

# **OXFORD TOWNSHIP ELEMENTARY SCHOOL**

## **CURRICULUM**

### **CURRICULUM CONTENT AREA: PHYSICAL EDUCATION**

Physical education forms an important part of our modern education. It includes physical activities and sports of all kinds designed to improve posture, physical development, social interaction, cooperation and problem solving skills. It enables a child who may have difficulty in other subject areas to find success in a less structured environment. It is vital that a child find success, in order for that child to build and maintain a positive self esteem.

#### **I. COURSE DESCRIPTION/PURPOSE:**

Physical Education is important in the development of overall health. Through a variety of physical activities, students increase and improve cardiovascular endurance, muscular strength and power, flexibility, posture, coordination and increased mental alertness. Through improved mental alertness students can increase academic performance, readiness and enthusiasm for learning. Physical Education also helps improve a child's self esteem, interpersonal relationships, cooperation skills, responsible behavior, and independence qualities which will be used throughout one's life.

#### **II. AIMS, OBJECTIVES, OUTCOMES TO BE ACHIEVED BY STUDENTS**

Commensurate with ability and level of instruction children will:

##### ***GENERAL OBJECTIVES***

1. develop skills in rhythms, games, athletic activities, general gymnastics and related activities. (CCS: 2.5)
2. develop muscular skills (neuro muscular) essential for proper living. (CCS: 2.5)
3. develop agility, endurance, strength, balance, flexibility, perceptual-motor development, and coordination. (CCS: 2.5, 2.6)
4. develop proper posture. (CCS: 2.5)
5. develop stability, emotional balance, and self-concept. (CCS 2.5)
6. develop proper etiquette as it relates to all games. (CCS: 2.5)
7. develop and interest, knowledge, and appreciation of sports common to America and the world.
8. develop constructive leisure time interests. (CCS: 2.5)
9. develop knowledge of exercise and how it relates to fitness. (CCS: 2.6)

## **THIRD, FOURTH, AND FIFTH GRADE**

Through the implementation of the physical education curriculum the students in grades three, four, and five will develop skills in the following:

### **I. Soccer/Kicking Skills (G.O. 1,2,3,5)**

Students will be able to:

- a. demonstrate understanding of basic rules and positions.
- b. demonstrate understanding of safety as it relates to soccer.
- c. demonstrate skills of dribbling, passing, trapping, and shooting.

### **II. Frisbee (G.O. 1,3,5,7,8)**

Students will be able to:

- a. demonstrate skills of throwing, catching, and free style.

### **III. Group Games (G.O. 1,2,3,4,6,7,8)**

Students will be able to:

- a. follow directions and rules of each specific game.
- b. demonstrate sportsmanship, teamwork, and cooperation.
- c. demonstrate skills needed for each game.
- d. demonstrate safety as it relates to each game.
- e. demonstrate the following:

#### Skills

1. Throwing/Catching
2. Striking
3. Fielding
4. Dodging/Fleeing
5. Kicking

#### Rules/Knowledge

1. Following rules and directions of each specific game.

#### Activities

1. Rip flag games
2. Basketball relay
3. End ball
4. Bat ball
5. Kick ball (regular and with rule changes)
6. Wiffleball
7. Mystery game
8. Prison ball
9. New games

#### **V. Physical Fitness (G.O. 1,3,5,9)**

Students will be able to:

- a. increase strength in arms, legs, and abdomen.
- b. improve endurance, flexibility, and agility.

#### **VI. Volleyball (G.O. 1,3,5,6,7,8)**

Students will be able to:

- a. demonstrate basic skills of volley bump/dig serve.
- b. demonstrate knowledge of rules and team play.
- c. demonstrate knowledge of safety as it relates to activities and use of equipment.

#### **VII. Small Apparatus Activities (G.O. 1,2,3,6,8)**

Students will be able to:

- a. demonstrate and improve manipulative skills.
- b. create ways to use hoops, ropes, wands, scooters, parachute.
- c. demonstrate flexibility, coordination, balance, agility and strength.
- d. use locomotor and non-locomotor skills while using apparatus.

