

Physical Education Curriculum

Grades 3-5

"Successful preparation of students for the opportunities, rigors and advances of the 21st Century cannot be accomplished without a strong and sustained emphasis on the health and wellness of all students. Today's students are continually bombarded with physical, mental, and social influences that affect not only learning in school, but also the lifelong health of the citizens that schools are preparing for graduation. To that end, the New Jersey Student Learning Standards - Comprehensive Health and Physical Education (NJSL-CHPE) were revised to address the need for students to gain knowledge and skills in caring for themselves, interact effectively with others, and analyze the impact of choices and consequences."

Reference: New Jersey Department of Education. New Jersey Student Learning Standards, 2020.

Unit Title	Timeframe	New Jersey Student Learning Standards
<p align="center"><i>Movement Skills and Concepts</i></p>	<p align="center"><i>Trimesters 1-3</i></p>	<p><i>2.2.5.MSC.1: Demonstrate body management skills and control when moving in relation to others, objects, and boundaries in personal and general space (e.g., coordination, balance, flexibility, agility).</i></p> <p><i>2.2.5.MSC.2: Explain and demonstrate movement sequences, individually and with others, in response to various tempos, rhythms, and musical styles.</i></p> <p><i>2.2.5.MSC.3: Demonstrate and perform movement skills with developmentally appropriate control in isolated settings (e.g., skill practice) and applied settings (e.g., games, sports, dance, recreational activities).</i></p> <p><i>2.2.5.MSC.4: Develop the necessary body control to improve stability and balance during movement and physical activity</i></p> <p><i>2.2.5.MSC.5: Correct movement skills and analyze concepts in response to external feedback and self-evaluation with understanding and demonstrating how the change improves performance.</i></p> <p><i>2.2.5.MSC.6: Execute appropriate behaviors and etiquette while participating as a player and viewing as an observer during physical activity, games, and other events, contribute to a safe environment.</i></p> <p><i>2.2.5.MSC.7: Apply specific rules, strategies, and procedures for specific physical activity, games, and sports in a safe active environment.</i></p>
<p align="center"><i>Physical Fitness</i></p>	<p align="center"><i>Trimesters 1-3</i></p>	<p><i>2.2.5.PF.1: Identify the physical, social, emotional, and intellectual benefits of regular physical activity that affect personal health.</i></p> <p><i>2.2.5.PF.2: Accept and respect others of all skill levels and abilities during participation.</i></p> <p><i>2.2.5.PF.3: Participate in moderate to vigorous age-appropriate physical fitness activities and build the skills that address each component of health-related fitness (e.g., endurance, strength, speed, agility, flexibility, balance).</i></p> <p><i>2.2.5.PF.4: Develop a short term and/or a long-term health-related fitness goal (e.g., cardiorespiratory endurance 'heart & lungs', muscular strength, muscular endurance, flexibility, body composition, nutrition) to evaluate personal health.</i></p> <p><i>2.2.5.PF.5: Determine how different factors influence personal fitness and other healthy lifestyle choices (e.g., heredity, physical activity, nutrition, sleep, technology).</i></p>
<p align="center"><i>Lifelong Fitness</i></p>	<p align="center"><i>Trimesters 1-3</i></p>	<p><i>2.2.5.LF.1: Express one's feelings and emotions when involved in movement and physical activities to increase positive behaviors.</i></p> <p><i>2.2.5.LF.2: Perform movement skills that involve controlling and adapting posture and balance, to successfully negotiate different environments (e.g., mats, turf fields, grass fields, hard surfaces, gym floors, sand, water, snow) during physical activity.</i></p> <p><i>2.2.5.LF.3: Explore the body's range of motion through participating in flexibility and breathing exercises (e.g., stretching, mindfulness, yoga).</i></p> <p><i>2.2.5.LF.4: Identify physical activities available outside of school that are in the community.</i></p> <p><i>2.2.5.LF.5: Describe how community resources could be used to support participation in a variety of physical activities, sports and wellness.</i></p>