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| **Q1** | **Core Standard Expectations** | **3-5 Elementary School** |
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| WEEK 1 | Management Organization  | Rules, Procedures, and Routines Safety  |
|  | Social Skills | Sharing, Cooperation, Kindness, Responsibility, Respect, Honesty and Caring |
|  | Movement Concepts  | Travel in general space without touching anyone or anythingMove in personal space while performing designated activitiesUse the various body parts to show an understanding of body awarenessTravel using different directions in general spaceDemonstrate different levels Create pathways in general space Travel using different speed/time in general spaceExecute appropriate forceExecute appropriate flowMove with objects and peopleEmploy offensive strategies Employ defensive strategies  |
|  | Movement Skills  | Demonstrate mature forms of Locomotor and Non-Locomotor SkillsManipulative Skills - FeetKick a stationary ballKick a rolling ball Pass a ball using different parts of the feetDribble a ball using different parts of the feetTrap a ball with a step methodTrap a ball with the “give” method using various body parts other than the hands/arms Perform a legal throw-inShoot a ball using different parts of the feetUse acquired skills with a partner(s)  |
|  | Fitness Skills and Concepts | Participate in aerobic activities for 10 minutes, building up to 12 minutesExplain the importance of aerobic activitiesExplain the FITT principleIdentify the health related components of fitnessDesign and implement a fitness plan Document daily physical activityPacingExplain the role of bones in movement Name various bones and identify their locationsDemonstrate proper techniques of components of fitness  |
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| WEEK 2 | Management Organization  | Rules, Procedures, and Routines Safety  |
|  | Social Skills  | Sharing, Cooperation, Kindness, Responsibility, Respect, Honesty and Caring |
|  | Movement Concepts  | Travel in general space without touching anyone or anythingMove in personal space while performing designated activitiesUse the various body parts to show an understanding of body awarenessTravel using different directions in general spaceDemonstrate different levels Create pathways in general space Travel using different speed/time in general spaceExecute appropriate forceExecute appropriate flowMove with objects and peopleEmploy offensive strategies Employ defensive strategies |
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| WEEK 3 | Management Organization  | Rules, Procedures, and Routines Safety  |
|  | Social Skills  | Sharing, Cooperation, Kindness, Responsibility, Respect, Honesty and Caring |
|  | Movement Concepts  | Travel in general space without touching anyone or anythingMove in personal space while performing designated activitiesUse the various body parts to show an understanding of body awarenessTravel using different directions in general spaceDemonstrate different levels Create pathways in general space Travel using different speed/time in general spaceExecute appropriate forceExecute appropriate flowMove with objects and peopleEmploy offensive strategies Employ defensive strategies |
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| WEEK 4 | Management Organization  | Rules, Procedures, and Routines Safety  |
|  | Social Skills  | Sharing, Cooperation, Kindness, Responsibility, Respect, Honesty and Caring |
|  | Movement Concepts  | Travel in general space without touching anyone or anythingMove in personal space while performing designated activitiesUse the various body parts to show an understanding of body awarenessTravel using different directions in general spaceDemonstrate different levels Create pathways in general space Travel using different speed/time in general spaceExecute appropriate forceExecute appropriate flowMove with objects and peopleEmploy offensive strategies Employ defensive strategies |
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| WEEK 5 | Management Organization  | Rules, Procedures, and Routines Safety  |
|  | Social Skills  | Sharing, Cooperation, Kindness, Responsibility, Respect, Honesty and Caring |
|  | Movement Concepts  | Travel in general space without touching anyone or anythingMove in personal space while performing designated activitiesUse the various body parts to show an understanding of body awarenessTravel using different directions in general spaceDemonstrate different levels Create pathways in general space Travel using different speed/time in general spaceExecute appropriate forceExecute appropriate flowMove with objects and peopleEmploy offensive strategies Employ defensive strategies |
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| WEEK 6 | Management Organization  | Rules, Procedures, and Routines Safety  |
|  | Social Skills  | Sharing, Cooperation, Kindness, Responsibility, Respect, Honesty and Caring |
|  | Movement Concepts  | Travel in general space without touching anyone or anythingMove in personal space while performing designated activitiesUse the various body parts to show an understanding of body awarenessTravel using different directions in general spaceDemonstrate different levels Create pathways in general space Travel using different speed/time in general spaceExecute appropriate forceExecute appropriate flowMove with objects and peopleEmploy offensive strategies Employ defensive strategies |
