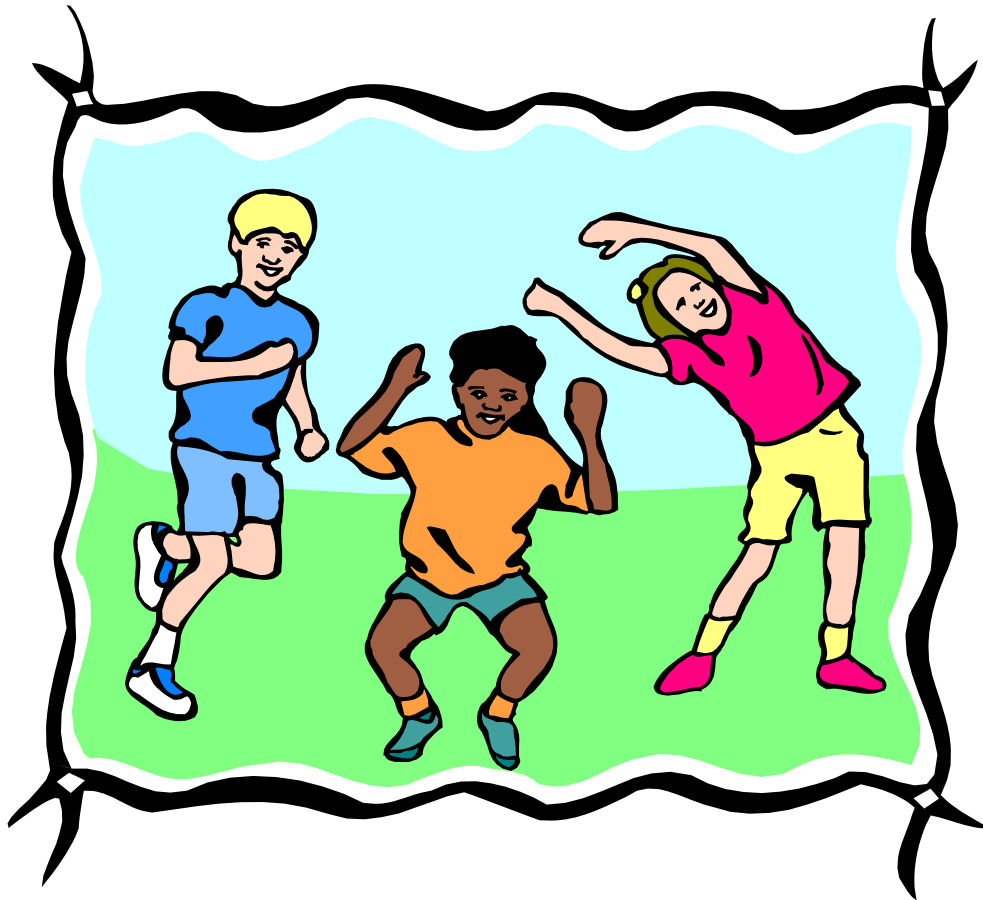


ELEMENTARY CURRICULUM

HEALTH AND PHYSICAL EDUCATION



2009 - 2010

ACKNOWLEDGEMENTS

The following individuals served on the 2009-10 Elementary Health and Physical Education Curriculum project. Their participation in and support of the project greatly enhanced the curriculum writing process.



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Mrs. Melissa Taranto

Health Education

Philosophical Orientation

The West Allegheny School District Health Curriculum reflects the philosophical orientation and instructional recommendations advocated by the Joint Committee on National Health Education Standards and the Association for the Advancement of Health Education. Effective health instruction promotes critical thinking in students and encourages them to make connections between healthy living and personal health experiences. Young people need to be reflective and actively observe and examine their responses to personal and instructional health related issues in order to assess potential risks and consequences and to make health enhancing decisions. They also need to learn to identify and analyze the roles culture, media, and technology play in shaping health related decisions among adolescents. The attitudes they develop toward their health in the early years will have lasting ramifications for their long-term well being.

Comprehensive health instruction teaches students fundamental health skills and concepts through sequential, coordinated, and interdisciplinary teaching of health education. The planned, sequential curriculum addresses a variety of topics aligned with state and national health standards and adjusts the degrees of complexity appropriate to students' developmental levels as they move from early to middle childhood and then to adolescence. The health instructor is trained to define the intellectual level and depth of instruction most appropriate for students.

The mission of health education is to develop health literate individuals who can obtain, interpret, and understand basic health information and the public resources and services available. This knowledge enhances an individual's health as well as the health of others and promotes a supportive environment where individual similarities and differences are acknowledged and accepted. Instruction on healthy lifestyles encourages young people to live more fully and celebrate life to the greatest extent.

Physical Education

Philosophical Orientation

The West Allegheny School District Physical Education Curriculum reflects the philosophical orientation and instructional recommendations advocated by the National Association for Physical Education (NASPE). Physical education addresses the development of students' physical potential and their related social, emotional, and intellectual growth. Its primary purpose is to assist the learner in developing:

- total physical fitness and a desire to maintain it
- movement abilities ranging from functional life skills to those needed for successful participation in leisure activities
- safety awareness
- an appreciation and understanding of specific sports and dances

The mastery of these objectives promotes the development of wellness skills which enable students to lead full, productive, and healthy lives.

Research completed by the National Association for Physical Education (NASPE) and the Center for Disease Control and Prevention (CDC) reveal that there is a direct relationship between academic achievement and fitness. Movement, physical activity, and exercise enhance the learning state for memory retention and retrieval. As such, physical activity is a catalyst for learning in all content areas and should be an essential element of students' daily routines.

**WEST ALLEGHENY SCHOOL DISTRICT
ELEMENTARY CURRICULUM
HEALTH AND PHYSICAL EDUCATION
2009 - 2010**

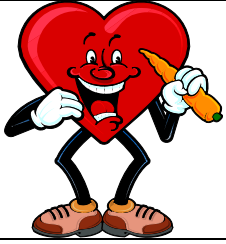
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**ELEMENTARY CURRICULUM
HEALTH AND PHYSICAL EDUCATION**

HEALTH - GRADE K-I



MAJOR HEALTH EDUCATION CONCEPTS
ADDRESSED IN EACH GRADE LEVEL COURSE

Reporting
Category

HEALTH EDUCATION – Grade K-1

The following concepts will be covered throughout the health education curriculum for:

Concepts of
Health

- Stages of growth and development
- Major body organs
- Age appropriate drug information and risk taking
- Common childhood health problems (colds, flu, chicken pox, etc.)

Safety and
Injury
Prevention

- Safe around people (e.g. safe/unsafe touch, abuse, good touch/bad touch, stranger, bully)
- Emergencies
- Recognize conflict situations and identify strategies to avoid or resolve
- Individual responsibility for safety in physical education class

Healthful
Living

- Personal hygiene and dental health
- Health related information
- Decision making
- Environmental factors that affect health

WEST ALLEGHENY SCHOOL DISTRICT

Subject: **HEALTH EDUCATION**
 GRADE K-1



ACADEMIC STANDARDS

10.1.3A	10.2.3A	10.3.3A
10.1.3B	10.2.3B	10.3.3B
10.1.3D	10.2.3D	10.3.3C
10.1.3E	10.2.3E	10.3.3D

COURSE DESCRIPTION:

This course will provide students with the knowledge and skills needed to achieve and maintain a healthy lifestyle. Areas of study will include but not be limited to growth and development; body systems; nutrition; decision making skills; and emergency response. The focus will be on how these subject areas develop the physical, mental, emotional, and intellectual well being of students in a way that will allow them to choose behaviors that promote optimal health. Students will be provided with a foundation in health education that is both comprehensive and age appropriate. This approach will allow them to achieve a better understanding of the benefits of a healthy lifestyle and how it will positively impact their ability to achieve their academic potential.

BASIC TEXT/PUBLISHER AND INSTRUCTIONAL RESOURCES:

Miscellaneous Material (books, hand-outs, periodicals)

ASSESSMENT:

- Formal/Informal Assessment

TECHNOLOGY USED:

- TV
- DVD
- Computer
- Smartboard
- Web Pages
- Overhead
- Power Point

WEST ALLEGHENY SCHOOL DISTRICT

STUDENT OUTCOME STATEMENTS – INDICATOR OF ACHIEVEMENT

SUBJECT: Health	STRAND: 10.1 Concepts of Health	GRADE: K - 1
UNIT FOCUS: Concepts of Health		

Unit Content	Student Outcomes	Learning Activities (possible but not limited to)	Standards	Dates Taught	√ for Mastery
<ul style="list-style-type: none"> • Stages of growth and development • Major body organs • Age appropriate drug information • Common childhood health problems (colds, flu, chicken pox, etc.) 	<p>The student will:</p> <ul style="list-style-type: none"> • identify and describe the stages of growth and development. <ul style="list-style-type: none"> – Infancy – Childhood – Adolescence – Adulthood – Late adulthood • identify and locate the function of the major body organs and systems. <ul style="list-style-type: none"> – Circulatory (heart) – Respiratory (lungs) • know age appropriate drug information. <ul style="list-style-type: none"> – Definition of drugs – Effects of drugs – Proper use of medicine • discuss how germs are spread and ways to prevent or reduce the spread of germs. 	<ul style="list-style-type: none"> • Use the story ‘I’ll Love you Forever’ • Discuss characters in the stories they read • Label diagrams • Interactive bulletin boards • Magic School Bus videos • DARE • Create a “Cover Your Sneeze” poster • Invite the school nurse in for a class discussion 	<p>10.1.3A</p> <p>10.1.3B</p> <p>10.1.3D</p> <p>10.1.3E</p>		

