

INTERMEDIATE LEVEL

SPIRITUAL GOAL

STANDARD 1 Students will appreciate God's gift of good health and physical fitness.		
Third Grade	Fourth Grade	Fifth Grade
OBJECTIVES Practice rules of healthful living. Respect the sanctity of the body by dressing and acting in a dignified manner. Keep rules and practice honesty, loyalty, and self-control. Learn to accept success or failure graciously	OBJECTIVES Practice rules of healthful living. Respect the sanctity of the body by dressing and acting in a dignified manner. Keep rules and practice honesty, loyalty, and self-control. Learn to accept success or failure graciously	OBJECTIVES Practice rules of healthful living. Respect the sanctity of the body by dressing and acting in a dignified manner. Keep rules and practice honesty, loyalty, and self-control. Learn to accept success or failure graciously

SOCIAL AND EMOTIONAL

STANDARD 2 Students will demonstrate respect for self and others through participation in physical activities.		
Third Grade	Fourth Grade	Fifth Grade
<p>OBJECTIVES</p> <p>Demonstrate, through play and material and equipment, increased ability to share, wait turns, cooperate, and consider rights of others when playing with a group of children or a partner.</p> <p>Demonstrate cooperative play in individual, partner, and simple team games.</p> <p>Demonstrate judgment in safe use of equipment and materials in relation to self and others.</p> <p>Demonstrate on-task behavior.</p> <p>Demonstrate respect and support for classmates through words and actions.</p> <p>Accept referees decision.</p> <p>Demonstrate good sportsmanship.</p>	<p>OBJECTIVES</p> <p>Participate in physical fitness exercises and develop an understanding of the benefits and reasons for such activities.</p> <p>Show cooperation with teammates when playing team games.</p> <p>Demonstrate a sense of sportsmanship and fair play; use appropriate language.</p> <p>Demonstrate an awareness of safe practices in all activities indoor and out.</p> <p>Demonstrate respect and support for classmates through words and actions.</p> <p>Accept referees decision.</p> <p>Demonstrate good sportsmanship.</p>	<p>OBJECTIVES</p> <p>Demonstrate a sense of sportsmanship and fair play; use appropriate language.</p> <p>Demonstrate an awareness of safe practices in all activities indoor and out.</p> <p>Accept referees decision.</p> <p>Demonstrate conflict management skills; e.g. identify conflict situations, predict consequences, etc.</p> <p>Demonstrate group problem solving.</p> <p>Recognize the attributes that individuals can bring to group activities.</p> <p>Show respect and demonstrate acceptance of skills and abilities of others. e.g. praise, modification of activities, positive gestures.</p> <p>Demonstrate respect and support for classmates through words and actions.</p> <p>Accept referees decision.</p> <p>Demonstrate good sportsmanship.</p>

MOTOR SKILLS

STANDARD 3 Students will apply movement concepts and principles to enhance motor skill development.		
Third Grade	Fourth Grade	Fifth Grade
<p>OBJECTIVES</p> <p>Demonstrate skill in catching, throwing, and kicking various sized objects.</p> <p>Demonstrate skill in running, tag, games, and relays.</p> <p>Demonstrate simple folk and line dances.</p> <p>Demonstrate skill in object handling.</p> <p>Demonstrate jump rope skills.</p> <p>Demonstrate skill in lead-up games associated with team sports (soccer, volleyball, basketball, softball).</p> <p>Introduce flexibility and cardiovascular.</p> <p>Test (1 min.) on curl-ups, pull-ups, push-ups.</p>	<p>OBJECTIVES</p> <p>Demonstrate coordination in kicking, catching, and dribbling.</p> <p>Demonstrate fundamental skills in basketball, softball, volleyball, and soccer.</p> <p>Demonstrate folk dance skills and line dance.</p> <p>Demonstrate jump rope skills.</p> <p>Demonstrate basic tumbling rolls, balancing, head stand, cart wheels, etc.</p> <p>Introduce flexibility and cardiovascular.</p> <p>Test (1 min.) on curl-ups, pull-ups, push-ups.</p>	<p>OBJECTIVES</p> <p>Demonstrate coordination in kicking, catching, and dribbling.</p> <p>Demonstrate fundamental skills and strategies in basketball, softball, volleyball, and soccer.</p> <p>Demonstrate folk dance skills and line dance.</p> <p>Participate in a variety of movement activities.</p> <p>Demonstrate basic tumbling rolls, balancing, head stand, cart wheels, etc.</p> <p>Introduce flexibility and cardiovascular.</p> <p>Test (1 min.) on curl-ups, pull-ups, push-ups.</p>

