

PHYSICAL EDUCATION – 3rd grade

Follow directions and class procedures while participating in physical activities.

Participate in folk dancing.

Participate in rhythm activities and creative movement through dance.

Demonstrate good sportsmanship.

Identify offensive, defensive, and cooperative strategies in selected activities and games.

Demonstrate control when performing fundamental locomotor, non-locomotor and manipulative skills.

Understand spatial awareness and relationships to objects and people.

Participate in health related fitness activities.

PHYSICAL EDUCATION – 4th grade

Identify characteristics of health-related fitness (e.g., flexibility, muscles strength).

Engage in sustained physical activity that causes increased heart rate, muscle strength and range of movement.

Describe forms of physical activity and their effect on the body.

Demonstrate manipulative skills through individual and team sports.

Monitor individual heart rate before, during and after physical activity, with and without the use of technology.

Receive instruction in various forms of rhythm activities, folk or creative movement through dance.

Demonstrate concept of sportsmanship through sports activities.

PHYSICAL EDUCATION – 5th grade

Demonstrate correctly, activities designed to improve and maintain muscular strength and endurance, flexibility and cardio-respiratory functioning.

Engage in fitness and wellness activities.

Demonstrate sportsmanship and proper social skills in physical education.

Monitor individual heart rate before, during and after physical activity, with and without the use of technology.

Receive instruction in various forms of rhythmic activities.

Identify the benefits resulting from participation in exercise.