WEST ALLEGHENY SCHOOL DISTRICT

STUDENT OUTCOME STATEMENTS – INDICATOR OF ACHIEVEMENT

SUBJECT: Health	STRAND: 10.2 Healthful Living	GRADE: K-1
UNIT FOCUS: Healthful Living		

Unit Content	Student Outcomes	Learning Activities (possible but not limited to)	Standards	Dates Taught	√ for Mastery
<ul style="list-style-type: none"> • Health related information 	<p>The student will:</p> <ul style="list-style-type: none"> • identify health-related information. <ul style="list-style-type: none"> – Signs and symbols – Terminology – Products and services 	<ul style="list-style-type: none"> • Coloring pages • Pull a picture of a sign/symbol out of a hat or bag and identify it 	10.2.3B		
<ul style="list-style-type: none"> • Personal hygiene and dental health 	<ul style="list-style-type: none"> • identify personal hygiene practices and community helpers that promote health and prevent the spread of disease. 	<ul style="list-style-type: none"> • General discussions about the importance of regular bathing and shampooing, dental care, etc. and possible consequences of poor hygiene • Discuss proper brushing technique • Demonstrate proper brushing technique • Invite the school dentist in for a discussion 	10.2.3A		
<ul style="list-style-type: none"> • Decision making 	<ul style="list-style-type: none"> • identify the steps in a decision making process 	<ul style="list-style-type: none"> • STAR program 	10.2.3D		
<ul style="list-style-type: none"> • Environmental factors that affect health 	<ul style="list-style-type: none"> • identify environmental factors that affect health <ul style="list-style-type: none"> – Temperature extremes – Insects/animals 	<ul style="list-style-type: none"> • ASSET 	10.2.3E		

WEST ALLEGHENY SCHOOL DISTRICT

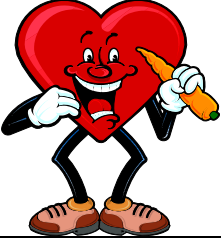
STUDENT OUTCOME STATEMENTS – INDICATOR OF ACHIEVEMENT

SUBJECT: Health	STRAND: 10.3 Safety and Injury Prevention	GRADE: K-1
UNIT FOCUS: Safety and Injury Prevention		

Unit Content	Student Outcomes	Learning Activities (possible but not limited to)	Standards	Dates Taught	√ for Mastery
<ul style="list-style-type: none"> • Safety around people (e.g. safe/unsafe touch, abuse, good touch/bad touch, stranger, bully) • Emergencies • Conflict Resolution • Individual responsibility for safety in physical education class 	<p>The student will:</p> <ul style="list-style-type: none"> • recognize safe/unsafe practices in the home, school and community. • recognize emergency situations and explain appropriate responses. <ul style="list-style-type: none"> – Importance of remaining calm – How to call for help • recognize conflict situations and identify strategies to avoid or resolve. • identify and use safe practices in physical activity settings. 	<ul style="list-style-type: none"> • D.A.R.E • Olweus Program • Demonstrate the technique of stop-drop-roll and dialing 9-1-1 • STAR Program • Physical Education class 	<p>10.3.3 A</p> <p>10.3.3 B</p> <p>10.3.3 C</p> <p>10.3.3 D</p>		

**ELEMENTARY CURRICULUM
HEALTH AND PHYSICAL EDUCATION**

HEALTH - GRADE 2-3

	<p style="text-align: center;">MAJOR HEALTH EDUCATION CONCEPTS ADDRESSED IN EACH GRADE LEVEL COURSE</p>
<p>Reporting Category</p>	<p style="text-align: center;">HEALTH EDUCATION – Grade 2-3</p>
<p style="text-align: center;">The following concepts will be covered throughout the health education curriculum for:</p>	
<p>Concepts of Health</p>	<ul style="list-style-type: none"> • Nutrition • Age appropriate drug information • Identify common health problems • Major body organs and systems
<p>Safety and Injury Prevention</p>	<ul style="list-style-type: none"> • Recognize safe/unsafe practices analyzing different modes of transportation • Conflict resolution • Individual responsibility for safety in physical education class
<p>Healthful Living</p>	<ul style="list-style-type: none"> • Sources that influence health and safety • Personal hygiene and dental health • Decision making • Environmental factors that affect health

WEST ALLEGHENY SCHOOL DISTRICT

Subject: HEALTH EDUCATION
 GRADE 2-3



ACADEMIC STANDARDS

10.1.3B	10.2.3A	10.3.3A
10.1.3C	10.2.3C	10.3.3B
10.1.3D	10.2.3D	10.3.3C
10.1.3E	10.2.3E	10.3.3D

COURSE DESCRIPTION:

This course will provide students with the knowledge and skills needed to achieve and maintain a healthy lifestyle. Areas of study will include but not be limited to growth and development; body systems; nutrition; decision making skills; and emergency response. The focus will be on how these subject areas develop the physical, mental, emotional, and intellectual well being of students in a way that will allow them to choose behaviors that promote optimal health. Students will be provided with a foundation in health education that is both comprehensive and age appropriate. This approach will allow them to achieve a better understanding of the benefits of a healthy lifestyle and how it will positively impact their ability to achieve their academic potential.

BASIC TEXT/PUBLISHER AND INSTRUCTIONAL RESOURCES:

Miscellaneous Material (books, hand-outs, periodicals)

ASSESSMENT:

- Formal/Informal Assessment

TECHNOLOGY USED:

- TV
- DVD
- Computer
- Smartboard
- Web Pages
- Overhead
- Power Point

WEST ALLEGHENY SCHOOL DISTRICT

STUDENT OUTCOME STATEMENTS – INDICATOR OF ACHIEVEMENT

SUBJECT: Health	STRAND: 10.1 Concepts of Health	GRADE: 2-3
UNIT FOCUS: Concepts of Health		

Unit Content	Student Outcomes	Learning Activities (possible but not limited to)	Standards	Dates Taught	√ for Mastery
<ul style="list-style-type: none"> • Nutrition • Major body organs and systems • Age appropriate drug information and risk taking 	<p>The student will:</p> <ul style="list-style-type: none"> • explain the role of the food guide pyramid in helping people eat a healthy diet. <ul style="list-style-type: none"> – Food groups – Number of servings – Variety of food – Nutrients • identify and know the location and function of the major body organs and systems (circulatory, respiratory, muscular, skeletal, and digestive). • know age appropriate drug information. <ul style="list-style-type: none"> – Healthy/unhealthy risk-taking (inhalant use, smoking) – Skills to avoid drugs 	<ul style="list-style-type: none"> • Match food items to correct food groups • Printable worksheets • D.A.R.E 	<p>10.1.3C</p> <p>10.1.3B</p> <p>10.1.3D</p>		

WEST ALLEGHENY SCHOOL DISTRICT

STUDENT OUTCOME STATEMENTS – INDICATOR OF ACHIEVEMENT

SUBJECT: Health	STRAND: 10.1 Concepts of Health	GRADE: 2-3
UNIT FOCUS: Concepts of Health		

Unit Content	Student Outcomes	Learning Activities (possible but not limited to)	Standards	Dates Taught	√ for Mastery
<ul style="list-style-type: none"> • Common health problems 	<p>The student will:</p> <ul style="list-style-type: none"> • identify types and causes of common health problems of children. <ul style="list-style-type: none"> – Noninfectious diseases (asthma, hay fever, allergies, lyme disease) – Pathogens – Heredity 	<ul style="list-style-type: none"> • State common problems of children that are infectious/non-infectious • SMARTboard activities and Magic School Bus videos 	10.1.3E		

WEST ALLEGHENY SCHOOL DISTRICT

STUDENT OUTCOME STATEMENTS – INDICATOR OF ACHIEVEMENT

SUBJECT: Health	STRAND: 10.2 Healthful Living	GRADE: 2-3
UNIT FOCUS: Healthful Living		

Unit Content	Student Outcomes	Learning Activities (possible but not limited to)	Standards	Dates Taught	√ for Mastery
<ul style="list-style-type: none"> • Sources that influence health and safety • Personal hygiene and dental health • Decision making • Environmental factors that affect health 	<p>The student will:</p> <ul style="list-style-type: none"> • cite different media sources and how they are influenced by them. • identify personal hygiene practices and community helpers that promote health and prevent the spread of disease. • identify and practice the steps in a decision making process. • identify environmental factors that affect health. <ul style="list-style-type: none"> – Pollution (air, water, noise, soil) – Waste disposal – Temperature extremes – Insects/animals 	<ul style="list-style-type: none"> • Write a persuasive paragraph to discourage the use of a particular item • Name nurse, eye doctor, speech clinician • Using a diagram label the different types of teeth <p>STAR Program</p> <p>Earth Day and ASSET</p>	<p>10.2.3C</p> <p>10.2.3A</p> <p>10.2.3D</p> <p>10.2.3E</p>		

WEST ALLEGHENY SCHOOL DISTRICT

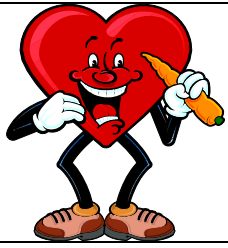
STUDENT OUTCOME STATEMENTS – INDICATOR OF ACHIEVEMENT

SUBJECT: Health	STRAND: 10.3 Safety and Injury Prevention	GRADE: 2-3
UNIT FOCUS: Safety and Injury Prevention		

