adapt fundamental movement skills in a variety of dynamic environments.
- acquire beginning skills for a few specialized movement forms.
- participate in a variety of modified games, developmentally appropriate tasks, activities, creative movement, dance and play.

#### ***Applying Concepts and Strategies***

**Students will demonstrate understanding of movement concepts, principles and strategies as they apply to the learning and performance of physical activities.**

Students will:

- demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that occur in movement.
- critical performance skill elements in self and others using movement vocabulary.
- demonstrate knowledge of rules, safety practices and procedures of specific activities.

#### ***Engaging in Physical Activity***

**Students will participate regularly in physical activity.**

Students will:

- engage in a variety of moderate to vigorous developmentally appropriate physical activities on a regular basis.
- demonstrate an understanding of a variety of movements and how they affect the body.
- apply the understanding of physical activity concepts to developing movement sequences and game strategies.
- engage in appropriate physical activity during and outside of school that promotes the development and improvement of physical fitness level.

#### ***Physical Fitness***



**Students will incorporate fitness and wellness concepts to achieve and maintain a health enhancing level of physical fitness.**

Students will:

- demonstrate understanding of the relationship between activities and physical fitness components (e.g., cardio-respiratory endurance, muscular strength and endurance, flexibility, nutritional status and body composition).
- recognize physiological indicators (e.g., heart rate, body temperature, perspiration, thirst) of exercise during and after physical activity.
- understand the results of formal fitness testing and correctly associate these results with overall physical fitness, nutritional levels and personal health status.
- maintain a wellness log including exercise and food intake for a set period of time.

***Responsible Behavior***

**Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.**

Students will:

- understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and demonstrate etiquette and good sportsmanship in a variety of physical activity settings.
- work independently or cooperatively and productively with partners or in small groups to complete assigned tasks.
- demonstrate behaviors that are sensitive to individual differences (e.g., physical, gender, cultural/ethnic, social and emotional) that can affect group activities.
- develop skills needed for resolving conflicts peacefully.

***Benefits of Physical Activity***

**Students will choose physical activity for health, enjoyment, challenge, self-expression and/or social interaction to sustain a physically active lifestyle.**

Students will:

- express and identify feelings about participating in physical activity and begin to make choices based on those feelings.
- use physical activity as a means of self-expression.
- use physical activity as a positive opportunity for social and group interaction.
- experience personal challenges through physical activity.
- understand that practicing activities increases specific skill competence.
- experiment with new physical activities.

<p><b><u>Unit Objectives</u></b>  Students will be able to:</p> <ul style="list-style-type: none"> <li>• demonstrate knowledge of how to improve the core areas of fitness.</li> <li>• develop an understanding and appreciation of the benefits of fitness exercises and the risks of a sedentary lifestyle.</li> <li>• demonstrate safe and proper techniques when exercising to address fitness needs.</li> <li>• appreciate the value of physical fitness as lifetime learners.</li> </ul>	<p><b><u>Essential Questions</u></b></p> <ul style="list-style-type: none"> <li>• What different ways can the body move given a specific purpose?</li> <li>• How can I move effectively and efficiently?</li> <li>• What can I do to be physically active and why is this important?</li> <li>• Why is it important to be physically fit and how can I stay fit?</li> <li>• How do I interact with others during physical activity?</li> <li>• How will physical activity help me now and in the future?</li> </ul> <p><b><u>Focus Questions</u></b></p> <ul style="list-style-type: none"> <li>• What are the main areas of fitness that we address?</li> <li>• How are those applied to increase our fitness levels?</li> </ul>	<p><b><u>Assessments</u></b></p> <ul style="list-style-type: none"> <li>• Skill Assessment</li> <li>• Cognitive Assessment</li> </ul> <hr/> <p><b><u>Skill Objectives</u></b>  Students will:</p> <ul style="list-style-type: none"> <li>• participate in a variety of flexibility activities.</li> <li>• locate, calculate and monitor heart rate.</li> <li>• use a variety of equipment to enhance muscular strength and endurance.</li> <li>• use a variety of activities to enhance cardio-respiratory fitness.</li> </ul>
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## **Floor Hockey Activities** [top](#)

This is an introductory floor hockey skills unit. Emphasis will be on skill development in the areas of stick handling, passing, and shooting which will be applied in modified games.

### **Physical Education Standards**

#### ***Motor Skill Performance***

**Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.**

Students will:

- demonstrate developmentally mature form in the fundamental movement skills: locomotor, nonlocomotor and manipulative, in a closed environment (skills in isolation).
- demonstrate simple applications combining locomotor, nonlocomotor and manipulative skills to participate in developmentally appropriate movement and fitness activities.
- explore and adapt fundamental movement skills in a variety of dynamic environments.
- participate in a variety of modified games, developmentally appropriate tasks, activities, creative movement, dance and play.

#### ***Applying Concepts and Strategies***

**Students will demonstrate understanding of movement concepts, principles and strategies as they apply to the learning and performance of physical activities.**

Students will:

- demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that occur in movement.
- recognize critical performance skill elements in self and others using movement vocabulary.
- demonstrate knowledge of rules, safety practices and procedures of specific activities.

#### ***Engaging in Physical Activity***

**Students will participate regularly in physical activity.**

Students will:

- engage in a variety of moderate to vigorous developmentally appropriate physical activities on a regular basis.
- apply the understanding of physical activity concepts to developing movement sequences and game strategies.

#### ***Responsible Behavior***

**Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.**

Students will:

- understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and demonstrate etiquette and good sportsmanship in a variety of physical activity settings.

- work independently or cooperatively and productively with partners or in small groups to complete assigned tasks.
- demonstrate behaviors that are sensitive to individual differences (e.g., physical, gender, cultural/ethnic, social and emotional) that can affect group activities.
- develop skills needed for resolving conflicts peacefully.

