

Greenwich Public Schools Curriculum - Physical Education

Kindergarten - 5th Grade Progressions

Families as Partners in Learning - Promising Innovation

The Greenwich Public Schools Physical Education Program is based on National Best Practices for Physical Education and Wellness as identified by the Society of Health and Physical Educators (SHAPE). Through our multi-modality, differentiated approach to instruction, students develop skills and knowledge specific to sports and activities focusing on lifetime fitness, recreational pursuits, and positive interpersonal relationships.

The Greenwich Public Schools are mandated by Connecticut State Law (CGS 10-16b(a)) requiring that physical education be part of the public school curriculum for all grades. For grades nine through 12, the high school graduation requirement law specifies that each student must have earned a minimum of one credit of physical education during high school in order to graduate (PA 17-42).

Cooperative Learning	Student Learning Expectations
<p>Standard IV - <i>The physically literate individual exhibits responsible personal and social behavior that respects self and others</i></p> <p>Standard V - <i>The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction</i></p>	<p>Kindergarten Students will:</p> <ul style="list-style-type: none"> - Follows directions in group settings - Acknowledge responsibility for behavior when prompted - Cooperatively shares equipment and space with others - Recognizes the expectations/school norms for class activities - Displays self-control in physical activity settings - Demonstrates Teamwork <p>1st Grade Students will:</p> <ul style="list-style-type: none"> - Share and take turns while participating in physical activities - Demonstrate self-control in physical activity settings - Listens and physically responds to directions with regard to motor skill performance - Demonstrates Teamwork (behavioral expectations) <p>2nd Grade Students will:</p> <ul style="list-style-type: none"> - Cooperate in Non-Competitive Activities - Cooperate in Group Activities

- Works independently with others in partner activities
- Encourages Others
- Demonstrate Teamwork (behavioral expectations)

3rd Grade

Students will:

- Actively engage in the activities of physical education class, both teacher-directed and independent
- Exhibits responsible behavior in independent group situations
- Reflects on personal, social behavior in physical activity
- Listens respectfully to corrective feedback from others (e.g., peers, adults)
- Praises the movement performance of others both more and less skilled
- Accepts players of all skill levels into physical activity
- Exhibits etiquette and adherence to rules in a variety of physical activities
- Works safely with peers and equipment in physical activity settings
- Orient a Map
- Identifies a landmark
- Locates Checkpoints in Gym on Map
- Locates Checkpoints on Outdoor Course
- Cooperates with Group on Orienteering Course
- Participates in Timed Orienteering Event
- Teamwork (behavioral expectations)

4th Grade

Students will:

- Actively engages in the activities of physical education class, both teacher-directed and independent
- Exhibits responsible behavior in independent group situations
- Reflects on personal, social behavior in physical activity
- Listens respectfully to corrective feedback from others (e.g., peers, adults)
- Praises the movement performance of others both more and less skilled
- Accepts players of all skill levels into physical activity
- Exhibits etiquette and adherence to rules in a variety of physical activities
- Works safely with peers and equipment in physical activity settings
- Orienteering
- Orient a Map
- Identifies a landmark
- Locates Checkpoints in Gym on Map
- Locates Checkpoints on Outdoor Course
- Cooperates with Group on Orienteering Course
- Participates in Timed Orienteering Event
- Teamwork (behavioral expectations)

	<p>5th Grade Students will:</p> <ul style="list-style-type: none"> - Actively engages in the activities of physical education class, both teacher-directed and independent - Exhibits responsible behavior in independent group situations - Reflects on personal, social behavior in physical activity - Listens respectfully to corrective feedback from others (e.g., peers, adults) - Praises the movement performance of others both more and less skilled - Accepts players of all skill levels into physical activity - Exhibits etiquette and adherence to rules in a variety of physical activities - Works safely with peers and equipment in physical activity settings - Orienteering <ul style="list-style-type: none"> Orient a Map Identifies a landmark Locates Checkpoints in Gym on Map Locates Checkpoints on Outdoor Course Cooperates with Group on Orienteering Course Participates in Timed Orienteering Event - Teamwork (behavioral expectations)
Manipulatives	Student Learning Expectations
<p>Standard I - <i>The physically literate individual demonstrates competency in a variety of motor skills and movement patterns</i></p> <p>Standard II - <i>The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance</i></p>	<p>Kindergarten Students will:</p> <ul style="list-style-type: none"> - Tap a ball using the inside of the foot - Kick a stationary ball - Volley a lightweight object - Tosses underhand - Drop a ball and catch it before it bounces twice - Catch a large ball - Dribble a ball with one hand - Execute a single jump over a self-turned rope - Jump a long rope - Strike a lightweight object with a paddle or short-handled racket <p>1st Grade Students will:</p> <ul style="list-style-type: none"> - Dribble a ball under control with feet - Jumps over a continuously turned rope - Throws overhand towards a stationary target