Unit Content	Student Outcomes	Learning Activities (possible but not limited to)	Standards	Dates Taught	√ for Mastery
<ul style="list-style-type: none"> • Recognize safe/unsafe practices analyzing different modes of transportation • Emergencies • Conflict resolution • Individual responsibility for safety in physical education class 	<p>The student will:</p> <ul style="list-style-type: none"> • identify and cite different modes of transportation. • identify the different safety aspects . • discuss appropriate responses to emergency situations. <ul style="list-style-type: none"> – Importance of remaining calm – How to call for help – Simple assistance procedures – How to protect self • recognize conflict situations and identify strategies to avoid or resolve. • identify and use safe practices in physical activity settings. 	<ul style="list-style-type: none"> • Discuss seatbelt safety • Bus evacuation • Bicycle safety-use of helmets • Discuss fire safety • Make fire safety posters • Role-play an emergency situation • STAR Program • Physical Education classes 	<p>10.3.3A</p> <p>10.3.3B</p> <p>10.3.3C</p> <p>10.3.3D</p>		

**ELEMENTARY CURRICULUM
HEALTH AND PHYSICAL EDUCATION**

HEALTH - GRADE 4-5



MAJOR HEALTH EDUCATION CONCEPTS
ADDRESSED IN EACH GRADE LEVEL COURSE

Reporting
Category

HEALTH EDUCATION – Grade 4-5

The following concepts will be covered throughout the health education curriculum for:

Concepts of
Health

- Understand growth and development
- Major body systems
- Nutritional concepts that impact health
- Factors that influence childhood and adolescence drug use
- Health problems that can occur throughout life

Concepts,
Principles
and
Strategies of
Movement

- Personal health practices and individual well-being
- Environmental factors that impact health

Healthful
Living

- Safe practices in home, school, and community
- Strategies to avoid or manage conflict and violence
- Safe practices in physical activity setting

WEST ALLEGHENY SCHOOL DISTRICT

Subject: **HEALTH EDUCATION**
 GRADE 4-5



ACADEMIC STANDARDS

10.1.6.A	10.2.6.A	10.3.6.A
10.1.6.B	10.2.6.E	10.3.6.C
10.1.6.C		10.3.6.D
10.1.6.D		
10.1.6.E		

COURSE DESCRIPTION:

This course will provide students with the knowledge and skills needed to achieve and maintain a healthy lifestyle. Areas of study will include but not be limited to growth and development; body systems; nutrition; decision making skills; and emergency response. The focus will be on how these subject areas develop the physical, mental, emotional, and intellectual well being of students in a way that will allow them to choose behaviors that promote optimal health. Students will be provided with a foundation in health education that is both comprehensive and age appropriate. This approach will allow them to achieve a better understanding of the benefits of a healthy lifestyle and how it will positively impact their ability to achieve their academic potential.

BASIC TEXT/PUBLISHER AND INSTRUCTIONAL RESOURCES:

Miscellaneous Material (books, hand-outs, periodicals)

ASSESSMENT:

- Formal/Informal Assessment

TECHNOLOGY USED:

- Web pages
- DVD, CD, VCR
- Overhead
- PowerPoint
- SmartBoard

WEST ALLEGHENY SCHOOL DISTRICT

STUDENT OUTCOME STATEMENTS – INDICATOR OF ACHIEVEMENT

SUBJECT: Health	STRAND: 10.1 Concepts of Health	GRADE: 4-5
UNIT FOCUS: Concepts of Health		

Unit Content	Student Outcomes	Learning Activities (possible but not limited to)	Standards	Dates Taught	√ for Mastery
<ul style="list-style-type: none"> • Understand growth and development • Major body systems • Nutritional concepts that impact health 	<p>The student will:</p> <ul style="list-style-type: none"> • describe growth and development changes that occur between childhood and adolescence. • identify and describe the structure and function of the major body systems. <ul style="list-style-type: none"> – nervous – muscular – integumentary(skin) – urinary – endocrine • analyze nutritional concepts that impact health. <ul style="list-style-type: none"> – caloric content of foods 	<ul style="list-style-type: none"> • Boys will listen to a lecture and watch a movie on puberty given through nurse and/or physical education teacher.(5th) • Girls will listen to a lecture and watch a movie on puberty given through nurse and/or physical education teacher.(4th and 5th) • Read about and discuss these systems, complete handouts, watch videos. • Read and discuss complete handouts, watch videos, complete art projects. 	<p>10.1.6.A</p> <p>10.2.6.B</p> <p>10.1.6.C</p>		

WEST ALLEGHENY SCHOOL DISTRICT

STUDENT OUTCOME STATEMENTS – INDICATOR OF ACHIEVEMENT

SUBJECT: Health	STRAND: 10.1 Concepts of Health	GRADE: 4-5
UNIT FOCUS: Concepts of Health		

Unit Content	Student Outcomes	Learning Activities (possible but not limited to)	Standards	Dates Taught	√ for Mastery
<ul style="list-style-type: none"> • Factors that influence childhood adolescence drug use • Health problems that can occur throughout life 	<p>The student will:</p> <ul style="list-style-type: none"> – relationship of food intake and physical activity (energy output). – nutrient requirements – label reading – healthful food selection <ul style="list-style-type: none"> • explain factors that influence childhood and adolescent drug use. <ul style="list-style-type: none"> – peer influence – social acceptance – stress – media influence – decision-making/refusal skills – rules, regulations and laws – consequences • identify health problems that can occur throughout life and describe ways to prevent them. <ul style="list-style-type: none"> – diseases (e.g., cancer, diabetes, STD/HIV/AIDS, cardiovascular disease) – preventions (i.e. do not smoke, maintain proper weight, eat a balanced diet) 	<ul style="list-style-type: none"> • Create a menu using the food pyramid • DARE • Read, discuss, complete handouts, watch videos. 	<p>10.1.6.D</p> <p>10.1.6.E</p>		

WEST ALLEGHENY SCHOOL DISTRICT

STUDENT OUTCOME STATEMENTS – INDICATOR OF ACHIEVEMENT

SUBJECT: Health	STRAND: 10.2 Healthful Living	GRADE: 4-5
UNIT FOCUS: Healthful Living		

Unit Content	Student Outcomes	Learning Activities (possible but not limited to)	Standards	Dates Taught	√ for Mastery
<ul style="list-style-type: none"> Personal health practices and individual well-being 	<p>The student will:</p> <ul style="list-style-type: none"> explain the relationship between personal health practices and individual well-being. <ul style="list-style-type: none"> immunizations health examinations 	<ul style="list-style-type: none"> Participate in various health screenings throughout the school year. Discuss proper daily hygiene with nurse and/or physical education teacher. Read, complete handouts, watch videos 	10.2.6.A		
<ul style="list-style-type: none"> Environmental factors that impact health 	<ul style="list-style-type: none"> analyze environmental factors that impact health. <ul style="list-style-type: none"> indoor air quality (e.g., secondhand smoke, allergens) natural disasters 	<ul style="list-style-type: none"> 5th grade ASSET Land and water unit 4th grade 	10.2.6.E		

WEST ALLEGHENY SCHOOL DISTRICT

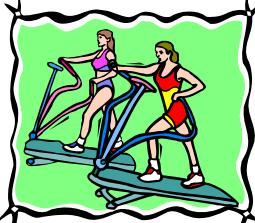
STUDENT OUTCOME STATEMENTS – INDICATOR OF ACHIEVEMENT

SUBJECT: Health	STRAND: 10.3 Safety and Injury Prevention	GRADE: 4-5
UNIT FOCUS: Safety and Injury Prevention		

Unit Content	Student Outcomes	Learning Activities (possible but not limited to)	Standards	Dates Taught	√ for Mastery
<ul style="list-style-type: none"> ▪ Safe practices in home, school, and community 	<p>The student will:</p> <ul style="list-style-type: none"> • Explain and apply safe practices in the home, school and community. <ul style="list-style-type: none"> – emergencies (e.g., fire, natural disasters) – personal safety (e.g., home alone, latch key, harassment) – communication (e.g., telephone, Internet) – violence prevention (e.g., gangs, weapons) 	<ul style="list-style-type: none"> • Participation in DARE and STAR programs, emergency drills 	10.3.6.A		
<ul style="list-style-type: none"> ▪ Strategies to avoid or manage conflict and violence 	<ul style="list-style-type: none"> • Describe strategies to avoid or manage conflict and violence. <ul style="list-style-type: none"> – anger management – peer mediation – reflective listening – negotiation 	<ul style="list-style-type: none"> • DARE 	10.3.6.C		
<ul style="list-style-type: none"> ▪ Safe practices in physical activity setting 	<ul style="list-style-type: none"> • Analyze the role of individual responsibility for safety during physical activity. 	<ul style="list-style-type: none"> • Listen to and demonstrate safe practices in physical activity during physical education and swimming classes. 	10.3.6.D		

**ELEMENTARY CURRICULUM
HEALTH AND PHYSICAL EDUCATION**

**PHYSICAL EDUCATION
KINDERGARTEN**

	<p>MAJOR PHYSICAL EDUCATION CONCEPTS ADDRESSED IN EACH GRADE LEVEL COURSE</p>
<p>Reporting Category</p>	<p>PHYSICAL EDUCATION – Grade <u> K </u></p>
<p>The following concepts will be covered throughout the physical education curriculum for:</p>	
<p style="text-align: center;"><u>UNITS</u></p>	
<p style="text-align: center;">MANIPULATIVE SKILLS</p>	
<p style="text-align: center;">SOCCER</p>	
<p style="text-align: center;">FITNESS</p>	
<p style="text-align: center;">SPATIAL AWARENESS</p>	
<p style="text-align: center;">CONCEPTS OF MOVEMENT</p>	

WEST ALLEGHENY SCHOOL DISTRICT

Subject: PHYSICAL EDUCATION
GRADE K



ACADEMIC STANDARDS

10.4.3A,B,C,D,E,F

10.5.3.A,B,C,D,E,F

COURSE DESCRIPTION:

This course focuses on the benefits associated with regular participation in physical activity. It is designed to meet the needs of all students regardless of skill level. It will assist the students in understanding how physical activity provides the opportunity for enjoyment and self expression as well as allowing them to respect the role that regular physical activity plays in the pursuit of life long health and well being.