KNOWLEDGE

STANDARD 4 Students will apply knowledge using a variety of thinking skills in the activity setting.		
Third Grade	Fourth Grade	Fifth Grade
<p>OBJECTIVES</p> <p>Follow the rules and procedures for the activity setting.</p> <p>Demonstrate the ability to explain the rules and procedures for a variety of activities.</p> <p>Apply rules and procedures of the physical education class to other activities or settings.</p> <p>Avoid potential safety hazards in the activity setting; e.g. gather and store equipment safely and properly, describe ways of managing safety hazards, check surrounding areas before swinging on objects.</p> <p>Understand the importance of a healthy lifestyle.</p>	<p>OBJECTIVES</p> <p>Modify and apply rules and strategies to physical activities.</p> <p>Modify activities to accommodate different skill levels</p> <p>Identify player positions for specific sport activities.</p> <p>Describe simple strategies for physical activities.</p> <p>Understand the importance of a healthy lifestyle.</p>	<p>OBJECTIVES</p> <p>Demonstrate in written form the rules and performance of skills for basketball, volleyball, soccer, hockey, flag football, and softball.</p> <p>Recognize that evaluation is an integral part of physical education and evaluation should aid in the improvement of performance.</p> <p>Understand the importance of a healthy lifestyle.</p>

FITNESS

STANDARD 5 Students will achieve and maintain health-enhancing levels of physical fitness.		
Third Grade	Fourth Grade	Fifth Grade
<p>OBJECTIVES</p> <p>Participate in physical fitness exercises and develop an understanding of the benefits and reasons for such activities.</p> <p>Develop a habit of “warming-up” and “cooling down” before and after physical activity.</p> <p>Understand the importance of daily exercise and flexibility.</p> <p>Use fitness assessment results to set fitness goals and implement a plan: analyze fitness results, design plan, select activities, monitor progress, and make modifications.</p> <p>Demonstrate health-related physical fitness skills (cardiovascular endurance, flexibility, abdominal strength and upper body strength).</p>	<p>OBJECTIVES</p> <p>Participate in daily, sustained physical activity to develop health-related physical fitness.</p> <p>Develop a habit of “warming-up” and “cooling down” before and after physical activity.</p> <p>Develop and demonstrate health-related physical fitness skills (cardiovascular endurance, flexibility, abdominal strength and upper body strength).</p> <p>Use fitness assessment results to set fitness goals and implement a plan: analyze fitness results, design plan, select activities, monitor progress, and make modifications.</p> <p>Demonstrate health-related physical fitness skills (cardiovascular endurance, flexibility, abdominal strength and upper body strength).</p>	<p>OBJECTIVES</p> <p>Participate in daily, sustained physical activity to develop health-related physical fitness.</p> <p>Demonstrate “warming-up” and “cooling down” exercise before and after physical activity.</p> <p>Identify exercises and activities that develop health-related physical fitness.</p> <p>Identify the benefits of physical fitness.</p> <p>Demonstrate health-related physical fitness skills (cardiovascular endurance, flexibility, abdominal strength and upper body strength).</p> <p>Use fitness assessment results to set fitness goals and implement a plan: analyze fitness results, design plan, select activities, monitor progress, and make modifications.</p>