***Benefits of Physical Activity***

**Students will choose physical activity for health, enjoyment, challenge, self-expression and/or social interaction to sustain a physically active lifestyle.**

Students will:

- use physical activity as a positive opportunity for social and group interaction.
- experience personal challenges through physical activity.
- understand that practicing activities increases specific skill competence.

<p><b><u>Unit Objectives</u></b> Students will be able to:</p> <ul style="list-style-type: none"> <li>• demonstrate and understanding of the basic rules.</li> <li>• demonstrate increased competency in floor hockey skills.</li> <li>• actively participate in a modified floor hockey game/activity.</li> <li>• appreciate the value of floor hockey as lifetime learners.</li> </ul>	<p><b><u>Essential Questions</u></b></p> <ul style="list-style-type: none"> <li>• What different ways can the body move given a specific purpose?</li> <li>• How can I move effectively and efficiently?</li> <li>• What can I do to be physically active and why is this important?</li> <li>• How do I interact with others during physical activity?</li> <li>• How will physical activity help me now and in the future?</li> </ul> <p><b><u>Focus Question</u></b></p> <ul style="list-style-type: none"> <li>• What are the skills and concepts necessary to successfully participate in floor hockey activities?</li> </ul>	<p><b><u>Assessment</u></b></p> <ul style="list-style-type: none"> <li>• Skill Assessment</li> <li>• Cognitive Assessment</li> </ul> <hr/> <p><b><u>Skill Objectives</u></b> Students will:</p> <ul style="list-style-type: none"> <li>• demonstrate increased competency in the following floor hockey skills: <ul style="list-style-type: none"> <li>○ shooting</li> <li>○ passing</li> <li>○ dribbling/stick handling</li> <li>○ goal tending</li> </ul> </li> <li>• develop and understanding of: <ul style="list-style-type: none"> <li>○ spacing and movement</li> <li>○ offensive and defensive concepts</li> <li>○ rules</li> </ul> </li> <li>• apply safety skills and concepts</li> </ul>
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## **Flying Disc** [top](#)

This unit exposes students to the basic forms of throwing and catching a flying disc through a variety of modified games.

### **Physical Education Standards**

#### ***Motor Skill Performance***

**Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.**

Students will:

- explore and adapt fundamental movement skills in a variety of dynamic environments.
- participate in a variety of modified games, developmentally appropriate tasks, activities, creative movement, dance and play.

#### ***Applying Concepts and Strategies***

**Students will demonstrate understanding of movement concepts, principles and strategies as they apply to the learning and performance of physical activities.**

Students will:

- demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that occur in movement.
- recognize critical performance skill elements in self and others using movement vocabulary.

#### ***Engaging in Physical Activity***

**Students will participate regularly in physical activity.**

Students will:

- apply the understanding of physical activity concepts to developing movement sequences and game strategies.

#### ***Responsible Behavior***

**Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.**

Students will:

- understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and demonstrate etiquette and good sportsmanship in a variety of physical activity settings.
- work independently or cooperatively and productively with partners or in small groups to complete assigned tasks.

#### ***Benefits of Physical Activity***

**Students will choose physical activity for health, enjoyment, challenge, self-expression and/or social interaction to sustain a physically active lifestyle.**

Students will:

- use physical activity as a positive opportunity for social and group interaction.

- experience personal challenges through physical activity.

<p><b><u>Unit Objectives</u></b>  Students will be able to:</p> <ul style="list-style-type: none"> <li>• demonstrate the proper form of throwing and catching a flying disc.</li> <li>• understand how throwing with proper form will increase their ability to throw with accuracy.</li> <li>• will feel comfortable with their own abilities while working with classmates in game situations.</li> <li>• demonstrate an understanding of rule to play a flying disc activity. These activities will include but not limited to Frisbee golf, ultimate Frisbee and other throwing and catching games.</li> <li>• demonstrate an understanding of team play on offense and defense to participate successfully in an ultimate Frisbee game.</li> <li>• appreciate the value of flying disc activities as lifetime learners.</li> </ul>	<p><b><u>Essential Questions</u></b></p> <ul style="list-style-type: none"> <li>• What different ways can the body move given a specific purpose?</li> <li>• How can I move effectively and efficiently?</li> <li>• What can I do to be physically active and why is this important?</li> <li>• How do I interact with others during physical activity?</li> <li>• How will physical activity help me now and in the future?</li> </ul> <p><b><u>Focus Question</u></b></p> <ul style="list-style-type: none"> <li>• What are the skills necessary to be able to throw and catch a flying disc while playing a modified game?</li> </ul>	<p><b><u>Assessment</u></b></p> <ul style="list-style-type: none"> <li>• Skill Assessment</li> </ul> <hr/> <p><b><u>Skill Objectives</u></b>  Students will:</p> <ul style="list-style-type: none"> <li>• demonstrate increased competency in the following flying disc skills: <ul style="list-style-type: none"> <li>○ Throwing</li> <li>○ Catching</li> <li>○ Spin jamming</li> </ul> </li> <li>• apply safety skills and concepts.</li> </ul>
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## **Football Activities** [top](#)

This is an introduction to football skills and strategies for the elementary students. These skills and strategies will be applied to modified game situations.

## **Physical Education Standards**

### ***Motor Skill Performance***

**Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.**

Students will:

- demonstrate developmentally mature form in the fundamental movement skills: locomotor, nonlocomotor and manipulative, in a closed environment (skills in isolation).
- demonstrate simple applications combining locomotor, nonlocomotor and manipulative skills to participate in developmentally appropriate movement and fitness activities.
- acquire beginning skills for a few specialized movement forms.
- participate in a variety of modified games, developmentally appropriate tasks, activities, creative movement, dance and play.

### ***Applying Concepts and Strategies***

**Students will demonstrate understanding of movement concepts, principles and strategies as they apply to the learning and performance of physical activities.**

Students will:

- demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that occur in movement.
- demonstrate knowledge of rules, safety practices and procedures of specific activities.