BASIC TEXT/PUBLISHER AND INSTRUCTIONAL RESOURCES:

Periodicals

Presidential Physical Fitness Guide

Internet based websites

ASSESSMENT:

- Presidential Physical Fitness Test
- Formative Assessment

TECHNOLOGY USED:

- TV
- DVD
- VCR

WEST ALLEGHENY SCHOOL DISTRICT

STUDENT OUTCOME STATEMENTS – INDICATOR OF ACHIEVEMENT

SUBJECT: Physical Education	STRAND: 10.4 Physical Activity 10.5 Concepts, Principles, and Strategies of Movement	GRADE: Kindergarten
UNIT FOCUS: Manipulative Skills		

Unit Content	Student Outcomes	Learning Activities	Standards	Dates Taught	√ for Mastery
<ul style="list-style-type: none"> ▪ Throwing ▪ Catching ▪ Kicking ▪ Rolling 	<p>The students will:</p> <ul style="list-style-type: none"> • demonstrate an ability to send and receive an object in a continuous motion. 	<ul style="list-style-type: none"> • Guard the Pin • Clean Up Your Room • Stations 	10.4.3A 10.4.3D 10.4.3E 10.5.3 A 10.5.3B 10.5.3E		

WEST ALLEGHENY SCHOOL DISTRICT

STUDENT OUTCOME STATEMENTS – INDICATOR OF ACHIEVEMENT

SUBJECT: Physical Education	STRAND: 10.4 Physical Activity 10.5 Concepts, Principles, and Strategies of Movement	GRADE: Kindergarten
UNIT FOCUS: Soccer		

Unit Content	Student Outcomes	Learning Activities	Standards	Dates Taught	√ for Mastery
<ul style="list-style-type: none"> ▪ Dribbling ▪ Trapping ▪ Passing 	<p>The students will:</p> <ul style="list-style-type: none"> • control a soccer ball demonstrating the use of the critical elements. • demonstrate an ability to stop a soccer ball in a defined space. • perform a pass of the soccer ball towards a target with 50% accuracy. 	<ul style="list-style-type: none"> • Dribbling Through the Forest • Sharks and Minnows • Pirates • Station work • Soccer Tug-of-War • Station work 	<p>10.4.3A 10.4.3D 10.5.3A 10.5.3B 10.5.3C 10.5.3E 10.5.3F</p> <p align="center">↓</p>		

WEST ALLEGHENY SCHOOL DISTRICT

STUDENT OUTCOME STATEMENTS – INDICATOR OF ACHIEVEMENT

SUBJECT: Physical Education	STRAND: 10.4 Physical Activity 10.5 Concepts, Principles, and Strategies of Movement	GRADE: Kindergarten
UNIT FOCUS: Fitness		

Unit Content	Student Outcomes	Learning Activities	Standards	Dates Taught	√ for Mastery
<ul style="list-style-type: none"> ▪ Presidential Physical Fitness Testing 	<p>The students will:</p> <ul style="list-style-type: none"> • achieve and maintain a health-enhancing level of physical fitness. • sustain moderate to vigorous physical activity for short periods of time. 	<ul style="list-style-type: none"> • Sit and reach • Pull-ups • Push-ups • Sit ups • Shuttle run 	10.4.3A 10.4.3B 10.4.3D 10.4.3E 10.4.3C 10.5.3A 10.5.3C 10.5.3D		

WEST ALLEGHENY SCHOOL DISTRICT

STUDENT OUTCOME STATEMENTS – INDICATOR OF ACHIEVEMENT

SUBJECT: Physical Education	STRAND: 10.4 Physical Activity 10.5 Concepts, Principles, and Strategies of Movement	GRADE: Kindergarten
UNIT FOCUS: Spatial Awareness		

Unit Content	Student Outcomes	Learning Activities	Standards	Dates Taught	√ for Mastery
<ul style="list-style-type: none"> ▪ Low-level games 	<p>The students will:</p> <ul style="list-style-type: none"> • actively participate in games of skill and strategy. 	<ul style="list-style-type: none"> • Scramble ball • Builders and Bulldozers • Scooter tag • Fire and Ice • Stop and Go Tag • Tunnel Tag 	10.4.3A 10.4.3D 10.4.3F 10.5.3A 10.5.3F		

WEST ALLEGHENY SCHOOL DISTRICT

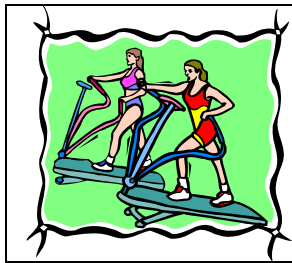
STUDENT OUTCOME STATEMENTS – INDICATOR OF ACHIEVEMENT

SUBJECT: Physical Education	STRAND: 10.4 Physical Activity 10.5 Concepts, Principles, and Strategies of Movement	GRADE: Kindergarten
UNIT FOCUS: Concepts of Movement		

Unit Content	Student Outcomes	Learning Activities	Standards	Dates Taught	√ for Mastery
<p>Locomotor Skills:</p> <ul style="list-style-type: none"> • Walk • Run • Hop • Skip • Jump • Gallop <p>Non-locomotor Skills:</p> <ul style="list-style-type: none"> • bend • stretch • twist • balance 	<p>The students will:</p> <ul style="list-style-type: none"> • demonstrate competency in many movement forms and proficiency in a few movement forms. • travels in forward and sideways directions using a variety of locomotor and non-locomotor patterns and changes direction quickly in response to a signal. 	<ul style="list-style-type: none"> • Cut the Pizza • Smurf Soup • Musical Hula Hoops • Octopus • Turtles, Dogs, and Elephants • Body Shape Fun 	<p>10.4.3 A 10.4.3E 10.4.3D 10.5.3A</p>		

**ELEMENTARY CURRICULUM
HEALTH AND PHYSICAL EDUCATION**

**PHYSICAL EDUCATION
GRADE I**



MAJOR PHYSICAL EDUCATION CONCEPTS
ADDRESSED IN EACH GRADE LEVEL COURSE

Reporting
Category

PHYSICAL EDUCATION - Grade 1

The following concepts will be covered throughout the physical education curriculum for:

UNITS

MANIPULATIVE SKILLS

SOCCER

FITNESS

SPATIAL AWARENESS

CONCEPTS OF MOVEMENT

WEST ALLEGHENY SCHOOL DISTRICT

Subject: PHYSICAL EDUCATION
GRADE 1



ACADEMIC STANDARDS

10.4.3A,B,C,D,E,F

10.5.3.A,B,C,D,E,F

COURSE DESCRIPTION:

This course focuses on the benefits associated with regular participation in physical activity. It is designed to meet the needs of all students regardless of skill level. It will assist the students in understanding how physical activity provides the opportunity for enjoyment and self expression as well as allowing them to respect the role that regular physical activity plays in the pursuit of life long health and well being.

BASIC TEXT/PUBLISHER AND INSTRUCTIONAL RESOURCES:

Periodicals
Presidential Physical Fitness Guide
Internet based websites

ASSESSMENT:

- Presidential Physical Fitness Test
- Formative Assessment

TECHNOLOGY USED:

- TV
- DVD
- VCR

WEST ALLEGHENY SCHOOL DISTRICT

STUDENT OUTCOME STATEMENTS – INDICATOR OF ACHIEVEMENT

SUBJECT: Physical Education	STRAND: 10.4 Physical Activity 10.5 Concepts, Principles, and Strategies of Movement	GRADE: 1
UNIT FOCUS: Manipulative Skills		

Unit Content	Student Outcomes	Learning Activities	Standards	Dates Taught	√ for Mastery
<ul style="list-style-type: none"> • Throwing • Catching • Kicking • Rolling 	<p>The students will:</p> <ul style="list-style-type: none"> • demonstrate an ability to send and receive an object in a continuous motion. • name the critical elements relative to each skill. 	<ul style="list-style-type: none"> • Guard the Pin • Clean Up Your Room • Stations • Tick Tock Goes the Clock • Bean Bag Tic Tac Toe • Oscar’s Garbage Can/Volcano 	10.4.3A 10.4.3D 10.4.3E 10.5.3A 10.5.3B 10.5.3E		

WEST ALLEGHENY SCHOOL DISTRICT

STUDENT OUTCOME STATEMENTS – INDICATOR OF ACHIEVEMENT

SUBJECT: Physical Education	STRAND: 10.4 Physical Activity 10.5 Concepts, Principles, and Strategies of Movement	GRADE: 1
UNIT FOCUS: Soccer		

Unit Content	Student Outcomes	Learning Activities	Standards	Dates Taught	√ for Mastery
<ul style="list-style-type: none"> • Dribbling • Trapping • Passing 	<p>The students will:</p> <ul style="list-style-type: none"> • control a soccer ball demonstrating the use of the critical elements. • demonstrate an ability to stop a soccer ball in a defined space. • perform a pass of the soccer ball towards a target with 70% accuracy. 	<ul style="list-style-type: none"> • Dribbling Through the Forest • Sharks and Minnows • Pirates • Freeze Tag • Dribbling Relay • Station work • Monkey in the Middle • Soccer Tug-of-War • Station work 	<p>10.4.3A 10.4.3D 10.4.3F 10.5.3A 10.5.3B 10.5.3C 10.5.3E 10.5.3F</p> <p align="center">↓</p>		