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|  | Fitness Skills  | Participate in aerobic activities for 10 minutes, building up to 12 minutesExplain the importance of aerobic activitiesExplain the FITT principleIdentify the health related components of fitnessDesign and implement a fitness plan Document daily physical activityPacingExplain the role of bones in movement Name various bones and identify their locationsDemonstrate proper techniques of components of fitness  |
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| WEEK 7 | Management Organization  | Rules, Procedures, and Routines Safety  |
|  | Social Skills  | Sharing, Cooperation, Kindness, Responsibility, Respect, Honesty and Caring |
|  | Movement Concepts  | Travel in general space without touching anyone or anythingMove in personal space while performing designated activitiesUse the various body parts to show an understanding of body awarenessTravel using different directions in general spaceDemonstrate different levels Create pathways in general space Travel using different speed/time in general spaceExecute appropriate force Execute appropriate flowMove with objects and people Employ offensive strategies Employ defensive strategies  |
|  | Movement Skills  | Demonstrate mature forms of Locomotor and Non-Locomotor Manipulative Skills – Hands Throw/pass objects using principles of movement Throw/pass a variety of objects demonstrating both accuracy and distanceDemonstrate proper techniques while throwing/passing a variety of objects (frisbees, balls) Catch a variety of objects using force absorption and weight transferRoll various objects to develop ball handling skillsUse acquired skills with a partner(s)  |
|  | Fitness Skills and concepts | Participate in aerobic activities for 12 minutes, building up to 15 minutesDesign and implement a personal fitness planDocument daily physical activityCardiovascular ConceptsRecall information about the heart NutritionIdentify the major musclesExplain what muscles doShow where the major muscles are located in the bodyExplain lung functionIdentify components of the respiratory system and their functions |
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| WEEK 8 | Management Organization  | Rules, Procedures, and Routines Safety  |
|  | Social Skills  | Sharing, Cooperation, Kindness, Responsibility, Respect, Honesty and Caring |
|  | Movement Concepts  | Travel in general space without touching anyone or anythingMove in personal space while performing designated activitiesUse the various body parts to show an understanding of body awarenessTravel using different directions in general spaceDemonstrate different levels Create pathways in general space Travel using different speed/time in general spaceExecute appropriate force Execute appropriate flowMove with objects and people Employ offensive strategies Employ defensive strategies  |
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| WEEK 9 | Management Organization  | Rules, Procedures, and Routines Safety  |
|  | Social Skills  | Sharing, Cooperation, Kindness, Responsibility, Respect, Honesty and Caring |
|  | Movement Concepts  | Travel in general space without touching anyone or anythingMove in personal space while performing designated activitiesUse the various body parts to show an understanding of body awarenessTravel using different directions in general spaceDemonstrate different levels Create pathways in general space Travel using different speed/time in general spaceExecute appropriate force Execute appropriate flowMove with objects and people Employ offensive strategies Employ defensive strategies  |
|  | Movement Skills  | Demonstrate mature forms of Locomotor and Non-Locomotor Manipulative Skills – Hands Throw/pass objects using principles of movement Throw/pass a variety of objects demonstrating both accuracy and distanceDemonstrate proper techniques while throwing/passing a variety of objects (frisbees, balls) Catch a variety of objects using force absorption and weight transferRoll various objects to develop ball handling skillsUse acquired skills with a partner(s)  |
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| **Q2** | **Core Standard Expectations** |  |
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| WEEK 1 | Management Organization  | Rules, Procedures, and Routines  |
|  | Social Skills | Sharing, Cooperation, Sportsmanship, Diversity and Caring |
|  | Movement Concepts  | Travel in general space without touching anyone or anythingMove in personal space while performing designated activitiesUse the various body parts to show an understanding of body awarenessTravel using different directions in general spaceDemonstrate different levels Create pathways in general space Travel using different speed/time in general spaceExecute appropriate force Execute appropriate flowMove with objects and people Employ offensive strategies Employ defensive strategies  |
