

Physical Education, Grade 3-5	
Standard 1:	
The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.	
21st Century Learning Expectations:	
Hinsdale students will recognize and demonstrate the importance of whole person wellness.	
Enduring Understandings:	
Leading a healthy lifestyle is important to a productive life.	
Learning Competencies	Essential Questions
<p><i>Students will be able to: (grade level expectations found in attached SPARK scope and sequence)</i></p> <ul style="list-style-type: none"> • <i>Successfully use locomotor skills</i> • <i>Apply and use body management skills</i> • <i>Apply use of manipulatives</i> • <i>Explore dual/paddle/racquet activities</i> • <i>Explore and apply stunts and tumbling</i> • <i>Explore and apply cooperatives</i> • <i>Explore and apply team activities</i> 	<p>How can I demonstrate that I am competent in motor skills and movement?</p>

Physical Education, Grades 3-5 – standard 2

Standard 2:

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

21st Century Learning Expectations:

Hinsdale students will recognize and demonstrate the importance of whole person wellness

Enduring Understandings:

Leading a healthy lifestyle is importance to a productive life.

Learning Competencies

Students will be able to (grade level expectations found in attached SPARK scope and sequence)

- Explore and apply use of spatial awareness
- Explore and apply use of concepts, principles, and strategies as relates to elements of correct form for motor skills; use of feedback for improvement

Essential Questions

How can I show what I know about the concepts, principles and strategies and tactics related to movement and performance?

Physical Education, Grades 3-5– standard 3

Standard 3:

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

21st Century Learning Expectations:

Hinsdale students will recognize and demonstrate the importance of whole person wellness.

Enduring Understandings:

Leading a healthy lifestyle is importance to a productive life.

Learning Competencies

Students will be able to (grade level expectations found in attached SPARK scope and sequence)

- Explore monitoring physical activity using heart-rate monitor
- participate in a variety of activities that increase breathing and heart rate
- participate in sustaining activity for increasingly longer periods of time throughout the year
- Explore and apply recognizing that health related physical fitness consists of 5 different components
- Explains the benefits of regular physical activity
- Participates in selected activities that develop and maintain each component of fitness
- Identifies strengths and weaknesses based on fitness assessment

Essential Questions

How can I show what I know and can do to lead a physical and healthy life?

Physical Education 3-5– standard 4

Standard 4

The physically literate individual exhibits responsible personal and social behavior that respects self and others.

21st Century Learning Expectations:

Hinsdale students will recognize and demonstrate the importance of whole person wellness.

Enduring Understandings:

Leading a healthy lifestyle is importance to a productive life.

Learning Competencies

Students will be able to (grade level expectations found in attached SPARK scope and sequence)

- Explore and begin to demonstrate responsible personal/social behavior during PE
- Explore and begin to demonstrate using equipment safely
- Explore and begin to demonstrate elements of appropriate conflict resolution
- Explore regularly encouraging others and refraining from put-downs
- Explore and demonstrate cooperative skills
- Explore and demonstrate ability to teach an activity or skill to others
- Explore and then is able to accomplish group goals in both cooperative and competitive activities

Essential Questions

How can I show that I am responsible and respect myself and others?

Physical Education, Grades 3-5 – standard 5

Standard 5

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

21st Century Learning Expectations:

Hinsdale students will recognize and demonstrate the importance of whole person wellness.

Enduring Understandings:

Learning a healthy lifestyle is important to a productive life.

Learning Competencies

Students will be able to (grade level expectations found in attached SPARK scope and sequence)

- Try new movements and skills
- Persist if not successful on first try
- Begin to choose to practice on skills needing improvement
- exhibit ways to use the body and movement to express self
- seek personally challenging experiences in physical activity opportunities
- work with others to achieve a common goal
- begin to create and perform a small group dance routine

Essential Questions

How can I show that I value physical activity?