WEST ALLEGHENY SCHOOL DISTRICT

STUDENT OUTCOME STATEMENTS – INDICATOR OF ACHIEVEMENT

SUBJECT: Physical Education	STRAND: 10.4 Physical Activity 10.5 Concepts, Principles, and Strategies of Movement	GRADE: 1
UNIT FOCUS: Fitness		

Unit Content	Student Outcomes	Learning Activities	Standards	Dates Taught	√ for Mastery
<ul style="list-style-type: none"> • Presidential Physical Fitness Testing 	<p>The students will:</p> <ul style="list-style-type: none"> • achieve and maintain a health-enhancing level of physical fitness. • sustain moderate to vigorous physical activity for short periods of time. 	<ul style="list-style-type: none"> • Sit and reach • Pull-ups • Push-ups • Sit ups • Shuttle run • Distance run 	10.4.3A 10.4.3B 10.4.3C 10.4.3D 10.5.3A 10.5.3C 10.5.3D		

WEST ALLEGHENY SCHOOL DISTRICT

STUDENT OUTCOME STATEMENTS – INDICATOR OF ACHIEVEMENT

SUBJECT: Physical Education	STRAND: 10.4 Physical Activity 10.5 Concepts, Principles, and Strategies of Movement	GRADE: 1
UNIT FOCUS: Spatial Awareness		

Unit Content	Student Outcomes	Learning Activities	Standards	Dates Taught	√ for Mastery
<ul style="list-style-type: none"> ▪ Low-level games 	<p>The students will:</p> <ul style="list-style-type: none"> • actively participate in games of skill and strategy. 	<ul style="list-style-type: none"> • Scramble ball • Builders and Bulldozers • Scooter tag • Fire and Ice • Stop and Go Tag • Tunnel Tag • One-on-one Target Soccer 	10.4.3A 10.4.3D 10.4.3F 10.5.3A 10.5.3F		

WEST ALLEGHENY SCHOOL DISTRICT

STUDENT OUTCOME STATEMENTS – INDICATOR OF ACHIEVEMENT

SUBJECT: Physical Education	STRAND: 10.4 Physical Activity 10.5 Concepts, Principles, and Strategies of Movement	GRADE: 1
UNIT FOCUS: Concepts of Movement		

Unit Content	Student Outcomes	Learning Activities	Standards	Dates Taught	√ for Mastery
<ul style="list-style-type: none"> • Locomotor Skills: <ul style="list-style-type: none"> – Walk – Run – Hop – Skip – Jump – Gallop • Non-locomotor Skills: <ul style="list-style-type: none"> – bend – stretch – twist – balance 	<p>The students will:</p> <ul style="list-style-type: none"> • demonstrate competency in many movement forms and proficiency in a few movement forms. • travel in forward and sideways directions using a variety of locomotor and non-locomotor patterns and change direction quickly in response to a signal. 	<ul style="list-style-type: none"> ▪ Cut the Pizza ▪ Smurf Soup ▪ Musical Hula Hoops ▪ Octopus ▪ Turtles, Dogs, and Elephants ▪ Body Shape Fun ▪ Animal Actions 	<p>10.4.3A 10.4.3D 10.4.3E 10.5.3A</p> <p align="center">↓</p>		

**ELEMENTARY CURRICULUM
HEALTH AND PHYSICAL EDUCATION**

**PHYSICAL EDUCATION
GRADE 2**

	<p>MAJOR PHYSICAL EDUCATION CONCEPTS ADDRESSED IN EACH GRADE LEVEL COURSE</p>
<p>Reporting Category</p>	<p>PHYSICAL EDUCATION – Grade <u> 2 </u></p>
<p>The following concepts will be covered throughout the physical education curriculum for:</p>	
<p><u>UNITS</u></p>	
<p>MANIPULATIVE SKILLS</p>	
<p>SOCCER</p>	
<p>FITNESS</p>	
<p>SPATIAL AWARENESS</p>	
<p>BASKETBALL</p>	
<p>HOCKEY</p>	

WEST ALLEGHENY SCHOOL DISTRICT

Subject: **PHYSICAL EDUCATION**
 GRADE 2



ACADEMIC STANDARDS

10.4.3A,B,C,D,E,F

10.5.3.A,B,C,D,E,F

COURSE DESCRIPTION:

This course focuses on the benefits associated with regular participation in physical activity. It is designed to meet the needs of all students regardless of skill level. It will assist the students in understanding how physical activity provides the opportunity for enjoyment and self expression as well as allowing them to respect the role that regular physical activity plays in the pursuit of life long health and well being.

BASIC TEXT/PUBLISHER AND INSTRUCTIONAL RESOURCES:

Periodicals

Presidential Physical Fitness Guide

Internet based websites

ASSESSMENT:

- Presidential Physical Fitness Test
- Formative Assessment

TECHNOLOGY USED:

- TV
- DVD
- VCR

WEST ALLEGHENY SCHOOL DISTRICT

STUDENT OUTCOME STATEMENTS – INDICATOR OF ACHIEVEMENT

SUBJECT: Physical Education	STRAND: 10.4 Physical Activity 10.5 Concepts, Principles, and Strategies of Movement	GRADE: 2
UNIT FOCUS: Manipulative Skills		

Unit Content	Student Outcomes	Learning Activities	Standards	Dates Taught	√ for Mastery
<ul style="list-style-type: none"> • Throwing • Catching • Kicking • Rolling 	<p>The students will:</p> <ul style="list-style-type: none"> • demonstrate an ability to send and receive an object in a continuous motion. • name the critical elements relative to each skill. • identify the differences between an overhand throw and an underhand toss. 	<ul style="list-style-type: none"> • Guard the Pin • Clean Up Your Room • Stations • Tick Tock Goes the Clock • Bean Bag Tic Tac Toe • Oscar’s Garbage Can/Volcano • Elimination 	10.4.3A 10.4.3D 10.4.3E 10.5.3A 10.5.3B 10.5.3E		

WEST ALLEGHENY SCHOOL DISTRICT

STUDENT OUTCOME STATEMENTS – INDICATOR OF ACHIEVEMENT


SUBJECT: Physical Education	STRAND: 10.4 Physical Activity 10.5 Concepts, Principles, and Strategies of Movement	GRADE: 2
UNIT FOCUS: Soccer		

Unit Content	Student Outcomes	Learning Activities	Standards	Dates Taught	√ for Mastery
<ul style="list-style-type: none"> • Dribbling • Trapping • Passing • Rules of the game/strategies 	<p>The students will:</p> <ul style="list-style-type: none"> • control a soccer ball demonstrating the use of the critical elements. • demonstrate an ability to stop a soccer ball in a defined space. • perform a pass of the soccer ball towards a target with 80% accuracy. • explain and apply the rules and basic strategies of an indoor soccer game. 	<ul style="list-style-type: none"> • Dribbling Through the Forest • Sharks and Minnows • Pirates • Freeze Tag • Dribbling Relay • Station work • Monkey in the Middle • Soccer Tug-of-War • Station work 	<p>10.4.3A 10.4.3D 10.4.3F 10.5.3A 10.5.3B 10.5.3C 10.5.3E 10.5.3F</p> <p align="center">↓</p>		

WEST ALLEGHENY SCHOOL DISTRICT

STUDENT OUTCOME STATEMENTS – INDICATOR OF ACHIEVEMENT

SUBJECT: Physical Education	STRAND: 10.4 Physical Activity 10.5 Concepts, Principles, and Strategies of Movement	GRADE: 2
UNIT FOCUS: Fitness		

Unit Content	Student Outcomes	Learning Activities	Standards	Dates Taught	√ for Mastery
<ul style="list-style-type: none"> • Presidential Physical Fitness Testing 	<p>The students will:</p> <ul style="list-style-type: none"> • achieve and maintain a health-enhancing level of physical fitness 	<ul style="list-style-type: none"> • Sit and reach • Pull-ups • Push-ups • Sit ups • Shuttle run • Distance run 	10.4.3A 10.4.3B 10.4.3C 10.4.3D 10.4.3E 10.5.3A 10.5.3C 10.5.3D		
<ul style="list-style-type: none"> • Circuit Training 	<ul style="list-style-type: none"> • sustain moderate to vigorous physical activity for short periods of time 	<ul style="list-style-type: none"> • Fitness stations 			

WEST ALLEGHENY SCHOOL DISTRICT

STUDENT OUTCOME STATEMENTS – INDICATOR OF ACHIEVEMENT

SUBJECT: Physical Education	STRAND: 10.4 Physical Activity 10.5 Concepts, Principles, and Strategies of Movement	GRADE: 2
UNIT FOCUS: Spatial Awareness		

Unit Content	Student Outcomes	Learning Activities	Standards	Dates Taught	√ for Mastery
<ul style="list-style-type: none"> ▪ Low-level games ▪ Movement in space 	<p>The students will:</p> <ul style="list-style-type: none"> • actively participate in games of skill and strategy. • distinguish the difference between open space and personal space. 	<ul style="list-style-type: none"> • Scramble ball • Builders and Bulldozers • Scooter tag • Fire and Ice • Stop and Go Tag • Tunnel Tag • One-on-one Target Soccer 	<p>10.4.3A 10.5.3A 10.5.3F</p> <p align="center">↓</p>		

WEST ALLEGHENY SCHOOL DISTRICT

STUDENT OUTCOME STATEMENTS – INDICATOR OF ACHIEVEMENT

SUBJECT: Physical Education	STRAND: 10.4 Physical Activity 10.5 Concepts, Principles and Strategies of Movement	GRADE: 2
UNIT FOCUS: Basketball		