	<ul style="list-style-type: none"> - Throws underhand with opposite foot forward to a stationary target - Catches a ball tossed underhand from a partner - Walks up to a stationary ball and kicks it forward, using his or her dominant foot - Volleys a balloon or beach ball using hands or a short paddle sending it upward - Strikes a lightweight object with a paddle or short-handed racket - Dribble a ball with one hand in his/her space - Jumps a long-rope up to 5 times consecutively with teacher turning <p>2nd Grade Students will:</p> <ul style="list-style-type: none"> - Throws underhand with opposite foot forward to a partner - Throws overhand towards a stationary target showing opposition and follow through - Catches a ball tossed or bounced by a partner with proper technique - Dribble a ball with the dominant hand in his/her personal space, while moving - Dribbles a ball with feet while changing directions - Dribble a ball around objects alternating feet, while maintaining control - Kicks a rolling ball using his/her dominant foot - Volleys a lightweight ball, using hands, with consecutive hits - Strikes a lightweight object with a paddle or short-handed racket with a partner - Strikes a ball off a tee or cone with a bat, using correct grip and proper side orientation - Jumps over a continuously self-turned rope - Jumps a long rope up to 5 times, consecutively with student turners
Movement Exploration	Student Learning Expectations
<p>Standard II - <i>The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance</i></p> <p>Standard IV - <i>The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction</i></p>	<p>Kindergarten Students will:</p> <ul style="list-style-type: none"> - Hops in place or forward - Jumps forward on two feet - Gallops forward - Slides with dominant foot leading - Runs forward - Forms wide, narrow, curled and twisted body shapes. - Rolls sideways in a narrow body shape. - Repeats basic rhythmic patterns as demonstrated - Performs a forward roll on an incline mat - Travels on a combination of body parts (crab walk, bear walk, lame dog walk) - Performs 5 modified curl-ups - Performs 5 modified push-ups

- Performs sit and reach to 5"
- Performs 5 second hold on a climbing rope
- Performs a vertical jump
- Maintains static balance on different bases of support.

1st Grade

Students will:

- Gallops forward a distance of 20 feet
- Skips a distance of 20 feet
- Jumps forward on two feet, 3 consecutive jumps
- Hops on dominant and non-dominant foot, 5 consecutive hops
- Slides, leading with both left and right foot, a distance of 20 feet
- Runs forward a distance of 60 feet
- Combines locomotor/non-locomotor skills in a dance pattern
- Performs forward roll on flat mat
- Jumps vertically to a height of 4 inches
- Performs 10 modified push-ups
- Performs a 10 second hold on a climbing rope with his or her feet off the ground
- Performs 8 modified curl-ups with a partner hold
- Demonstrates both dynamic and static balance on a flat mat and other apparatus
- Performs a variety of animal walks

2nd Grade

Students will:

- Skips using a mature pattern a distance of 40 feet
- Gallops forward a distance of 40 feet
- Jumps forward 5 consecutive times
- Hops forward, using each foot independently (not alternating), 10 consecutive times
- Runs with a mature pattern for distance or extended time
- Demonstrates the difference between jogging and sprinting
- Performs a forward roll on a flat mat, with proper technique
- Transfers weight from feet to other body parts, combining levels and shapes
- Balances in an inverted position with stillness and supportive base
- Performs static balances on flat mat and other apparatus
- Demonstrates dynamic balance on flat mat and other apparatus
- Performs a vertical jump of 6 inches
- Demonstrates difference between twisting, curling, bending, and stretching movements
- Combines locomotor/non-locomotor skills in a dance pattern
- Displays knowledge of dance steps
- Cooperates with group in creating (beginning, middle, end) a dance routine