|  | Movement Skills  | Demonstrate mature forms of Locomotor and Non-Locomotor Manipulative Skills – Hands Throw/pass objects using principles of movement Throw/pass a variety of objects demonstrating both accuracy and distanceDemonstrate proper techniques while throwing/passing a variety of objects (frisbees, balls) Catch a variety of objects using force absorption and weight transferRoll various objects to develop ball handling skillsUse acquired skills with a partner(s)  |
|  | Fitness Skills  | Participate in aerobic activities for 12 minutes, building up to 15 minutesDesign and implement a personal fitness planDocument daily physical activityCardiovascular ConceptsRecall information about the heart NutritionIdentify the major musclesExplain what muscles doShow where the major muscles are located in the bodyExplain lung functionIdentify components of the respiratory system and their functions |
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| WEEK 2 | Management Organization  | Rules, Procedures, and Routines Safety  |
|  | Social Skills  | Sharing, Cooperation, Sportsmanship, Diversity and Caring |
|  | Movement Concepts  | Travel in general space without touching anyone or anythingMove in personal space while performing designated activitiesUse the various body parts to show an understanding of body awarenessTravel using different directions in general spaceDemonstrate different levels Create pathways in general space Travel using different speed/time in general spaceExecute appropriate force Execute appropriate flowMove with objects and people Employ offensive strategies Employ defensive strategies  |
|  | Movement Skills  | Demonstrate mature forms of Locomotor and Non-Locomotor Manipulative Skills – Hands Throw/pass objects using principles of movement Throw/pass a variety of objects demonstrating both accuracy and distanceDemonstrate proper techniques while throwing/passing a variety of objects (frisbees, balls) Catch a variety of objects using force absorption and weight transferRoll various objects to develop ball handling skillsUse acquired skills with a partner(s)  |
|  | Fitness Skills  | Participate in aerobic activities for 12 minutes, building up to 15 minutesDesign and implement a personal fitness planDocument daily physical activityCardiovascular ConceptsRecall information about the heart NutritionIdentify the major musclesExplain what muscles doShow where the major muscles are located in the bodyExplain lung functionIdentify components of the respiratory system and their functions |
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| WEEK 3 | Management Organization  | Rules, Procedures, and Routines Safety  |
|  | Social Skills  | Sharing, Cooperation, Sportsmanship, Diversity and Caring |
|  | Movement Concepts  | Travel in general space without touching anyone or anythingMove in personal space while performing designated activitiesUse the various body parts to show an understanding of body awarenessTravel using different directions in general spaceDemonstrate different levels Create pathways in general space Travel using different speed/time in general spaceExecute appropriate force Execute appropriate flowMove with objects and people Employ offensive strategies Employ defensive strategies  |
|  | Movement Skills  | Demonstrate mature forms of Locomotor and Non-Locomotor Manipulative Skills – Hands Throw/pass objects using principles of movement Throw/pass a variety of objects demonstrating both accuracy and distanceDemonstrate proper techniques while throwing/passing a variety of objects (frisbees, balls) Catch a variety of objects using force absorption and weight transferRoll various objects to develop ball handling skillsUse acquired skills with a partner(s)  |
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| WEEK 4 | Management Organization  | Rules, Procedures, and Routines Safety  |
|  | Social Skills  | Sharing, Cooperation, Sportsmanship, Diversity and Caring |
|  | Movement Concepts  | Travel in general space without touching anyone or anythingMove in personal space while performing designated activitiesUse the various body parts to show an understanding of body awarenessTravel using different directions in general spaceDemonstrate different levels Create pathways in general space Travel using different speed/time in general spaceExecute appropriate forceExecute appropriate flowTravel with objects and people Demonstrate relationships of body partsEmploy offensive strategies Employ defensive strategies  |
|  | Movement Skills  | Demonstrate Locomotor and Non-Locomotor Skills Manipulative Skills – Hands Volley various objects to self, wall, and partnerVolley and control various balls while stationary and movingDemonstrate proper techniques while passing a ballUse acquired skills with a partner(s) Participate in rhythmic activities that involve locomotion, non-locomotion, and manipulative skills Move independently in time to musicDesign and perform a simple movement pattern using rhythmic activitiesProperly execute traditional and popular dance sequences Develop and refine dance sequences into a repeatable pattern with intentional changes in direction, speed, and flowBalance to maintain momentary stillness bearing weight on a variety of body partsTravel in general spaceDemonstrate the concept of weight transfer at different levelsDisplay various flight movementsCreate body shapes and movementsCombine skills of balancing and weight transfer to perform a movement sequence using a variety of body partsCreate, refine, and perform gymnastic skills as an individual or group |