### ***Engaging in Physical Activity***

**Students will participate regularly in physical activity.**

Students will:

- apply the understanding of physical activity concepts to developing movement sequences and game strategies.

### ***Physical Fitness***

**Students will incorporate fitness and wellness concepts to achieve and maintain a health enhancing level of physical fitness.**

Students will:

- demonstrate understanding of the relationship between activities and physical fitness components (e.g., cardio-respiratory endurance, muscular strength and endurance, flexibility, nutritional status and body composition).

### ***Responsible Behavior***

**Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.**

Students will:

- understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and demonstrate etiquette and good sportsmanship in a variety of physical activity settings.
- work independently or cooperatively and productively with partners or in small groups to complete assigned tasks.
- demonstrate behaviors that are sensitive to individual differences (e.g., physical, gender, cultural/ethnic, social and emotional) that can affect group activities.
- develop skills needed for resolving conflicts peacefully.

***Benefits of Physical Activity***

**Students will choose physical activity for health, enjoyment, challenge, self-expression and/or social interaction to sustain a physically active lifestyle.**

Students will:

- use physical activity as a positive opportunity for social and group interaction.

**Unit Objectives**

Students will be able to:

- throw and catch a football to apply in modified activities.
- appreciate the value of football activities as lifetime learners.

**Essential Questions**

- What different ways can the body move given a specific purpose?
- How can I move effectively and efficiently?
- What can I do to be physically active and why is this important?
- Why is it important to be physically fit and how can I stay fit?
- How do I interact with others during physical activity?
- How will physical activity help me now and in the future?

**Focus Question**

- What are the essential skills and concepts necessary to participate in lead-up football activities and skill applications?

**Assessment**

- Skill Assessment
- Cognitive Assessment

**Skill Objectives**

Students will:

- be able to demonstrate increased competency in the following skills:
  - throwing
  - catching
  - apply safety skills



## **Games** [top](#)

This unit is designed to teach students a variety of games to enhance participation in the physical education environment. Games will include, but not be limited to tag games, multi-cultural game, team games and backyard games.

### **Physical Education Standards**

#### ***Motor Skill Performance***

**Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.**

Students will:

- demonstrate developmentally mature form in the fundamental movement skills: locomotor, nonlocomotor and manipulative, in a closed environment (skills in isolation).
- demonstrate simple applications combining locomotor, nonlocomotor and manipulative skills to participate in developmentally appropriate movement and fitness activities.
- participate in a variety of modified games, developmentally appropriate tasks, activities, creative movement, dance and play.

#### ***Applying Concepts and Strategies***

**Students will demonstrate understanding of movement concepts, principles and strategies as they apply to the learning and performance of physical activities.**

Students will:

- demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that occur in movement.
- demonstrate knowledge of rules, safety practices and procedures of specific activities.

#### ***Engaging in Physical Activity***

**Students will participate regularly in physical activity.**

Students will:

- engage in a variety of moderate to vigorous developmentally appropriate physical activities on a regular basis.

#### ***Responsible Behavior***

**Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.**

Students will:

- understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and demonstrate etiquette and good sportsmanship in a variety of physical activity settings.
- develop skills needed for resolving conflicts peacefully.

#### ***Benefits of Physical Activity***

<p><b>Students will choose physical activity for health, enjoyment, challenge, self-expression and/or social interaction to sustain a physically active lifestyle.</b></p> <p>Students will:</p> <ul style="list-style-type: none"> <li>• use physical activity as a positive opportunity for social and group interaction.</li> <li>• experiment with new physical activities.</li> </ul>		
<p><b><u>Unit Objectives</u></b></p> <p>Students will be able to:</p> <ul style="list-style-type: none"> <li>• demonstrate increased competency in a variety of skills while participating in various small and large group games.</li> <li>• learn coping skills, conflict resolution and sportsmanship skills.</li> <li>• understand rules, concepts and differences while participating with their peers.</li> <li>• appreciate the value of small and large group games as lifetime learners.</li> </ul>	<p><b><u>Essential Questions</u></b></p> <ul style="list-style-type: none"> <li>• What different ways can the body move given a specific purpose?</li> <li>• How can I move effectively and efficiently?</li> <li>• What can I do to be physically active and why is this important?</li> <li>• How do I interact with others during physical activity?</li> <li>• How will physical activity help me now and in the future?</li> </ul>	<p><b><u>Assessment</u></b></p> <ul style="list-style-type: none"> <li>• Skill Assessment</li> </ul>
	<p><b><u>Focus Question</u></b></p> <ul style="list-style-type: none"> <li>• What are the essential skills and concepts necessary to successfully participate in small and large group games?</li> </ul>	<p><b><u>Skill Objectives</u></b></p> <p>Students will:</p> <ul style="list-style-type: none"> <li>• demonstrate increased competency in the following activities: <ul style="list-style-type: none"> <li>○ Tag games</li> <li>○ Multi cultural games</li> <li>○ Small and large team games</li> <li>○ Backyard games</li> </ul> </li> <li>• understand rules and safety concepts of various activities <ul style="list-style-type: none"> <li>○ In bounds/Out of bounds</li> <li>○ Body control</li> <li>○ Locomotor</li> <li>○ Coping and conflict resolution</li> </ul> </li> <li>• appreciate the value of small and large group games as lifetime learners.</li> </ul>

## **Hula Hoop Activities** [top](#)

This unit is designed to teach students a variety of activities using hula hoops to provide guidance in body awareness.

### **Physical Education Standards**

#### ***Motor Skill Performance***

**Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.**

Students will:

- demonstrate developmentally mature form in the fundamental movement skills: locomotor, nonlocomotor and manipulative, in a closed environment (skills in isolation).
- demonstrate simple applications combining locomotor, nonlocomotor and manipulative skills to participate in developmentally appropriate movement and fitness activities.
- explore and adapt fundamental movement skills in a variety of dynamic environments.
- participate in a variety of modified games, developmentally appropriate tasks, activities, creative movement, dance and play.