Unit Content	Student Outcomes	Learning Activities	Standards	Dates Taught	√ for Mastery
<ul style="list-style-type: none"> • Dribbling • Passing • Shooting 	<p>The students will:</p> <ul style="list-style-type: none"> • demonstrate ball control utilizing the critical elements while stationary and moving. • distinguish the difference between a chest pass and a bounce pass. • apply the critical elements to each type of pass. • recognize and perform different types of shots (lay-ups and set shots). 	<ul style="list-style-type: none"> • Dribble Through the Forest • Dribble tag • Steal the Bacon • Pirates • Penny Push • Bull in the Ring • Station work • Pinball • P-I-G 	<p>10.4.3A 10.4.3D 10.4.3F 10.5.3A 10.5.3B 10.5.3C 10.5.3F</p> <p align="center">↓</p>		

WEST ALLEGHENY SCHOOL DISTRICT

STUDENT OUTCOME STATEMENTS – INDICATOR OF ACHIEVEMENT

SUBJECT: Physical Education	STRAND: 10.4 Physical Activity 10.5 Concepts, Principles and Strategies of Movement	GRADE: 2
UNIT FOCUS: Hockey		

Unit Content	Student Outcomes	Learning Activities	Standards	Dates Taught	√ for Mastery
<ul style="list-style-type: none"> • Puck handling • Passing • Shooting 	<p>The students will:</p> <ul style="list-style-type: none"> • demonstrate puck control utilizing the critical elements while moving. • perform a push pass towards a target with 80% accuracy. • perform a wrist shot into a goal with 50% accuracy. 	<ul style="list-style-type: none"> ▪ Weaves ▪ Changing direction ▪ Straight ▪ Partner pass ▪ Station work ▪ Keep Away ▪ Pin hockey ▪ Sideline hockey 	<p>10.4.3A 10.4.3D 10.4.3F 10.5.3A 10.5.3B 10.5.3C 10.5.3F</p> <p align="center">↓</p>		

**ELEMENTARY CURRICULUM
HEALTH AND PHYSICAL EDUCATION**

**PHYSICAL EDUCATION
GRADE 3**



MAJOR PHYSICAL EDUCATION CONCEPTS
ADDRESSED IN EACH GRADE LEVEL COURSE

Reporting
Category

PHYSICAL EDUCATION - Grade 3

The following concepts will be covered throughout the physical education curriculum for:

UNITS

SOCCER

FITNESS

BASKETBALL

HOCKEY

NET GAMES

TRACK AND FIELD

WEST ALLEGHENY SCHOOL DISTRICT

Subject: **PHYSICAL EDUCATION**
 GRADE 3



ACADEMIC STANDARDS

10.4.3A,B,C,D,E,F

10.5.3.A,B,C,D,E,F

COURSE DESCRIPTION:

This course focuses on the benefits associated with regular participation in physical activity. It is designed to meet the needs of all students regardless of skill level. It will assist the students in understanding how physical activity provides the opportunity for enjoyment and self expression as well as allowing them to respect the role that regular physical activity plays in the pursuit of life long health and well being.

BASIC TEXT/PUBLISHER AND INSTRUCTIONAL RESOURCES:

- Periodicals
- Presidential Physical Fitness Guide
- Internet based websites

ASSESSMENT:

- Presidential Physical Fitness Test
- Formative Assessment

TECHNOLOGY USED:

- TV
- DVD
- VCR

WEST ALLEGHENY SCHOOL DISTRICT

STUDENT OUTCOME STATEMENTS – INDICATOR OF ACHIEVEMENT

SUBJECT: Physical Education	STRAND: 10.4 Physical Activity 10.5 Concepts, Principles, and Strategies of Movement	GRADE: 3
UNIT FOCUS: Soccer		

Unit Content	Student Outcomes	Learning Activities	Standards	Dates Taught	√ for Mastery
<ul style="list-style-type: none"> • Dribbling • Trapping • Passing • Rules of the game/strategies • Shooting 	<p>The students will:</p> <ul style="list-style-type: none"> • control a soccer ball demonstrating the use of the critical elements. • demonstrate an ability to stop a soccer ball in a defined space. • perform a pass of the soccer ball towards a target with 80% accuracy. • explain the rules and basic strategies of an indoor soccer game. • perform shots on goal with 50% accuracy. 	<ul style="list-style-type: none"> • Dribbling Through the Forest • Sharks and Minnows • Pirates • Freeze Tag • Dribbling Relay • Station work • Monkey in the Middle • Soccer Tug-of-War • Station work • Modified sideline soccer game 	<p>10.4.3A 10.4.3D 10.4.3F 10.5.3A 10.5.3B 10.5.3C 10.5.3E 10.5.3F</p> <p align="center">↓</p>		

WEST ALLEGHENY SCHOOL DISTRICT

STUDENT OUTCOME STATEMENTS – INDICATOR OF ACHIEVEMENT

SUBJECT: Physical Education	STRAND: 10.4 Physical Activity 10.5 Concepts, Principles, and Strategies of Movement	GRADE: 3
UNIT FOCUS: Fitness		

Unit Content	Student Outcomes	Learning Activities	Standards	Dates Taught	√ for Mastery
<ul style="list-style-type: none"> • Presidential Physical Fitness Testing 	<p>The students will:</p> <ul style="list-style-type: none"> • achieve and maintain a health-enhancing level of physical fitness. 	<ul style="list-style-type: none"> • Sit and reach • Pull-ups • Push-ups • Sit ups • Shuttle run • Distance run 	10.4.3A 10.4.3B 10.4.3C 10.4.3D 10.5.3A 10.5.3C 10.5.3D		
<ul style="list-style-type: none"> • Circuit Training 	<ul style="list-style-type: none"> • sustain moderate to vigorous physical activity for short periods of time. 	<ul style="list-style-type: none"> • Fitness stations 	↓		

WEST ALLEGHENY SCHOOL DISTRICT

STUDENT OUTCOME STATEMENTS – INDICATOR OF ACHIEVEMENT

SUBJECT: Physical Education	STRAND: 10.4 Physical Activity 10.5 Concepts, Principles and Strategies of Movement	GRADE: 3
UNIT FOCUS: Basketball		

Unit Content	Student Outcomes	Learning Activities	Standards	Dates Taught	√ for Mastery
<ul style="list-style-type: none"> • Dribbling • Passing • Shooting • Rules <ul style="list-style-type: none"> – pivot foot – double dribble – traveling – palming the ball – boundaries 	<p>The students will:</p> <ul style="list-style-type: none"> • demonstrate ball control utilizing the critical elements while stationary and moving. • distinguish the difference between a chest pass and a bounce pass. • apply the critical elements to each type of pass. • recognize and perform different types of shots (lay-ups and set shots). • apply rules of the game . 	<ul style="list-style-type: none"> • Dribble Through the Forest • Dribble tag • Steal the Bacon • Pirates • Penny Push • Bull in the Ring • Station work • Pinball • P-I-G • Sideline basketball 	<p>10.4.3A 10.4.3D 10.4.3F 10.5.3A 10.5.3B 10.5.3C 10.5.3E 10.5.3F</p> <p align="center">↓</p>		

WEST ALLEGHENY SCHOOL DISTRICT

STUDENT OUTCOME STATEMENTS – INDICATOR OF ACHIEVEMENT

SUBJECT: Physical Education	STRAND: 10.4 Physical Activity 10.5 Concepts, Principles and Strategies of Movement	GRADE: 3
UNIT FOCUS: Hockey		

Unit Content	Student Outcomes	Learning Activities	Standards	Dates Taught	√ for Mastery
<ul style="list-style-type: none"> • Puck handling • Passing • Shooting • Rules 	<p>The students will:</p> <ul style="list-style-type: none"> • demonstrate puck control utilizing the critical elements while moving. • perform a push pass towards a target with 80% accuracy. • perform a wrist shot into a goal with 50% accuracy. • apply the rules of the game. 	<ul style="list-style-type: none"> ▪ Weaves ▪ Changing direction ▪ Straight handling ▪ Partner pass ▪ Station work ▪ Keep Away ▪ Pin hockey ▪ Sideline hockey ▪ Sideline hockey 	<p>10.4.3A 10.4.3D 10.4.3F 10.5.3A 10.5.3B 10.5.3C 10.5.3E 10.5.3F</p> <p align="center">↓</p>		

WEST ALLEGHENY SCHOOL DISTRICT

STUDENT OUTCOME STATEMENTS – INDICATOR OF ACHIEVEMENT

SUBJECT: Physical Education	STRAND: 10.4 Physical Activity 10.5 Concepts, Principles and Strategies of Movement	GRADE: 3
UNIT FOCUS: Net Games		

Unit Content	Student Outcomes	Learning Activities	Standards	Dates Taught	√ for Mastery
<ul style="list-style-type: none"> • Bump • Set • Underhand Serve • Forehand Swing 	<p>The students will:</p> <ul style="list-style-type: none"> • perform a bump shot applying the critical elements with 50% accuracy. • perform a set shot using the critical elements with 50% accuracy. • demonstrate an underhand serve using the critical elements with 50% accuracy. • make use of the forehand swing addressing the critical elements to return a shot. 	<ul style="list-style-type: none"> ▪ Station work ▪ Trainer ▪ Volleyballs/beach balls ▪ Keep it up ▪ Partner work ▪ Set against the wall ▪ Newcomb ▪ Badminton 	<p>10.4.3A 10.4.3D 10.4.3F 10.5.3A 10.5.3B 10.5.3C 10.5.3E</p> <p align="center">↓</p>		

