

**WARREN COUNTY SCHOOL DISTRICT
PLANNED INSTRUCTION**

COURSE DESCRIPTION

Course Title: Physical Education 4-5

Course Number: _____

Course Prerequisites: _____

Course Description: (Include “no final exam” or “final exam required”)

Fourth-Fifth Grade Physical Education is a continuation of the skills and applications associated with participation in physical activities. The student will also continue to develop an awareness of the value and benefit of physical fitness in maintaining a healthy lifestyle.

Suggested Grade Level: Grades 4 and 5

Length of Course: _____ One Semester X Two Semesters _____ Other

(Describe)

Units of Credit: _____ (Insert NONE if appropriate.)

PDE Certification and Staffing Policies and Guidelines (CSPG) Required Teacher Certification(s)

(Insert certificate title and CSPG#) Physical Education/Health and Physical Education

Certification verified by WCSD Human Resources Department:

X Yes _____ No

Board Approved Textbooks, Software, Materials:

Title:

Publisher:

ISBN #:

Copyright Date:

Date of WCSD Board Approval:

BOARD APPROVAL:

Date Written: June 10, 2010

Date Approved: _____

Implementation Year: 2011-2012

Suggested Supplemental Materials and Activities:

Use of off-site facilities, such as the YMCA for the Fifth Grade YMCA Field Day

Course Standards

PA Academic Standards: (List by Number and Description)

10.3 – Safety and Injury Prevention

10.4 – Physical Activity

10.5 – Concepts, Principles, and Strategies of Movement

WCSD Academic Standards: (List or None)

None

Industry or Other Standards: (List, Identify Source or None)

None

SPECIAL EDUCATION AND GIFTED REQUIREMENTS

The teacher shall make appropriate modifications to instruction and assessment based on a student's Individual Education Plan (IEP) or Gifted Individual Education Plan (GIEP).

SPECIFIC EDUCATIONAL OBJECTIVES/CORRESPONDING STANDARDS AND ELIGIBLE CONTENT WHERE APPLICABLE

(List Objectives, PA Standards #'s, Other Standards (see samples at end))

PA Standard: 10.3.3 Safety and Injury Prevention

X – performance assessed during that semester

| | Performance Indicators | 1 | 2 | Assessment |
|----|--|---|---|----------------------|
| D. | Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down). | X | X | Teacher observations |

PA Standard: 10.4.3 Physical Activity

X – performance assessed during that semester

| | Performance Indicators | 1 | 2 | Assessment |
|----|--|---|---|---|
| A. | Identify and engage in physical activities that promote physical fitness and health. | X | X | Teacher observation; Fitness testing |
| B. | Know the positive and negative effects of regular participation in moderate to vigorous physical activities. | X | X | |
| C. | Know and recognize changes in body responses during moderate to vigorous physical activity. | X | X | |
| E. | Identify reasons why regular participation in physical activities improves motor skills | X | X | |
| F. | Recognize positive and negative interactions of small group activities. | X | X | |

PA Standard: 10.5.3 Concepts, Principles, and Strategies of Movement

X – performance assessed during that semester

| | Performance Indicators | 1 | 2 | Assessment |
|----|--|---|---|---------------------|
| A. | Recognize and use basic movement skills and concepts. | X | X | Teacher observation |
| B. | Recognize and describe the concepts of motor skill development using appropriate vocabulary. | X | X | |
| C. | Know the function of practice. | X | X | |
| D. | Identify and use principles of exercise to improve movement and fitness activities. | X | X | |
| F. | Recognize and describe game strategies using appropriate vocabulary. | X | X | |

ASSESSMENTS

PSSA Assessment Anchors Addressed: The teacher must be knowledgeable of the PDE Assessment Anchors and/or Eligible Content and incorporate them into this planned instruction. Current assessment anchors can be found at pde@state.pa.us.

Formative Assessments: The teacher will develop and use standards-based assessments throughout the course.

Portfolio Assessment: _____ Yes X No

District-wide Final Examination Required: _____ Yes X No

Course Challenge Assessment (Describe):

REQUIRED COURSE SEQUENCE AND TIMELINE

(Content must be tied to objectives)

| <u>Content Sequence</u> | <u>Dates</u> |
|-------------------------|--------------|
|-------------------------|--------------|

Objectives:

- Sustain moderate to vigorous physical activity.
- Integrate knowledge of rules, boundaries, and safe use of equipment during game play.
- Create and demonstrate combinations of movement patterns.
- Demonstrate with increased accuracy the skills of catching, kicking, throwing, and striking in modified games and sports.
- Begin to self-assess body responses to physical activity.
- Character education
- Recognize and understand that time, effort, and practice have a positive effect on skill development/improvement and increased person enjoyment.
- Understand basic offensive and defensive strategies of games.

TEAM SPORTS

Basketball
Soccer
Volleyball
Team Handball
Football
Softball
Floor Hockey

INDIVIDUAL/DUAL SPORTS

Badminton
Racquet Sports
Table Tennis
Frisbee Golf
Track and Field
Bowling
Tumbling

RECREATIONAL SPORTS

Ultimate Frisbee
Kickball/Variations
Softball Activities
Cage Ball Activities
Bocce Ball
Dance
Cooperative Activities
Structured Games
Team Building
Orienteering

LIFETIME CONDITIONING

Circuit Training Activities
Run / Walk / Jog
Jump Rope / Roping Activities
Aerobics
Bands

P.E. ASSESSMENTS

Physical Fitness Testing
Heart Rate Monitors
REM Cognitive

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WCSD STUDENT DATA SYSTEM INFORMATION

1. Is there a required final examination? _____ Yes X No
2. Does this course issue a mark/grade for the report card? _____ Yes X No
3. Does this course issue a Pass/Fail mark? X Yes _____ No
4. Is the course mark/grade part of the GPA calculation? _____ Yes X No
5. Is the course eligible for Honor Roll calculation? _____ Yes X No
6. What is the academic weight of the course?
 X No weight/Non credit _____ Standard weight
 _____ Enhanced weight (Describe)