



Curriculum Scope and Sequence

Grade: 3rd, 4th, and 5th Subject: PE

<i>Major Concepts or Topics Covered</i>	<i>Major Skills Developed</i>	<i>Benchmark Activities, Projects or Products</i>	<i>Texts and Major Resources</i>
<p>The child as a member of a group of peers.</p> <p>Develop and refine specific motor skills.</p> <p>Develop a high level of physical fitness.</p> <p>Develop social skills through more highly organized activities.</p> <p>Develop self-esteem through successful participation in peer groups.</p> <p>Develop basic activity-related concepts such as rules and strategies in games.</p> <p>Locomotor Skills</p> <p>Object Control</p> <p>Core Skills</p>	<p>Walking, dodging, running, hopping, jumping, skipping, galloping, sliding, leaping, chasing, and fleeing.</p> <p>Throwing, catching, trapping, kicking, dribbling (hand-foot-stick), striking, volleying, ball rolling, rhythm, and jumping rope.</p> <p>Body Control- Curling, stretching, turning, twisting, rolling, balance, landing, transfer of weight, and</p>	<p>Rhythmic Activities</p> <p>Gymnastic Skills</p> <p>Fundamental Skills</p> <p>Simple games and relays</p> <p>Modified sport games</p> <p>Physical fitness as a component of all program activities.</p>	<p>Physical Education for Elementary School Children 12th edition Allyn Bacon</p> <p>Christian School International Physical Education 3-5 Marvin A. Zuidema</p>

Movement Concepts	pivoting. Directions, pathways, levels, location, extensions, relationship/objects, relationships/people, time, force, and flow.		
Individual and Dual Skills	Tumbling		
Basic Fitness	Fitness Concepts- Warm-up, cool-down, benefits of fitness, flexibility, muscular strength, muscular endurance, and cardiovascular endurance.		
Team Activities	Hockey (floor), Soccer, Baseball, Basketball, Volleyball, and Football.		