|  | Fitness Skills  | Participate in aerobic activities for 15 minutes, building up to half of class timeExplain the importance of aerobic activities Participate in activities to enhance the health-related components of fitnessDesign and implement a personal fitness plan Document daily physical activityDemonstrate proper technique of health-related fitness components  |
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| WEEK 5 | Management Organization  | Rules, Procedures, and Routines Safety  |
|  | Social Skills  | Sharing, Cooperation, Sportsmanship, Diversity and Caring |
|  | Movement Concepts  | Travel in general space without touching anyone or anythingMove in personal space while performing designated activitiesUse the various body parts to show an understanding of body awarenessTravel using different directions in general spaceDemonstrate different levels Create pathways in general space Travel using different speed/time in general spaceExecute appropriate forceExecute appropriate flowTravel with objects and people Demonstrate relationships of body partsEmploy offensive strategies Employ defensive strategies  |
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| WEEK 6 | Management Organization  | Rules, Procedures, and Routines Safety  |
|  | Social Skills  | Sharing, Cooperation, Sportsmanship, Diversity and Caring |
|  | Movement Concepts  | Travel in general space without touching anyone or anythingMove in personal space while performing designated activitiesUse the various body parts to show an understanding of body awarenessTravel using different directions in general spaceDemonstrate different levels Create pathways in general space Travel using different speed/time in general spaceExecute appropriate forceExecute appropriate flowTravel with objects and people Demonstrate relationships of body partsEmploy offensive strategies Employ defensive strategies  |
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| WEEK 7 | Management Organization  | Rules, Procedures, and Routines Safety  |
|  | Social Skills  | Sharing, Cooperation, Sportsmanship, Diversity and Caring |
|  | Movement Concepts  | Travel in general space without touching anyone or anythingMove in personal space while performing designated activitiesUse the various body parts to show an understanding of body awarenessTravel using different directions in general spaceDemonstrate different levels Create pathways in general space Travel using different speed/time in general spaceExecute appropriate forceExecute appropriate flowTravel with objects and people Demonstrate relationships of body partsEmploy offensive strategies Employ defensive strategies  |
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| WEEK 8 | Management Organization  | Rules, Procedures, and Routines Safety  |
|  | Social Skills  | Sharing, Cooperation, Sportsmanship, Diversity and Caring |
|  | Movement Concepts  | Travel in general space without touching anyone or anythingMove in personal space while performing designated activitiesUse the various body parts to show an understanding of body awarenessTravel using different directions in general spaceDemonstrate different levels Create pathways in general space Travel using different speed/time in general spaceExecute appropriate forceExecute appropriate flowTravel with objects and people Demonstrate relationships of body partsEmploy offensive strategies Employ defensive strategies  |
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| WEEK 9 | Management Organization  | Rules, Procedures, and Routines Safety  |
|  | Social Skills  | Sharing, Cooperation, Sportsmanship, Diversity and Caring |
|  | Movement Concepts  | Travel in general space without touching anyone or anythingMove in personal space while performing designated activitiesUse the various body parts to show an understanding of body awarenessTravel using different directions in general spaceDemonstrate different levels Create pathways in general space Travel using different speed/time in general spaceExecute appropriate forceExecute appropriate flowTravel with objects and people Demonstrate relationships of body partsEmploy offensive strategies Employ defensive strategies  |
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| **Q3** | **Core Standard Expectations** | **3-5** |
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| WEEK 1 | Management Organization  | Rules, Procedures, and Routines Safety  |
|  | Social Skills | Sharing, Cooperation, Kindness, Sportsmanship, Respect and Caring |
|  | Movement Concepts  | Apply concepts of personal and general space and movement control to purposely move in different ways in large groups without bumping into others and/or falling downApply knowledge of speed/time, force, and flow to jumping rope, dribbling, passing, and shooting Apply knowledge of relationships to jumping rope, dribbling, passing, and shootingEmploy offensive strategies Employ defensive strategies  |