#### **VIII. Ball Handling (G.O. 1,2,3,8)**

Students will be able to:

- a. demonstrate skills of passing, shooting, catching and dribbling.
- b. move the ball with control.
- c. demonstrate skill in lead-up activities and game.

## X. Stunts/Tumbling/Gymnastics (G.O. 1,2,3,4,5)

Students will be able to:

- a. demonstrate and improve strength, flexibility, coordination and balance.
- b. demonstrate knowledge of safety for each skill and piece of apparatus.
- c. increase kinesthetic awareness.
- d. demonstrate the following skills:

### Individual Stunts

- |                              |  |
|------------------------------|--|
| 1. Blind stand               | 9. V-sit                               |
| 2. Indian sit                | 10. Knee scale turn                    |
| 3. Single leg squat          | 11. Tuck jump                          |
| 4. Courage jump              | 12. Straddle jump                      |
| 5. Coffee grinder            | 13. Straddle scale                     |
| 6. Leg circles               | 14. Front lunge (no hand forward roll) |
| 7. Leg throw                 | 15. Chest drag up                      |
| 8. Forearm fall (from knees) | 16. Front scale                        |

### Partner Stunts

- |                   |                    |
|-------------------|--------------------|
| 1. Row boat       | 6. Tandem walk     |
| 2. Back leg raise | 7. Horse walk      |
| 3. Leg Throw      | 8. Double crab     |
| 4. Chinese get up | 9. Chest balance   |
| 5. Rocker         | 10. Group log roll |

### Tumbling Skills

- |                     |                             |
|---------------------|-----------------------------|
| 1. Log Roll         | 9. Bronco                   |
| 2. Egg Roll         | 10. Cartwheel               |
| 3. Elephant roll    | 11. Back bend with spotters |
| 4. Forward roll     | 12. Back straddle roll      |
| 5. Backward roll    | 13. Drag up headstand       |
| 6. Shoulder balance | 14. Front straddle roll     |
| 7. Tip-up           | 15. Handstand               |
| 8. Tripod           | 16. Headstand               |

### Gymnastic Skills

#### Horse

1. Knee mount; with courage jump
2. Squat mount; with jump dismount
3. Squat vault
4. Superman; with roll-out
5. Chest balance; with roll-out
6. Side vault
7. Straddle mount
8. Straddle vault

## Balance Beam

1. Mounts
  - a. Straddle seat mount
  - b. Knee mount
  - c. Back leaning rest
2. Balances
  - a. V-sit
  - b. Knee scale
  - c. Swan scale
  - d. Front scale
  - e. Straddle scale
3. Movements
  - a. Walk - front & back
  - b. Dips
  - c. Toe turn
  - d. Step-hop
  - e. Squat turn
  - f. Cat walk
  - g. Side step
4. Dismounts
  - a. Straddle jump
  - b. Straddle toe touch
  - c. Tuck jump
  - d. Knee scale

## Ropes

1. Exercises
  - a. Pull-ups - lying down
  - b. Climb from laying position
2. Climbing

## **XI. Floor Hockey (G.O. 1,3,5,6,7,8)**

Students will be able to:

- a. demonstrate dribbling, passing, and goalie skills during practice and lead up games.
- b. demonstrate knowledge of rules, strategies, and teamwork as they pertain to the activities.

## **XII. Recreation Games (G.O. 5,6,7)**

Students will be able to:

- a. follow directions and rules of each game.
- b. participate in small groups.
- c. demonstrate knowledge of safety in each activity.

### **XIII. Softball (G.O. 1,2,3,6,7,8)**

Students will be able to:

- a. hit off a batting tee.
- b. bat with a foam bat and large ball.
- c. field and catch using a glove.
- d. demonstrate understanding of rules and strategies of modified games.

### **XIV. Track and Field (G.O. 1,2,3,6,7,8,9)**

- a. develop skills of running, jumping, throwing, and agility.
- b. demonstrate proper techniques of each skill.
- c. warm-up properly.