	<ul style="list-style-type: none"> - Choreograph and Perform Dance - Performs 5, 90-degree angle push-ups - Performs a 15 second hold on a climbing rope - Performs sit and reach to 7" - Performs 10 modified curl-ups
Fitness	
<p>Standard III - <i>The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness</i></p> <p>Standard I - <i>The physically literate individual demonstrates competency in a variety of motor skills and movement patterns</i></p>	<p>3rd Grade, 4th Grade & 5th Grade Students will demonstrate:</p> <ul style="list-style-type: none"> - Flexibility - Cardio-Respiratory Endurance: - Upper-Body Strength: - Core Strength <ul style="list-style-type: none"> • 4th Grade students participate in the Connecticut Physical Fitness Assessment as required by the Connecticut State Department of Education
Movement Concepts	Student Learning Expectations
<p>Standard II - <i>The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance</i></p> <p>Standard IV - <i>The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction</i></p>	<p>3rd Grade Students will:</p> <ul style="list-style-type: none"> - Teamwork (behavioral expectations) - 5 Elements of Dance/Rhythms - Locomotor/Non-locomotor skill patterns - Choreograph and Perform Dance - Perform Dance taught in class - <u>Gymnastics</u> <ul style="list-style-type: none"> Animal Walks Balances Jumps Forward roll to stand Backward roll to stand Cartwheel Mount/Dismount

Squat-on or squat through vault
Routine (3-5 skills on apparatus)

4th Grade

Students will:

- Teamwork (behavioral expectations)
- 5 Elements of Dance/Rhythms
- Locomotor/Non-locomotor skill patterns
- Choreograph and perform dance
- Perform dance taught in class

- **Gymnastics**

Animal Walks

Balances

Jumps

Forward roll to stand

Backward roll to stand

Cartwheel

Mount/Dismount

Squat-on or squat through vault

Routine (3-5 skills on apparatus)

5th Grade

Students will:

- Teamwork (behavioral expectations)
- 5 Elements of Dance Dance/Rhythms
- Locomotor/Non-locomotor skill patterns
- Choreograph and Perform Dance
- Perform Dance taught in Class

- **Gymnastics**

Animal Walks

Balances

Jumps

Forward roll to stand

Backward roll to stand

Cartwheel

Roundoff

Mount/Dismount

Squat-on or Squat through vault

Flank

Routine (3-10 skills on apparatus)

Team Sports	Student Learning Expectations
<p>Standard I - <i>The physically literate individual demonstrates competency in a variety of motor skills and movement patterns</i></p> <p>Standard II - <i>The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance</i></p>	<p>3rd Grade Students will:</p> <ul style="list-style-type: none"> - Teamwork - <u>Soccer</u> Dribble Trap with foot - <u>Diamond Sports</u> Overhand Throw Track and Catch (field) thrown or struck ball Game Play Safety Rules - <u>Volleyball</u> Set to self or partner Forearm pass to self or partner Underhand Serve - <u>Basketball</u> Bounce Pass Chest Pass Dribbling (dominant and non-dominant hand) <p>4th Grade Students will:</p> <ul style="list-style-type: none"> - Teamwork - <u>Soccer</u> Dribble Dribble with feet Changing Speed and Direction Trap with foot Pass to Partner Throw-In Kick to Goal Game Play - <u>Diamond Sports</u> Overhand Throw Overhand throw (various distances) Track and Catch (field) Thrown or struck ball Step into ball while hitting Game Play

Safety Rules

- **Volleyball**
Set to self or partner
Forearm pass to self or partner
3 consecutive hits with partner
Underhand Serve
Game Play
- **Track and Field**
Proper Pacing
Jump Hurdles
Relays
Baton Pass
Field Events
- **Basketball**
Bounce Pass
Chest Pass
Dribbling
Set Shot

5th Grade

Students will:

- Teamwork
- **Soccer**
Dribble with feet Changing Speed and Direction
Dribble with feet Around Objects
Trap with foot
Pass to Partner
Throw-In
Kick to Goal
Game Play
- **Diamond Sports**
Overhand Throw
Overhand throw (various distances)
Track and Catch (field) Thrown or struck ball
Step into ball while hitting
Game Play
Safety Rules
- **Volleyball**
Set to self or partner
Forearm pass to self or partner

	<p>3 consecutive hits with partner Underhand Serve Game Play</p> <ul style="list-style-type: none">- <u>Track and Field</u> Proper Pacing Jump Hurdles Relays Baton Pass Field Events- <u>Basketball</u> Bounce Pass Chest Pass Dribbling Set Shot Pivot Court Awareness Game Play
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