|  | Movement Skills  | Demonstrate Locomotor and Non-Locomotor Skills Manipulative Skills – Feet and Hands Jump using one or two feet in time with a ropeDesign and refine a routine combining various jump rope movements to music so that it can be repeatedDribble a ball continuously alternating between dominant and non-dominant handThrow/pass a ball demonstrating principles of movementDemonstrate proper techniques while throwing/passingThrow/pass a ball demonstrating both accuracy and distanceShoot a ball to a target - goalCatch a ball using force absorption and weight transfer |
|  | Fitness Skills  | Maintain aerobic activity for half of class timeExplain the importance of aerobic activitiesParticipate in activities to enhance the components of fitnessDesign and implement a personal fitness planDocument daily physical activity |
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| WEEK 2 | Management Organization  | Rules, Procedures, and Routines Safety  |
|  | Social Skills  | Sharing, Cooperation, Kindness, Sportsmanship, Respect and Caring |
|  | Movement Concepts  | Apply concepts of personal and general space and movement control to purposely move in different ways in large groups without bumping into others and/or falling downApply knowledge of speed/time, force, and flow to jumping rope, dribbling, passing, and shooting Apply knowledge of relationships to jumping rope, dribbling, passing, and shootingEmploy offensive strategies Employ defensive strategies  |
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| WEEK 3 | Management Organization  | Rules, Procedures, and Routines Safety  |
|  | Social Skills  | Sharing, Cooperation, Kindness, Sportsmanship, Respect and Caring |
|  | Movement Concepts  | Apply concepts of personal and general space and movement control to purposely move in different ways in large groups without bumping into others and/or falling downApply knowledge of speed/time, force, and flow to jumping rope, dribbling, passing, and shooting Apply knowledge of relationships to jumping rope, dribbling, passing, and shootingEmploy offensive strategies Employ defensive strategies  |
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|  | Fitness Skills  | Maintain aerobic activity for half of class timeExplain the importance of aerobic activitiesParticipate in activities to enhance the components of fitnessDesign and implement a personal fitness planDocument daily physical activity |
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| WEEK 4 | Management Organization  | Rules, Procedures, and Routines Safety  |
|  | Social Skills  | Sharing, Cooperation, Kindness, Sportsmanship, Respect and Caring |
|  | Movement Concepts  | Apply concepts of personal and general space and movement control to purposely move in different ways in large groups without bumping into others and/or falling downApply knowledge of speed/time, force, and flow to jumping rope, dribbling, passing, and shooting Apply knowledge of relationships to jumping rope, dribbling, passing, and shootingEmploy offensive strategies Employ defensive strategies  |
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| WEEK 5 | Management Organization  | Rules, Procedures, and Routines Safety  |
|  | Social Skills  | Sharing, Cooperation, Kindness, Sportsmanship, Respect and Caring |
|  | Movement Concepts  | Apply concepts of personal and general space and movement control to purposely move in different ways in large groups without bumping into others and/or falling downApply knowledge of speed/time, force, and flow to jumping rope, dribbling, passing, and shooting Apply knowledge of relationships to jumping rope, dribbling, passing, and shootingEmploy offensive strategies Employ defensive strategies  |
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| WEEK 6 | Management Organization  | Rules, Procedures, and Routines Safety  |
|  | Social Skills  | Sharing, Cooperation, Kindness, Sportsmanship, Respect and Caring |
|  | Movement Concepts  | Apply concepts of personal and general space and movement control to purposely move in different ways in large groups without bumping into others and/or falling downApply knowledge of speed/time, force, and flow to jumping rope, dribbling, passing, and shooting Apply knowledge of relationships to jumping rope, dribbling, passing, and shootingEmploy offensive strategies Employ defensive strategies  |
|  | Movement Skills  | Demonstrate Locomotor and Non-Locomotor Skills Manipulative Skills – Feet and Hands Jump using one or two feet in time with a ropeDesign and refine a routine combining various jump rope movements to music so that it can be repeatedDribble a ball continuously alternating between dominant and non-dominant handThrow/pass a ball demonstrating principles of movementDemonstrate proper techniques while throwing/passingThrow/pass a ball demonstrating both accuracy and distanceShoot a ball to a target - goalCatch a ball using force absorption and weight transfer |
|  | Fitness Skills  | Maintain aerobic activity for half of class timeExplain the importance of aerobic activitiesParticipate in activities to enhance the components of fitnessDesign and implement a personal fitness planDocument daily physical activity |
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| WEEK 7 | Management Organization  | Rules, Procedures, and Routines Safety  |
|  | Social Skills  | Sharing, Cooperation, Kindness, Caring, Sportsmanship and Diversity |
