

# Reading Public Schools

*Instilling a joy of learning and inspiring the innovative leaders of tomorrow*



**Curriculum Guide for Course: Physical Education**

**Grade: 3-5**

## Program of Studies

This curriculum guide serves as an outline for the Reading Public Schools elementary physical education program, which is designed to actively promote the health and wellness of all students. In an effort to create high quality physical education, this document will serve as the guiding foundation for physical education curriculum and instruction across the district. Physical education as an academic subject consists of planned, sequential programs of curricula and instruction, based on standards, which results in all students, developing the knowledge, skills and confidence needed to become physically literate individuals.

## National Standards

**Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

**Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

**Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

**Standard 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others.

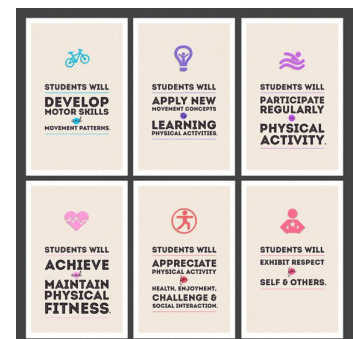
**Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

<https://www.shapeamerica.org/standards/pe/>

## Skills

Students will be able to:

- demonstrate competency in a variety of motor skills and movement patterns.
- demonstrate the ability to apply personal and social skills in a collaborative setting.
- exhibit responsible personal and social behavior that respects self and others.





Units	Essential Questions	Key Activities
1. Establishing a Safe Learning Environment.	<ul style="list-style-type: none"> <li>• How can I keep myself and others safe in the physical education setting?</li> <li>• Why do we need routines and procedures?</li> </ul>	Key activities may include; Physical Education Routines and Procedures, Expected Behaviors, Safety Protocol, Personal Space vs General Space Review, Rock, Paper, Scissor Corners, and Equipment Etiquette.
2. Cooperation/Teamwork	<ul style="list-style-type: none"> <li>• How can good sportsmanship increase enjoyment of the activity?</li> <li>• How does cooperation improve teamwork?</li> <li>• How can you express your feelings without hurting another student's feelings?</li> <li>• Why is it important for everyone to follow the rules?</li> </ul>	Key activities may include; Noodle Challenges, Cross the Pond, Castle Catcher, Roadway, Locomotor Challenges, Over/Under/Flip Flops, Cup Stack Challenges, Island Hopper, Over/Under/Around/Through, Cups and Saucers, Relay and Scooter Challenges.
3. Rolling, Underhand/Overhand Throwing & Catching	<ul style="list-style-type: none"> <li>• How does throwing and catching technique change based on equipment being used?</li> <li>• Why is the proper technique important while catching?</li> <li>• How can one improve their hand-eye coordination?</li> </ul>	Key activities may include; Toss & Switch, Catch it Take it, Flip the Hoop, Knockdown, Hula Hoop Bowling, Bean Bag Toe Tag, Partner Pin Pick Up, and Various Throwing & Catching Stations.
4. Dance	<ul style="list-style-type: none"> <li>• Why is it beneficial to participate in Dance/Rhythm Activities?</li> <li>• Why is it important to learn a sequence and various patterns?</li> <li>• How does sound effect your movement?</li> </ul>	Key activities may include; Social Dances, Create Your Own Dance Sequence, Create a Dance Sequence with Classmates, Cotton-Eyed Joe, and Cha Cha Slide.
5. Foot Skills	<ul style="list-style-type: none"> <li>• What does it look like to dribble with control?</li> <li>• Why is the proper passing technique for passing important?</li> </ul>	Key Activities may include; Soccer Minefield, Soccer Make-it Take-it, Soccer Pin Knockdown, Trap-it Take-it, Dribbling for Straws, Freeze Trap, Partner work and Hide the Ball.
6. Dribbling with Hands	<ul style="list-style-type: none"> <li>• Why is it important to dribble with control?</li> <li>• How does moving to open space help during a game situation?</li> </ul>	Key Activities may include; Ball Handling Challenges, Stationary Dribbling Challenges, Moving Dribbling Challenges, Dribbling Squirrels with spelling, Hoop Stealers, Dribbling for Straws, Bean Bag Relay Challenge and Various Stations.
7. Overhand Throwing & Catching	<ul style="list-style-type: none"> <li>• What does overhand throwing with opposition look like?</li> <li>• What does it look like to demonstrate the critical elements of catching above the waist?</li> <li>• What does it look like to demonstrate the critical elements of catching at or below the waist?</li> </ul>	Key Activities may include; Throw and Catch to self, Throw at Various Sized Wall & Floor Targets, Partner Throwing and Catching, Modified Bench Ball (adjusted distances), Throwing and Catching Challenges, Step Boards, and Curious George (Moving Targets), and Giant Marbles (Pumpkin Ball).
8. Fitness	<ul style="list-style-type: none"> <li>• What are the benefits of maintaining physical fitness?</li> <li>• How do components of health-related fitness apply to something you participate in outside of school?</li> <li>• Can you name an activity that requires flexibility?</li> <li>• How does muscular strength help us in various activities?</li> </ul>	Key Activities may include; Yoga, Mindfulness, Jump Roping, Chasing & Fleeing, Weekly Challenge, Fitness Stations, 5 Min Challenge, Balance Challenges, Obstacle Courses, Snowshoeing, Relay Races, and Spell It Fitness.
9. Striking (Long and Short Implements)	<ul style="list-style-type: none"> <li>• What should your eyes focus on when striking?</li> <li>• Why is it important to be in your own self-space while striking?</li> <li>• What position should your body be in when striking?</li> <li>• What are the cues for striking an object?</li> <li>• How do body parts work together when striking?</li> <li>• What are different activities that include striking?</li> <li>• How can practice effect the ability to strike?</li> </ul>	Key Activities may include; Striking off a Tee or Cone, Striking with Paddle, Striking with Hand, Volleying Stations, Tennis, Striking Stations, and 2 Square.
10. Traveling, Chasing, Fleeing, and Dodging (K-2 Invasion Games)	<ul style="list-style-type: none"> <li>• How to travel safely in general space while avoiding others and objects?</li> <li>• Why is participation important during activities?</li> <li>• Why is it important to be able to change pathways?</li> <li>• Why is a strong heart important in tag games?</li> <li>• How can performing various locomotor movements lead to a higher level tasks?</li> </ul>	Key Activities may include; Soccer, Bubble Breakers, Blob Tag, Steal the Bacon, Cheese Movers, Bean Bag Toe-Tag, Zombi Tag, Dribble Tag, Park Rangers vs. Squirrels, Harry the Hand, and Scooter Games.