#### ***Applying Concepts and Strategies***

**Students will demonstrate understanding of movement concepts, principles and strategies as they apply to the learning and performance of physical activities.**

Students will:

- demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that occur in movement.

#### ***Responsible Behavior***

**Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.**

Students will:

- understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and demonstrate etiquette and good sportsmanship in a variety of physical activity settings.

#### ***Benefits of Physical Activity***

**Students will choose physical activity for health, enjoyment, challenge, self-expression and/or social interaction to sustain a physically active lifestyle.**

Students will:

- use physical activity as a means of self-expression.

<p><b><u>Unit Objectives</u></b> Students will be able to:</p> <ul style="list-style-type: none"> <li>• manipulate hula hoops around different body parts.</li> <li>• appreciate the value of hula hoop activities as lifetime learners.</li> </ul>	<p><b><u>Essential Questions</u></b></p> <ul style="list-style-type: none"> <li>• What different ways can the body move given a specific purpose?</li> <li>• How can I move effectively and efficiently?</li> <li>• How do I interact with others during physical activity?</li> <li>• How will physical activity help me now and in the future?</li> </ul>	<p><b><u>Assessment</u></b></p> <ul style="list-style-type: none"> <li>• Skill Assessment</li> </ul>
	<p><b><u>Focus Question</u></b></p> <ul style="list-style-type: none"> <li>• How can hula hoops be used to expand our body and space awareness?</li> </ul>	<p><b><u>Skill Objectives</u></b> Students will:</p> <ul style="list-style-type: none"> <li>• roll the hoops.</li> <li>• spin the hoops.</li> <li>• jump in and out of the hoop.</li> <li>• twirl the hoop around body parts.</li> </ul>

## **Jumping Rope** [top](#)

An introductory unit providing students with the rhythm to jump rope and practice short rope skills and long rope skills.

### **Physical Education Standards**

#### ***Motor Skill Performance***

**Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.**

Students will:

- demonstrate developmentally mature form in the fundamental movement skills: locomotor, nonlocomotor and manipulative, in a closed environment (skills in isolation).
- demonstrate simple applications combining locomotor, nonlocomotor and manipulative skills to participate in developmentally appropriate movement and fitness activities.
- explore and adapt fundamental movement skills in a variety of dynamic environments.
- acquire beginning skills for a few specialized movement forms.

#### ***Applying Concepts and Strategies***

**Students will demonstrate understanding of movement concepts, principles and strategies as they apply to the learning and performance of physical activities.**

Students will:

- demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that occur in movement.
- recognize critical performance skill elements in self and others using movement vocabulary.

#### ***Engaging in Physical Activity***

**Students will participate regularly in physical activity.**

Students will:

- engage in a variety of moderate to vigorous developmentally appropriate physical activities on a regular basis.
- demonstrate an understanding of a variety of movements and how they affect the body.
- apply the understanding of physical activity concepts to developing movement sequences and game strategies.
- engage in appropriate physical activity during and outside of school that promotes the development and improvement of physical fitness level.

#### ***Physical Fitness***

**Students will incorporate fitness and wellness concepts to achieve and maintain a health enhancing level of physical fitness.**

Students will:

- recognize physiological indicators (e.g., heart rate, body temperature, perspiration, thirst) of exercise during and after physical activity.

***Responsible Behavior***

**Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.**

Students will:

- understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and demonstrate etiquette and good sportsmanship in a variety of physical activity settings.
- work independently or cooperatively and productively with partners or in small groups to complete assigned tasks.

***Benefits of Physical Activity***

**Students will choose physical activity for health, enjoyment, challenge, self-expression and/or social interaction to sustain a physically active lifestyle.**

Students will:

- use physical activity as a means of self-expression.
- use physical activity as a positive opportunity for social and group interaction.
- experience personal challenges through physical activity.

**Unit Objectives**

Students will be able to:

- demonstrate increased competency in jumping skills.
- demonstrate ability to jump for a sustained amount of time.
- demonstrate a variety of different jumping patterns.
- appreciate the value of jumping rope as lifetime learners.

**Essential Questions**

- What different ways can the body move given a specific purpose?
- How can I move effectively and efficiently?
- What can I do to be physically active and why is this important?
- Why is it important to be physically fit and how can I stay fit?
- How do I interact with others during physical activity?
- How will physical activity help me now and in the future?

**Focus Question**

- What are the physical benefits and different skills that are incorporated with jumping rope?

**Assessment**

- Skill Assessment

**Skill Objectives**

Students will:

- demonstrate increased competency in the following jump rope skills:
  - Turning short and long rope
  - Timing
  - Jumping efficiently
  - Different jumping patterns
  - Coordinating with other

## **Locomotor Activities** [top](#)

This unit is designed to develop student's spatial awareness skills. Students will also learn a variety of animal walks and locomotor skills.

### **Physical Education Standards**

#### ***Motor Skill Performance***

**Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.**

Students will:

- demonstrate developmentally mature form in the fundamental movement skills: locomotor, nonlocomotor and manipulative, in a closed environment (skills in isolation).
- acquire beginning skills for a few specialized movement forms.
- participate in a variety of modified games, developmentally appropriate tasks, activities, creative movement, dance and play.

#### ***Applying Concepts and Strategies***

**Students will demonstrate understanding of movement concepts, principles and strategies as they apply to the learning and performance of physical activities.**

Students will:

- demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that occur in movement.
- recognize critical performance skill elements in self and others using movement vocabulary.

#### ***Engaging in Physical Activity***

**Students will participate regularly in physical activity.**

Students will:

- demonstrate an understanding of a variety of movements and how they affect the body.