WEST ALLEGHENY SCHOOL DISTRICT

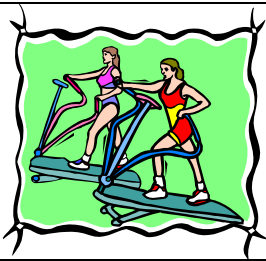
STUDENT OUTCOME STATEMENTS – INDICATOR OF ACHIEVEMENT

SUBJECT: Physical Education	STRAND: 10.4 Physical Activity 10.5 Concepts, Principles and Strategies of Movement	GRADE: 3
UNIT FOCUS: Track and Field		

Unit Content	Student Outcomes	Learning Activities	Standards	Dates Taught	√ for Mastery
<ul style="list-style-type: none"> ▪ Track Events <ul style="list-style-type: none"> – Sprints/dashes – Distance run – Relays • Field Events <ul style="list-style-type: none"> – Long Jump – Obstacle Course – Softball Throw – Football Throw – Javelin Throw – Frisbee Throw 	<p>The students will:</p> <ul style="list-style-type: none"> • participate in events that promote cardiovascular health and endurance and muscular endurance. • perform various activities that promote muscular strength and flexibility. 	<ul style="list-style-type: none"> ▪ Relay races ▪ Mile run (Presidential Physical Fitness testing) ▪ Track and Field Day ▪ Ultimate Frisbee ▪ Holiday obstacle course ▪ Punt, Pass, and Kick ▪ Track and Field Day 	<p>10.4.3A 10.4.3D 10.5.3A 10.5.3B 10.5.3C 10.5.3D 10.5.3E</p> <p align="center">↓</p>		

**ELEMENTARY CURRICULUM
HEALTH AND PHYSICAL EDUCATION**

**PHYSICAL EDUCATION
GRADE 4**



MAJOR PHYSICAL EDUCATION CONCEPTS
ADDRESSED IN EACH GRADE LEVEL COURSE

Reporting
Category

PHYSICAL EDUCATION - Grade 4

The following concepts will be covered throughout the physical education curriculum for:

UNITS

SOCCER

FITNESS

BASKETBALL

HOCKEY

NET GAMES

TRACK AND FIELD

WEST ALLEGHENY SCHOOL DISTRICT



Subject: PHYSICAL EDUCATION
GRADE 4

ACADEMIC STANDARDS

10.4.3A,B,C,D,E,F
10.5.3.A,B,C,D,E,F

COURSE DESCRIPTION:

This course focuses on the benefits associated with regular participation in physical activity. It is designed to meet the needs of all students regardless of skill level. It will assist the students in understanding how physical activity provides the opportunity for enjoyment and self expression as well as allowing them to respect the role that regular physical activity plays in the pursuit of life long health and well being.

BASIC TEXT/PUBLISHER AND INSTRUCTIONAL RESOURCES:

Periodicals
Presidential Physical Fitness Guide
Internet based websites

ASSESSMENT:

- Presidential Physical Fitness Test
- Formative Assessment

TECHNOLOGY USED:

- TV
- DVD
- VCR
- Pedometers

WEST ALLEGHENY SCHOOL DISTRICT

STUDENT OUTCOME STATEMENTS – INDICATOR OF ACHIEVEMENT

SUBJECT: Physical Education	STRAND: 10.4 Physical Activity 10.5 Concepts, Principles, and Strategies of Movement	GRADE: 4
UNIT FOCUS: Soccer		

Unit Content	Student Outcomes	Learning Activities	Standards	Dates Taught	√ for Mastery
<ul style="list-style-type: none"> • Dribbling • Trapping ▪ Passing • Enforcing rules of the game/strategies • Shooting 	<p>The students will:</p> <ul style="list-style-type: none"> • control a soccer ball demonstrating the use of the critical elements. • demonstrate an ability to stop a soccer ball in a defined space. • perform a pass of the soccer ball towards a target with 85% accuracy. • apply the rules and basic strategies of an indoor soccer game. • perform shots on goal with 75% accuracy. 	<ul style="list-style-type: none"> • Dribbling Through the Forest • Sharks and Minnows • Pirates • Freeze Tag • Dribbling Relay • Station work • Monkey in the Middle • Soccer Tug-of-War • Station work • Modified sideline soccer game 	<p>10.4.6A 10.4.6D 10.4.6F 10.5.6A 10.5.6B 10.5.6C 10.5.6E 10.5.6F</p> <p align="center">↓</p>		

WEST ALLEGHENY SCHOOL DISTRICT

STUDENT OUTCOME STATEMENTS – INDICATOR OF ACHIEVEMENT

SUBJECT: Physical Education	STRAND: 10.4 Physical Activity 10.5 Concepts, Principles, and Strategies of Movement	GRADE: 4
UNIT FOCUS: Fitness		

Unit Content	Student Outcomes	Learning Activities	Standards	Dates Taught	√ for Mastery
<ul style="list-style-type: none"> • Presidential physical fitness testing • Circuit training 	<p>The students will:</p> <ul style="list-style-type: none"> • achieve and maintain a health-enhancing level of physical fitness. • sustain moderate to vigorous physical activity for short periods of time. 	<ul style="list-style-type: none"> • Sit and reach • Pull-ups • Push-ups • Sit ups • Shuttle run • Distance run • Fitness stations • Pedometers 	10.4.6A 10.4.6B 10.4.6C 10.4.6D 10.4.6E 10.5.6A 10.5.6C 10.5.6D ↓		

WEST ALLEGHENY SCHOOL DISTRICT

STUDENT OUTCOME STATEMENTS – INDICATOR OF ACHIEVEMENT

SUBJECT: Physical Education	STRAND: 10.4 Physical Activity 10.5 Concepts, Principles and Strategies of Movement	GRADE: 4
UNIT FOCUS: Basketball		

Unit Content	Student Outcomes	Learning Activities	Standards	Dates Taught	√ for Mastery
<ul style="list-style-type: none"> • Dribbling • Passing • Shooting • Rules <ul style="list-style-type: none"> – pivot foot – double dribble – traveling – palming the ball – boundaries 	<p>The students will:</p> <ul style="list-style-type: none"> • demonstrate ball control utilizing the critical elements while stationary and moving. • distinguish the difference between a chest pass and a bounce pass. • apply the critical elements to each type of pass. • recognize and perform different types of shots (lay-ups and set shots). • apply rules of the game . 	<ul style="list-style-type: none"> • Dribble Through the Forest • Dribble tag • Steal the Bacon • Pirates • Penny Push • Bull in the Ring • Station work • Pinball • P-I-G • Sideline basketball 	<p>10.4.6A 10.4.6D 10.4.6F 10.5.6A 10.5.6B 10.5.6C 10.5.6E 10.5.6F</p> <p align="center">↓</p>		

WEST ALLEGHENY SCHOOL DISTRICT

STUDENT OUTCOME STATEMENTS – INDICATOR OF ACHIEVEMENT

SUBJECT: Physical Education	STRAND: 10.4 Physical Activity 10.5 Concepts, Principles and Strategies of Movement	GRADE: 4
UNIT FOCUS: Hockey		

Unit Content	Student Outcomes	Learning Activities	Standards	Dates Taught	√ for Mastery
<ul style="list-style-type: none"> • Puck handling • Passing • Shooting • Rules 	<p>The students will:</p> <ul style="list-style-type: none"> • demonstrate puck control utilizing the critical elements while moving. • perform a push pass towards a target with 85% accuracy. • perform a wrist shot into a goal with 75% accuracy. • apply the rules of the game. 	<ul style="list-style-type: none"> • Weaves • Changing direction • Straight handling • Partner pass • Station work • Keep Away • Pin hockey • Sideline hockey • Sideline hockey 	<p>10.4.6A 10.4.6D 10.4.6F 10.5.6A 10.5.6B 10.5.6C 10.5.6E 10.5.6F</p> <p align="center">↓</p>		

WEST ALLEGHENY SCHOOL DISTRICT

STUDENT OUTCOME STATEMENTS – INDICATOR OF ACHIEVEMENT

SUBJECT: Physical Education	STRAND: 10.4 Physical Activity 10.5 Concepts, Principles and Strategies of Movement	GRADE: 4
UNIT FOCUS: Net Games		

Unit Content	Student Outcomes	Learning Activities	Standards	Dates Taught	√ for Mastery
<ul style="list-style-type: none"> ▪ Bump ▪ Set ▪ Underhand Serve ▪ Forehand Swing 	<p>The students will:</p> <ul style="list-style-type: none"> • perform a bump shot applying the critical elements with 75% accuracy. • perform a set shot using the critical elements with 75% accuracy. • demonstrate an underhand serve using the critical elements with 75% accuracy. • make use of the forehand swing addressing the critical elements to return a shot. 	<ul style="list-style-type: none"> • Station work • Trainer • Volleyballs/beach balls • Keep it up • Partner work • Set against the wall • Newcomb • Badminton 	<p>10.4.6A 10.4.6D 10.4.6F 10.5.6A 10.5.6B 10.5.6C 10.5.6E</p> <p align="center">↓</p>		

WEST ALLEGHENY SCHOOL DISTRICT

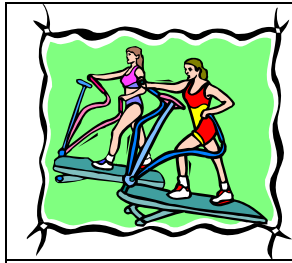
STUDENT OUTCOME STATEMENTS – INDICATOR OF ACHIEVEMENT

SUBJECT: Physical Education	STRAND: 10.4 Physical Activity 10.5 Concepts, Principles and Strategies of Movement	GRADE: 4
UNIT FOCUS: Track and Field		

