

EC4 PHYSICAL EDUCATION FRAMEWORK

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EXPECTATIONS

CLASS EXPECTATIONS

The student is expected to:

- Participate for short periods of time in low-to-moderate physical activities that cause increased heart rate, breathing rate, and perspiration.
- Demonstrate ability to follow simple directions.
- Understand safe and unsafe behaviors.

THEMES & CONTENTS

Obstacle course & Games

The student is expected to demonstrate a minimum of one of the following critical elements during their performances in class obstacle course and games:

Locomotor Skills

- Walking
- Running
- Hopping
- Jumping & Landing
- Galloping
- Sliding
- Skipping
-

Non-manipulative movements

- Bending
- Pushing
- Pulling
- Stretching
- Turning
- Twisting
- Swinging
- Balancing
- Rolling

Stationary Manipulative Skills

- Toss & Throw to targets
- Bounce & Catch
- Toss & Catch
- Kick to a target
- Strike with a paddle
- Dribble
- Roll
- Trap
- Volley with hand

Manipulative Skills while moving

- Toss & Throw to targets
- Bounce & Catch
- Toss & Catch
- Kick to a target
- Strike with a paddle
- Dribble
- Roll
- Trap
- Volley with hand

Basic Movement Vocabulary

- Stop, Start, Jump, Hop

PERFORMANCE INDICATORS

MOVEMENT FORMS & SKILLS DEVELOPMENT

The student will demonstrate a minimum of one critical element used in the locomotor skills of walking, running, hopping, jumping and landing, galloping, sliding, and skipping. DOK1

The student will demonstrate a minimum of one critical element used in non-manipulative movements of bending, pushing, pulling, stretching, turning, twisting, swinging, balancing, and rolling. DOK1

The student will demonstrate a minimum of one critical element used in stationary manipulative skills (e.g. toss and throw to targets, bounce and catch, toss and catch, kick to a target, strike with paddle, dribble, roll, trap, volley with hand). DOK1

The student will demonstrate a minimum of one critical element used in manipulative skills while moving. DOK1

The student will demonstrate moving to a rhythm. DOK1

The student understands vocabulary of basic movement (e.g., stop, start, jump, hop,). DOK1 E

PERSONAL FITNESS

The student will participate for short periods of time in low-to-moderate physical activities that cause increased heart rate, breathing rate, and perspiration. DOK1 E

SOCIAL & PERSONAL DEVELOPMENT WITH PHYSICAL ACTIVITY

The student will demonstrate ability to follow simple directions. DOK1

The student understands safe and unsafe behaviours (e.g., knowing what area to stay in, what equipment not to touch). DOK1 E