#### ***Responsible Behavior***

**Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.**

Students will:

- understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and demonstrate etiquette and good sportsmanship in a variety of physical activity settings.

<p><b><u>Unit Objectives</u></b>  Students will be able to:</p> <ul style="list-style-type: none"> <li>• demonstrate an understanding of basic locomotor concepts.</li> <li>• demonstrate increased competency in locomotor skills.</li> <li>• actively participate in locomotor activity/games.</li> </ul>	<p><b><u>Essential Questions</u></b></p> <ul style="list-style-type: none"> <li>• What different ways can the body move given a specific purpose?</li> <li>• How can I move effectively and efficiently?</li> <li>• What can I do to be physically active and why is this important?</li> <li>• How do I interact with others during physical activity?</li> </ul> <p><b><u>Focus Question</u></b></p> <ul style="list-style-type: none"> <li>• What are the skills and concepts necessary to successfully participate in locomotor activities?</li> </ul>	<p><b><u>Assessment</u></b></p> <ul style="list-style-type: none"> <li>• Skill Assessment</li> </ul> <hr/> <p><b><u>Skill Objectives</u></b>  Students will:</p> <ul style="list-style-type: none"> <li>• demonstrate increased competency in: <ul style="list-style-type: none"> <li>○ Locomotor skills</li> <li>○ Animal walks</li> </ul> </li> <li>• develop an understanding of: <ul style="list-style-type: none"> <li>○ spatial awareness</li> </ul> </li> <li>• apply safety skills and concepts.</li> </ul>
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## **Modified Baseball Activities** [top](#)

This is a unit that will introduce throwing, catching, striking with a bat, and base running skills. Skills will be used to help teach basic game concepts and rules for a game of modified baseball.

### **Physical Education Standards**

#### ***Motor Skill Performance***

**Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.**

Students will:

- demonstrate developmentally mature form in the fundamental movement skills: locomotor, non-locomotor and manipulative, in a closed environment (skills in isolation).
- acquire beginning skills for a few specialized movement forms.
- participate in a variety of modified games, developmentally appropriate tasks, activities, creative movement, dance and play.

#### ***Applying Concepts and Strategies***

**Students will demonstrate understanding of movement concepts, principles and strategies as they apply to the learning and performance of physical activities.**

Students will:

- demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that occur in movement.
- demonstrate knowledge of rules, safety practices and procedures of specific activities.

#### ***Engaging in Physical Activity***

**Students will participate regularly in physical activity.**

Students will:

- demonstrate an understanding of a variety of movements and how they affect the body.
- apply the understanding of physical activity concepts to developing movement sequences and game strategies.

#### ***Responsible Behavior***

**Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.**

Students will:

- understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and demonstrate etiquette and good sportsmanship in a variety of physical activity settings.

#### ***Benefits of Physical Activity***

**Students will choose physical activity for health, enjoyment, challenge, self-expression and/or social interaction to sustain a physically active lifestyle.**

<p>Students will:</p> <ul style="list-style-type: none"> <li>• use physical activity as a positive opportunity for social and group interaction.</li> <li>• experience personal challenges through physical activity.</li> <li>• understand that practicing activities increases specific skill competence.</li> </ul>		
<p><b><u>Unit Objectives</u></b></p> <p>Students will be able to:</p> <ul style="list-style-type: none"> <li>• demonstrate an understanding of the rules necessary to participate in a modified baseball game/activities.</li> <li>• demonstrate increased competency in modified baseball skills.</li> <li>• participate successfully in a variety of modified baseball game/activities.</li> <li>• appreciate the value of modified baseball activities as lifetime learners.</li> </ul>	<p><b><u>Essential Questions</u></b></p> <ul style="list-style-type: none"> <li>• What different ways can the body move given a specific purpose?</li> <li>• How can I move effectively and efficiently?</li> <li>• What can I do to be physically active and why is this important?</li> <li>• How do I interact with others during physical activity?</li> <li>• How will physical activity help me now and in the future?</li> </ul> <p><b><u>Focus Question</u></b></p> <ul style="list-style-type: none"> <li>• What are the skills and concepts necessary to successfully participate in a modified baseball activity.</li> </ul>	<p><b><u>Assessment</u></b></p> <ul style="list-style-type: none"> <li>• Skill Assessment</li> </ul>
		<p><b><u>Skill Objectives</u></b></p> <p>Students will:</p> <ul style="list-style-type: none"> <li>• demonstrate increased competency in the following modified baseball skills: <ul style="list-style-type: none"> <li>○ Throwing</li> <li>○ Catching</li> <li>○ Hitting</li> </ul> </li> <li>• demonstrate an understanding of running bases, modified game rules and modified game play.</li> </ul>

## **Parachute Activities** [top](#)

This unit is designed for students in grades K-2. Focus is to teach cooperation and following instructions. Students will be introduced to various movements and activities using the parachute.

### **Physical Education Standards**

#### ***Motor Skill Performance***

**Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.**

Students will:

- demonstrate developmentally mature form in the fundamental movement skills: locomotor, non-locomotor and manipulative, in a closed environment (skills in isolation).
- demonstrate simple applications combining locomotor, non-locomotor and manipulative skills to participate in developmentally appropriate movement and fitness activities.
- acquire beginning skills for a few specialized movement forms.

#### ***Applying Concepts and Strategies***

**Students will demonstrate understanding of movement concepts, principles and strategies as they apply to the learning and performance of physical activities.**

Students will:

- demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that occur in movement.

#### ***Responsible Behavior***

**Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.**

Students will:

- understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and demonstrate etiquette and good sportsmanship in a variety of physical activity settings.
- work independently or cooperatively and productively with partners or in small groups to complete assigned tasks.