Unit Content	Student Outcomes	Learning Activities	Standards	Dates Taught	√ for Mastery
<ul style="list-style-type: none"> • Track Events <ul style="list-style-type: none"> – Sprints/dashes – Distance run – Relays • Field Events <ul style="list-style-type: none"> – Long Jump – Obstacle Course – Softball Throw – Football Throw – Javelin Throw – Frisbee Throw 	<p>The students will:</p> <ul style="list-style-type: none"> • participate in events that promote cardiovascular health and endurance and muscular endurance. • perform various activities that promote muscular strength and flexibility. 	<ul style="list-style-type: none"> • Relay races • Mile run (Presidential Physical Fitness testing) • Track and Field Day • Ultimate Frisbee • Holiday obstacle course • Punt, Pass, and Kick • Track and Field Day 	<ul style="list-style-type: none"> 10.4.6A 10.4.6D 10.5.6A 10.5.6B 10.5.6C 10.5.6D 10.5.6E 10.4.6A 10.5.6A 10.5.6B 10.5.6C 10.5.6D 10.5.6E 		

**ELEMENTARY CURRICULUM
HEALTH AND PHYSICAL EDUCATION**

**PHYSICAL EDUCATION
GRADE 5**



MAJOR PHYSICAL EDUCATION CONCEPTS
ADDRESSED IN EACH GRADE LEVEL COURSE

Reporting
Category

PHYSICAL EDUCATION – Grade 5

The following concepts will be covered throughout the physical education curriculum for:

UNITS

SOCCER

FITNESS

BASKETBALL

HOCKEY

NET GAMES

TRACK AND FIELD

WEST ALLEGHENY SCHOOL DISTRICT

Subject: PHYSICAL EDUCATION
GRADE - 5



ACADEMIC STANDARDS

10.4.3A,B,C,D,E,F

10.5.3.A,B,C,D,E,F

COURSE DESCRIPTION:

This course focuses on the benefits associated with regular participation in physical activity. It is designed to meet the needs of all students regardless of skill level. It will assist the students in understanding how physical activity provides the opportunity for enjoyment and self expression as well as allowing them to respect the role that regular physical activity plays in the pursuit of life long health and well being.

BASIC TEXT/PUBLISHER AND INSTRUCTIONAL RESOURCES:

Periodicals

Presidential Physical Fitness Test

Internet based websites

ASSESSMENT:

- Presidential Physical Fitness Test
- Formative Assessment

TECHNOLOGY USED:

- TV
- DVD
- VCR
- Pedometers

WEST ALLEGHENY SCHOOL DISTRICT

STUDENT OUTCOME STATEMENTS – INDICATOR OF ACHIEVEMENT


SUBJECT: Physical Education	STRAND: 10.4 Physical Activity 10.5 Concepts, Principles, and Strategies of Movement	GRADE: 5
UNIT FOCUS: Soccer		

Unit Content	Student Outcomes	Learning Activities	Standards	Dates Taught	√ for Mastery
<ul style="list-style-type: none"> • Dribbling • Trapping • Passing • Enforcing rules of the game/strategies • Shooting 	<p>The students will:</p> <ul style="list-style-type: none"> • control a soccer ball demonstrating the use of the critical elements. • demonstrate an ability to stop a soccer ball in a defined space. • perform a pass of the soccer ball towards a target with 80% accuracy. • apply the rules and basic strategies of an indoor soccer game. • perform shots on goal with 80% accuracy. 	<ul style="list-style-type: none"> • Dribbling Through the Forest • Sharks and Minnows • Pirates • Freeze Tag • Dribbling Relay • Station work • Monkey in the Middle • Soccer Tug-of-War • Station work • Modified sideline soccer game 	<p>10.4.6A 10.4.6D 10.4.6E 10.4.6F 10.5.6A 10.5.6B 10.5.6C 10.5.6E 10.5.6F</p> <p align="center">↓</p>		

WEST ALLEGHENY SCHOOL DISTRICT

STUDENT OUTCOME STATEMENTS – INDICATOR OF ACHIEVEMENT


SUBJECT: Physical Education	STRAND: 10.4 Physical Activity 10.5 Concepts, Principles, and Strategies of Movement	GRADE: 5
UNIT FOCUS: Fitness		

Unit Content	Student Outcomes	Learning Activities	Standards	Dates Taught	√ for Mastery
<ul style="list-style-type: none"> • Presidential Physical Fitness Testing • Circuit Training 	<p>The students will:</p> <ul style="list-style-type: none"> • achieve and maintain a health-enhancing level of physical fitness. • sustain moderate to vigorous physical activity for short periods of time. 	<ul style="list-style-type: none"> • Sit and reach • Pull-ups • Push-ups • Sit ups • Shuttle run • Distance run • Fitness stations • Pedometers 	10.4.6A 10.4.6E 10.5.6A 10.5.6C 10.5.6D 		

WEST ALLEGHENY SCHOOL DISTRICT

STUDENT OUTCOME STATEMENTS – INDICATOR OF ACHIEVEMENT

SUBJECT: Physical Education	STRAND: 10.4 Physical Activity 10.5 Concepts, Principles and Strategies of Movement	GRADE: 5
UNIT FOCUS: Basketball		

Unit Content	Student Outcomes	Learning Activities	Standards	Dates Taught	√ for Mastery
<ul style="list-style-type: none"> • Dribbling • Passing • Shooting • Rules <ul style="list-style-type: none"> – pivot foot – double dribble – traveling – palming the ball – boundaries 	The students will: <ul style="list-style-type: none"> • demonstrate ball control utilizing the critical elements while stationary and moving. • distinguish the difference between a chest pass and a bounce pass • apply the critical elements to each type of pass. • recognize and perform different types of shots (lay-ups and set shots). • apply rules of the game. 	<ul style="list-style-type: none"> • Dribble Through the Forest • Dribble tag • Steal the Bacon • Pirates • Penny Push • Bull in the Ring • Station work • Pinball • P-I-G • Sideline basketball 	10.4.6A 10.4.6D 10.4.6E 10.4.6F 10.5.6A 10.5.6B 10.5.6C 10.5.6E 10.5.6F 		

WEST ALLEGHENY SCHOOL DISTRICT

STUDENT OUTCOME STATEMENTS – INDICATOR OF ACHIEVEMENT

SUBJECT: Physical Education	STRAND: 10.4 Physical Activity 10.5 Concepts, Principles and Strategies of Movement	GRADE: 5
UNIT FOCUS: Hockey		

Unit Content	Student Outcomes	Learning Activities	Standards	Dates Taught	√ for Mastery
<ul style="list-style-type: none"> • Puck handling • Passing • Shooting • Rules 	<p>The students will:</p> <ul style="list-style-type: none"> • demonstrate puck control utilizing the critical elements while moving. • perform a push pass towards a target with 80% accuracy. • perform a wrist shot into a goal with 80% accuracy. • apply the rules of the game. 	<ul style="list-style-type: none"> • Weaves • Changing direction • Straight handling • Partner pass • Station work • Keep Away • Pin hockey • Sideline hockey • Sideline hockey 	<p>10.4.6A 10.4.6D 10.4.6E 10.4.6F 10.5.6A 10.5.6B 10.5.6C 10.5.6E 10.5.6F</p> <p align="center">↓</p>		

WEST ALLEGHENY SCHOOL DISTRICT

STUDENT OUTCOME STATEMENTS – INDICATOR OF ACHIEVEMENT

SUBJECT: Physical Education	STRAND: 10.4 Physical Activity 10.5 Concepts, Principles and Strategies of Movement	GRADE: 5
UNIT FOCUS: Net Games		

Unit Content	Student Outcomes	Learning Activities	Standards	Dates Taught	√ for Mastery
<ul style="list-style-type: none"> • Bump • Set • Underhand Serve • Forehand Swing 	<p>The students will:</p> <ul style="list-style-type: none"> • perform a bump shot applying the critical elements with 85% accuracy. • perform a set shot using the critical elements with 85% accuracy. • demonstrate an underhand serve using the critical elements with 85% accuracy. • make use of the forehand swing addressing the critical elements to return a shot. 	<ul style="list-style-type: none"> • Station work • Trainer Volleyballs/beach balls • Keep it up • Partner work • Set against the wall • Newcomb • Badminton 	<p>10.4.6A 10.4.6D 10.4.6E 10.4.6F 10.5.6A 10.5.6B 10.5.6C 10.5.6E</p> <p align="center">↓</p>		

WEST ALLEGHENY SCHOOL DISTRICT

STUDENT OUTCOME STATEMENTS – INDICATOR OF ACHIEVEMENT

SUBJECT: Physical Education	STRAND: 10.4 Physical Activity 10.5 Concepts, Principles and Strategies of Movement	GRADE: 5
UNIT FOCUS: Track and Field		

Unit Content	Student Outcomes	Learning Activities	Standards	Dates Taught	√ for Mastery
<ul style="list-style-type: none"> • Track Events <ul style="list-style-type: none"> – Sprints/dashes – Distance run – Relays • Field Events <ul style="list-style-type: none"> – Long Jump – Obstacle Course – Softball Throw – Football Throw – Javelin Throw – Frisbee Throw 	<p>The students will:</p> <ul style="list-style-type: none"> • participate in events that promote cardiovascular health and endurance and muscular endurance. • perform various activities that promote muscular strength and flexibility. 	<ul style="list-style-type: none"> • Relay races • Mile run (Presidential Physical Fitness testing) • Track and field day • Ultimate frisbee • Holiday obstacle course • Punt, pass, and kick • Track and field day 	<p>10.4.6A 10.5.6A 10.5.6B 10.5.6C 10.5.6D 10.5.6E</p> <p align="center">↓</p>		