|  | Movement Concepts  | Apply concepts of personal and general space and movement control to purposely move in different ways in large groups without bumping into others and/or falling down Stretch or reach to accomplish a goal Narrow steps and body to remain in-bounds Apply concept of speed/time, force and flow to dribbling, passing, catching, shooting, and strikingApply concept of relationships to dribbling, passing, catching, shooting, and strikingEmploy offensive skills Employ defensive skills  |
|  | Movement Skills  | Demonstrate Locomotor and Non-Locomotor Skills Manipulative Skills Throw/pass/strike a ball using principles of movementThrow/pass/strike a ball demonstrating both accuracy and distanceDemonstrate proper techniques while throwing/passing/striking a ballStrike a ball with a short handled implementShoot a ball at a targetCatch objects using force absorption and weight transfer |
|  | Fitness Skills  | Maintain aerobic activity for half of class timeExplain the importance of aerobic activitiesParticipate in activities to enhance the components of fitnessDesign and implement a personal fitness planDocument daily physical activityExplain how stress is reduced through exercise Maintain a journal of feelings following physical activityIdentify healthy habits  |
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| WEEK 8 | Management Organization  | Rules, Procedures, and Routines Safety  |
|  | Social Skills  | Sharing, Cooperation, Kindness, Caring, Sportsmanship and Diversity |
|  | Movement Concepts  | Apply concepts of personal and general space and movement control to purposely move in different ways in large groups without bumping into others and/or falling down Stretch or reach to accomplish a goal Narrow steps and body to remain in-bounds Apply concept of speed/time, force and flow to dribbling, passing, catching, shooting, and strikingApply concept of relationships to dribbling, passing, catching, shooting, and strikingEmploy offensive skills Employ defensive skills  |
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| WEEK 9 | Management Organization  | Rules, Procedures, and Routines Safety  |
|  | Social Skills  | Sharing, Cooperation, Kindness, Caring, Sportsmanship and Diversity |
|  | Movement Concepts  | Apply concepts of personal and general space and movement control to purposely move in different ways in large groups without bumping into others and/or falling down Stretch or reach to accomplish a goal Narrow steps and body to remain in-bounds Apply concept of speed/time, force and flow to dribbling, passing, catching, shooting, and strikingApply concept of relationships to dribbling, passing, catching, shooting, and strikingEmploy offensive skills Employ defensive skills  |
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| **Q4** | **Core Standard Expectations** | **3-5** |
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| WEEK 1 | Management Organization  | Rules, Procedures, and Routines Safety  |
|  | Social Skills | Sharing, Cooperation, Kindness, Caring, Sportsmanship and Diversity |
|  | Movement Concepts  | Apply concepts of personal and general space and movement control to purposely move in different ways in large groups without bumping into others and/or falling down Stretch or reach to accomplish a goal Narrow steps and body to remain in-bounds Apply concept of speed/time, force and flow to dribbling, passing, catching, shooting, and strikingApply concept of relationships to dribbling, passing, catching, shooting, and strikingEmploy offensive skills Employ defensive skills  |
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|  | Fitness Skills  | Maintain aerobic activity for half of class timeExplain the importance of aerobic activitiesParticipate in activities to enhance the components of fitnessDesign and implement a personal fitness planDocument daily physical activityExplain how stress is reduced through exercise Maintain a journal of feelings following physical activityIdentify healthy habits  |
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| WEEK 2 | Management Organization  | Rules, Procedures, and Routines Safety  |
|  | Social Skills  | Sharing, Cooperation, Kindness, Caring, Sportsmanship and Diversity |
|  | Movement Concepts  | Apply concepts of personal and general space and movement control to purposely move in different ways in large groups without bumping into others and/or falling down Stretch or reach to accomplish a goal Narrow steps and body to remain in-bounds Apply concept of speed/time, force and flow to dribbling, passing, catching, shooting, and strikingApply concept of relationships to dribbling, passing, catching, shooting, and strikingEmploy offensive skills Employ defensive skills  |
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| WEEK 3 | Management Organization  | Rules, Procedures, and Routines Safety  |
|  | Social Skills  | Sharing, Cooperation, Kindness, Caring, Sportsmanship and Diversity |
|  | Movement Concepts  | Apply concepts of personal and general space and movement control to purposely move in different ways in large groups without bumping into others and/or falling down Stretch or reach to accomplish a goal Narrow steps and body to remain in-bounds Apply concept of speed/time, force and flow to dribbling, passing, catching, shooting, and strikingApply concept of relationships to dribbling, passing, catching, shooting, and strikingEmploy offensive skills Employ defensive skills  |