<p><b><u>Unit Objective</u></b>  Students will be able to:</p> <ul style="list-style-type: none"> <li>• demonstrate an understanding of cooperative concepts to successfully participate in a cooperative group activity.</li> </ul>	<p><b><u>Essential Questions</u></b></p> <ul style="list-style-type: none"> <li>• What different ways can the body move given a specific purpose?</li> <li>• How can I move effectively and efficiently?</li> <li>• How do I interact with others during physical activity?</li> </ul> <p><b><u>Focus Question</u></b></p> <ul style="list-style-type: none"> <li>• How can the parachute be used in different activities to help enhance student listening and cooperation?</li> </ul>	<p><b><u>Assessment</u></b></p> <ul style="list-style-type: none"> <li>• Skill Assessment</li> </ul> <p><b><u>Skill Objectives</u></b>  Students will:</p> <ul style="list-style-type: none"> <li>• demonstrate increased competency in the following skills: <ul style="list-style-type: none"> <li>○ Elevator</li> <li>○ Dome</li> <li>○ Mushroom</li> <li>○ Igloo</li> <li>○ Mountain of Air</li> <li>○ Carousel/ Merry-Go-Round</li> <li>○ Hershey Kiss</li> <li>○ Star</li> <li>○ Popcorn</li> <li>○ Race Track</li> </ul> </li> </ul>
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## **Racquet Activities** [top](#)

An introductory unit emphasizing racquet skills and activities.

### **Physical Education Standards**

#### ***Motor Skill Performance***

**Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.**

Students will:

- demonstrate developmentally mature form in the fundamental movement skills: locomotor, non-locomotor and manipulative, in a closed environment (skills in isolation).
- acquire beginning skills for a few specialized movement forms.
- participate in a variety of modified games, developmentally appropriate tasks, activities, creative movement, dance and play.

#### ***Applying Concepts and Strategies***

**Students will demonstrate understanding of movement concepts, principles and strategies as they apply to the learning and performance of physical activities.**

Students will:

- demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that occur in movement.
- demonstrate knowledge of rules, safety practices and procedures of specific activities.

#### ***Engaging in Physical Activity***

**Students will participate regularly in physical activity.**

Students will:

- apply the understanding of physical activity concepts to developing movement sequences and game strategies.

#### ***Responsible Behavior***

**Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.**

Students will:

- understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and demonstrate etiquette and good sportsmanship in a variety of physical activity settings.
- work independently or cooperatively and productively with partners or in small groups to complete assigned tasks.
- demonstrate behaviors that are sensitive to individual differences (e.g., physical, gender, cultural/ethnic, social and emotional) that can affect group activities.
- develop skills needed for resolving conflicts peacefully.

***Benefits of Physical Activity***

**Students will choose physical activity for health, enjoyment, challenge, self-expression and/or social interaction to sustain a physically active lifestyle.**

Students will:

- use physical activity as a positive opportunity for social and group interaction.
- experience personal challenges through physical activity.
- understand that practicing activities increases specific skill competence.

**Unit Objectives**

Students will be able to:

- demonstrate increased competency in racquet skills.
- actively participate in racquet activities/games.
- demonstrate an understanding of safety.
- appreciate the value of racquet activities as lifetime learners.

**Essential Questions**

- What different ways can the body move given a specific purpose?
- How can I move effectively and efficiently?
- What can I do to be physically active and why is this important?
- Why is it important to be physically fit and how can I stay fit?
- How do I interact with others during physical activity?
- How will physical activity help me now and in the future?

**Focus Question**

- What are the skills and concepts necessary to successfully participate in racquet activities?

**Assessment**

- Skill Assessment

**Skill Objectives**

Students will:

- demonstrate increased competency in the following skills:
  - grip
  - forehand
  - backhand
  - contact point
- be able to apply safety skills.
- apply skills to lead up games/activities.

**Scooter Activities** [top](#)

This is a unit based on utilizing scooter boards in various individual and group activities.

**Physical Education Standards**

***Motor Skill Performance***

**Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.**

Students will:

- demonstrate developmentally mature form in the fundamental movement skills: locomotor, non-locomotor and manipulative, in a closed environment (skills in isolation).

***Applying Concepts and Strategies***

**Students will demonstrate understanding of movement concepts, principles and strategies as they apply to the learning and performance of physical activities.**

Students will:

- demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that occur in movement.

***Responsible Behavior***

**Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.**

Students will:

- understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and demonstrate etiquette and good sportsmanship in a variety of physical activity settings.
- work independently or cooperatively and productively with partners or in small groups to complete assigned tasks.

**Unit Objectives**

Students will be able to:

- demonstrate an understanding of the basic rules necessary to play a modified scooter game.
- demonstrate increased competency in safe movement skills.
- actively participate in a modified activity/game.
- learn a variety of ways to ride the scooter boards while engaging in cardiovascular activities.

**Essential Questions**

- What different ways can the body move given a specific purpose?
- How can I move effectively and efficiently?
- How do I interact with others during physical activity?

**Focus Question**

- What are the skills necessary to successfully participate in scooter activities?

**Assessment**

- Skill Assessment

**Skill Objectives**

Students will:

- demonstrate increased competency in safe movement of scooter skills:
- develop an understanding of:
  - spacing/movement
  - rules
- apply safety skills and concepts.

## **Soccer Activities** [top](#)

This is an introductory soccer unit. Emphasis is given to skill development necessary to participate in modified soccer activities.

## **Physical Education Standards**

### ***Motor Skill Performance***

**Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.**

Students will:

- demonstrate developmentally mature form in the fundamental movement skills: locomotor, non-locomotor and manipulative, in a closed environment (skills in isolation).
- demonstrate simple applications combining locomotor, non-locomotor and manipulative skills to participate in developmentally appropriate movement and fitness activities.
- participate in a variety of modified games, developmentally appropriate tasks, activities, creative movement, dance and play.

### ***Applying Concepts and Strategies***

**Students will demonstrate understanding of movement concepts, principles and strategies as they apply to the learning and performance of physical activities.**

Students will:

- demonstrate knowledge of rules, safety practices and procedures of specific activities.

### ***Engaging in Physical Activity***

**Students will participate regularly in physical activity.**

Students will:

- engage in a variety of moderate to vigorous developmentally appropriate physical activities on a regular basis.
- apply the understanding of physical activity concepts to developing movement sequences and game strategies.
- engage in appropriate physical activity during and outside of school that promotes the development and improvement of physical fitness level.

### ***Physical Fitness***

**Students will incorporate fitness and wellness concepts to achieve and maintain a health enhancing level of physical fitness.**

Students will:

- demonstrate understanding of the relationship between activities and physical fitness components (e.g., cardio-respiratory endurance, muscular strength and endurance, flexibility, nutritional status and body composition).

### ***Responsible Behavior***

**Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.**

Students will:



- understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and demonstrate etiquette and good sportsmanship in a variety of physical activity settings.
- work independently or cooperatively and productively with partners or in small groups to complete assigned tasks.

***Benefits of Physical Activity***

**Students will choose physical activity for health, enjoyment, challenge, self-expression and/or social interaction to sustain a physically active lifestyle.**

Students will:

- use physical activity as a positive opportunity for social and group interaction.
- understand that practicing activities increases specific skill competence.

<u>Unit Objectives</u>	<u>Essential Questions</u>	<u>Assessment</u>
<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>• demonstrate an understanding of the basic rules necessary to participate in a modified soccer activity/game.</li> <li>• demonstrate increased competency in soccer skills.</li> <li>• actively participate successfully in a soccer activity/game.</li> <li>• appreciate the value of soccer activities as lifetime learners.</li> </ul>	<ul style="list-style-type: none"> <li>• What different ways can the body move given a specific purpose?</li> <li>• How can I move effectively and efficiently?</li> <li>• What can I do to be physically active and why is this important?</li> <li>• Why is it important to be physically fit and how can I stay fit?</li> <li>• How do I interact with others during physical activity?</li> <li>• How will physical activity help me now and in the future?</li> </ul> <p><u>Focus Question</u></p> <ul style="list-style-type: none"> <li>• What are the skills necessary to successfully participate in soccer activities?</li> </ul>	<ul style="list-style-type: none"> <li>• Skill Assessment</li> </ul> <hr/> <p><u>Skill Objectives</u></p> <p>Students will:</p> <ul style="list-style-type: none"> <li>• demonstrate increased competency in the following soccer skills: <ul style="list-style-type: none"> <li>○ dribbling</li> <li>○ passing</li> <li>○ trapping</li> <li>○ shooting</li> </ul> </li> <li>• demonstrate an understanding of: <ul style="list-style-type: none"> <li>○ spacing/movement</li> <li>○ offensive and defensive concepts</li> <li>○ rules</li> </ul> </li> </ul>

## **Team Handball** [top](#)

This is an introductory unit to develop the skills necessary to participate in a variety of team handball activities for students in grades 3-5. Students will learn skill concepts of guarding, creating space, passing to an open player and other concepts necessary for team games.

### **Physical Education Standards**

#### ***Motor Skill Performance***

**Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.**

Students will:

- demonstrate developmentally mature form in the fundamental movement skills: locomotor, non-locomotor and manipulative, in a closed environment (skills in isolation).
- demonstrate simple applications combining locomotor, non-locomotor and manipulative skills to participate in developmentally appropriate movement and fitness activities.
- participate in a variety of modified games, developmentally appropriate tasks, activities, creative movement, dance and play.

#### ***Applying Concepts and Strategies***

**Students will demonstrate understanding of movement concepts, principles and strategies as they apply to the learning and performance of physical activities.**

Students will:

- demonstrate knowledge of rules, safety practices and procedures of specific activities.

#### ***Engaging in Physical Activity***

**Students will participate regularly in physical activity.**

Students will:

- engage in a variety of moderate to vigorous developmentally appropriate physical activities on a regular basis.
- demonstrate an understanding of a variety of movements and how they affect the body.
- apply the understanding of physical activity concepts to developing movement sequences and game strategies.

#### ***Physical Fitness***

**Students will incorporate fitness and wellness concepts to achieve and maintain a health enhancing level of physical fitness.**

Students will:

- demonstrate understanding of the relationship between activities and physical fitness components (e.g., cardio-respiratory endurance, muscular strength and endurance, flexibility, nutritional status and body composition).

#### ***Responsible Behavior***

**Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.**

Students will:

- understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and demonstrate etiquette and good sportsmanship in a variety of physical activity settings.

***Benefits of Physical Activity***

**Students will choose physical activity for health, enjoyment, challenge, self-expression and/or social interaction to sustain a physically active lifestyle.**

Students will:

- use physical activity as a positive opportunity for social and group interaction.
- experiment with new physical activities.

**Unit Objectives**

Students will be able to:

- demonstrate an understanding of the basic rules necessary to participate in a modified game of team handball.
- demonstrate competency in team handball skills.
- actively participate successfully in a team handball game.
- appreciate the value of team handball activities as lifetime learners.

**Essential Questions**

- What different ways can the body move given a specific purpose?
- How can I move effectively and efficiently?
- What can I do to be physically active and why is this important?
- Why is it important to be physically fit and how can I stay fit?
- How do I interact with others during physical activity?
- How will physical activity help me now and in the future?

**Focus Question**

- What are the skills necessary to successfully participate in a modified game of team handball?

**Assessment**

- Skill Assessment
- Cognitive Assessment

**Skill Objectives**

Students will:

- demonstrate increased competency in the following team handball skills:
  - throwing
  - catching
  - dribbling
  - passing
  - shooting
- develop an understanding of:
  - spacing/movement
  - offensive and defensive concepts
  - rules
- apply safety skills and concepts.

## **Throwing and Catching** [top](#)

This is an introductory unit for students to learn the proper techniques for the skills of throwing, rolling, sliding, bowling and catching. Students will use a variety of different objects for the unit.