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| WEEK 4 | Management Organization  | Rules, Procedures, and Routines Safety  |
|  | Social Skills  | Sharing, Cooperation, Kindness, Caring, Sportsmanship and Diversity |
|  | Movement Concepts  | Apply concepts of personal and general space and movement control to purposely move in different ways in large groups without bumping into others and/or falling downApply knowledge of speed/time, force, and flow to striking/batting, catching, and throwing/passingApply knowledge of relationships to striking/batting, catching, and throwing/passingEmploy offensive strategies Employ defensive strategies  |
|  | Movement Skills  | Manipulative Skills - HandsThrow/pass balls using principles of movement Demonstrate proper techniques while throwing/passingThrow/pass balls demonstrating both accuracy and distance Catch objects using force absorption and weight transferStrike a thrown ballRun basesDemonstrate proper techniques in jumping eventsDemonstrate proper techniques in running eventsDemonstrate proper techniques in throwing eventsUse acquired skills  |
|  | Fitness Skills  | Maintain aerobic activity for half of class timeExplain the importance of aerobic activitiesParticipate in activities to enhance components of fitnessDesign and implement a personal fitness planDocument daily physical activity Evaluate and modify personal fitness plan as neededIdentify the five food groups and the foods found in each groupTell how many servings should be included in each day’s mealsExplain how good nutrition affects your bodyShow how to use My Plate Guide to create a heart healthy mealDemonstrate proper technique of health-related components of fitness  |
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| WEEK 5 | Management Organization  | Rules, Procedures, and Routines Safety  |
|  | Social Skills  | Sharing, Cooperation, Kindness, Caring, Sportsmanship and Diversity |
|  | Movement Concepts  | Apply concepts of personal and general space and movement control to purposely move in different ways in large groups without bumping into others and/or falling downApply knowledge of speed/time, force, and flow to striking/batting, catching, and throwing/passingApply knowledge of relationships to striking/batting, catching, and throwing/passingEmploy offensive strategies Employ defensive strategies  |
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| WEEK 6 | Management Organization  | Rules, Procedures, and Routines Safety  |
|  | Social Skills  | Sharing, Cooperation, Kindness, Caring, Sportsmanship and Diversity |
|  | Movement Concepts  | Apply concepts of personal and general space and movement control to purposely move in different ways in large groups without bumping into others and/or falling downApply knowledge of speed/time, force, and flow to striking/batting, catching, and throwing/passingApply knowledge of relationships to striking/batting, catching, and throwing/passingEmploy offensive strategies Employ defensive strategies  |
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| WEEK 7 | Management Organization  | Rules, Procedures, and Routines Safety  |
|  | Social Skills  | Sharing, Cooperation, Kindness, Caring, Sportsmanship and Diversity |
|  | Movement Concepts  | Apply concepts of personal and general space and movement control to purposely move in different ways in large groups without bumping into others and/or falling downApply knowledge of speed/time, force, and flow to striking/batting, catching, and throwing/passingApply knowledge of relationships to striking/batting, catching, and throwing/passingEmploy offensive strategies Employ defensive strategies  |
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| WEEK 8 | Management Organization  | Rules, Procedures, and Routines Safety  |
|  | Social Skills  | Sharing, Cooperation, Kindness, Caring, Sportsmanship and Diversity |
|  | Movement Concepts  | Apply concepts of personal and general space and movement control to purposely move in different ways in large groups without bumping into others and/or falling downApply knowledge of speed/time, force, and flow to striking/batting, catching, and throwing/passingApply knowledge of relationships to striking/batting, catching, and throwing/passingEmploy offensive strategies Employ defensive strategies  |
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| WEEK 9 | Management Organization  | Rules, Procedures, and Routines Safety  |
|  | Social Skills  | Sharing, Cooperation, Kindness, Caring, Sportsmanship and Diversity |
|  | Movement Concepts  | Apply concepts of personal and general space and movement control to purposely move in different ways in large groups without bumping into others and/or falling downApply knowledge of speed/time, force, and flow to striking/batting, catching, and throwing/passingApply knowledge of relationships to striking/batting, catching, and throwing/passingEmploy offensive strategies Employ defensive strategies  |
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