### **Physical Education Standards**

#### ***Motor Skill Performance***

**Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.**

Students will:

- demonstrate developmentally mature form in the fundamental movement skills: locomotor, non-locomotor and manipulative, in a closed environment (skills in isolation).
- demonstrate simple applications combining locomotor, non-locomotor and manipulative skills to participate in developmentally appropriate movement and fitness activities.
- acquire beginning skills for a few specialized movement forms.

#### ***Applying Concepts and Strategies***

**Students will demonstrate understanding of movement concepts, principles and strategies as they apply to the learning and performance of physical activities.**

Students will:

- demonstrate knowledge of rules, safety practices and procedures of specific activities.
- demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that occur in movement.
- critical performance skill elements in self and others using movement vocabulary.

#### ***Engaging in Physical Activity***

**Students will participate regularly in physical activity.**

Students will:

- demonstrate an understanding of a variety of movements and how they affect the body.

#### ***Responsible Behavior***

**Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.**

Students will:

- understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and demonstrate etiquette and good sportsmanship in a variety of physical activity settings.
- work independently or cooperatively and productively with partners or in small groups to complete assigned tasks.

***Benefits of Physical Activity***

**Students will choose physical activity for health, enjoyment, challenge, self-expression and/or social interaction to sustain a physically active lifestyle.**

Students will:

- experiment with new physical activities.
- experience personal challenges through physical activity.
- understand that practicing activities increases specific skill competence.

**Unit Objectives**

Students will be able to:

- demonstrate proper throwing and catching techniques.
- actively participate in throwing and catching activities/games.
- understand when to use appropriate form in regards to various throwing and catching situations.

**Essential Questions**

- What different ways can the body move given a specific purpose?
- How can I move effectively and efficiently?
- What can I do to be physically active and why is this important?
- How do I interact with others during physical activity?
- How will physical activity help me now and in the future?

**Focus Question**

- What are the skills and techniques necessary to successfully throw and catch?

**Assessment**

- Skill Assessment

**Skill Objectives**

Students will:

- demonstrate increased competency in the following throwing skills:
  - Foot/step opposition
  - Arm positioning
  - Trunk rotation
  - Follow through
  - Trajectory/aim
- demonstrate increased competency in the following catching skills:
  - Hand positioning
  - Tracking
- apply safety skills and concepts.

## **Volleyball Activities** [top](#)

This is a unit that will introduce basic skills of volleyball. These skills include but are not limited to underhand forearm pass, the overhead set and the serve. Students will use these skills to perform in various modified volleyball activities.

### **Physical Education Standards**

#### ***Motor Skill Performance***

**Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.**

Students will:

- demonstrate developmentally mature form in the fundamental movement skills: locomotor, non-locomotor and manipulative, in a closed environment (skills in isolation).
- acquire beginning skills for a few specialized movement forms.
- participate in a variety of modified games, developmentally appropriate tasks, activities, creative movement, dance and play.

#### ***Applying Concepts and Strategies***

**Students will demonstrate understanding of movement concepts, principles and strategies as they apply to the learning and performance of physical activities.**

Students will:

- demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that occur in movement.
- demonstrate knowledge of rules, safety practices and procedures of specific activities.

#### ***Engaging in Physical Activity***

**Students will participate regularly in physical activity.**

Students will:

- engage in a variety of moderate to vigorous developmentally appropriate physical activities on a regular basis.
- demonstrate an understanding of a variety of movements and how they affect the body.
- apply the understanding of physical activity concepts to developing movement sequences and game strategies.
- engage in appropriate physical activity during and outside of school that promotes the development and improvement of physical fitness level.

#### ***Responsible Behavior***

**Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.**

Students will:

- understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and demonstrate etiquette and good sportsmanship in a variety of physical activity settings.

- work independently or cooperatively and productively with partners or in small groups to complete assigned tasks.

***Benefits of Physical Activity***

**Students will choose physical activity for health, enjoyment, challenge, self-expression and/or social interaction to sustain a physically active lifestyle.**

Students will:

- use physical activity as a positive opportunity for social and group interaction.
- understand that practicing activities increases specific skill competence.

<p><b><u>Unit Objectives</u></b> Students will be able to:</p> <ul style="list-style-type: none"> <li>• demonstrate an understanding of rules and scoring of a modified volleyball game.</li> <li>• demonstrate an understanding of strategies, movement, and spacing during game play.</li> <li>• demonstrate proper technique of volleyball skills.</li> <li>• appreciate the value of volleyball activities as lifetime learners.</li> </ul>	<p><b><u>Essential Questions</u></b></p> <ul style="list-style-type: none"> <li>• What different ways can the body move given a specific purpose?</li> <li>• How can I move effectively and efficiently?</li> <li>• What can I do to be physically active and why is this important?</li> <li>• Why is it important to be physically fit and how can I stay fit?</li> <li>• How do I interact with others during physical activity?</li> <li>• How will physical activity help me now and in the future?</li> </ul> <p><b><u>Focus Question</u></b></p> <ul style="list-style-type: none"> <li>• What are the basic skills and concepts necessary to participate in modified volleyball activities?</li> </ul>	<p><b><u>Assessment</u></b></p> <ul style="list-style-type: none"> <li>• Skill Assessment</li> </ul> <hr/> <p><b><u>Skill Objectives</u></b> Students will:</p> <ul style="list-style-type: none"> <li>• demonstrate increased competency in the following volleyball skills:             <ul style="list-style-type: none"> <li>○ Serving (underhand and/or overhand)</li> <li>○ Underhand Pass(bump)</li> <li>○ Overhead Pass(set)</li> </ul> </li> <li>• demonstrate an understanding of:             <ul style="list-style-type: none"> <li>○ Rules and scoring</li> </ul> </li> <li>• apply safety skills.</li> </ul>
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