Students in Physical Education in grades 3 through 5 build on the basic foundation of fitness developed in previous years as they assess their own progress and determine their lifelong fitness goals. A variety of recreational activities are introduced along with the vocabulary of sports skills involved in physical fitness, basic movement, individual and team sports, and rhythm and dance. Students are prepared to control body movement and to perform sports skills. The Project Adventure component provides students with strategies for communication, decision making, goal setting, and the development of leadership skills.

Adopted by the Somerville Board of Education on July 25, 2017
### Physical Education
**Grades 3 – 5**

<table>
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### Essential Question:
- How can an individual's fitness be determined?
- What skills are essential for successful team play?
- In what ways does physical activity enhance personal health?
- How are movement and thinking interdependent?
- How can we work together to solve problems?

### Content:
- Assessment of Skills and Physical Fitness
- Soccer/Football/Tennis
- Cardiovascular and Large Group Activities
- Cognitive Games
- Aerobics
- Project Adventure

### Skills and Topics:
- **assess personal fitness levels using a fitnessgram**
- **determine goals to improve personal fitness**
- **investigate the impact of the environment, heredity, diet, and health habits on fitness recall and apply basic movement skill sets (e.g., running, throwing, kicking) in isolated and game settings**
- **demonstrate the movement skills unique to soccer, football, and tennis**
- **compare and contrast the rules of play for soccer, football, and tennis**
- **evaluate the safety measures necessary for successful game play**
- **relate the cultural significance of soccer, football, and tennis in the United States and worldwide**
- **apply appropriate skills and strategies to play beginner soccer, football, and tennis games**
- **identify the benefits of cardiovascular activity**
- **evaluate personal responsibility in safe and successful group activities**
- **extend basic movement skills to participate in group activities**
- **collaborate to perform in cardiovascular activities (e.g., team tag, fun run, pass and score)**
- **appraise the need for planning in the execution of games strategize successful completion of cognitive games (e.g., pot luck supper, scavenger hunt, Alaskan pipeline)**
- **apply movement and cognitive strategies in cooperative games**
- **evaluate personal and group performance in cognitive games**
- **investigate safety methods that reduce or minimize injuries**
- **identify the qualities that create an effective team (e.g., communication, cooperation, trust)**
- **distinguish between competitive and cooperative activities**
- **demonstrate communication skills, negotiation, cooperation, and assertiveness in problem-solving scenarios**
- **summarize alternate activities using cognitive skills and problem-solving strategies**

### Integration of Technology:
- Internet, SMART Boards, stereo sound system, multimedia resources, video streaming, podcasting
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**Essential Question:**
- In what ways are movement skills incorporated in team sports?
- How does an athlete conquer fear?
- What helps athletes achieve common goals?
- How can we make personal fitness choices?
- In what ways does rhythm affect movement?

**Content:**
- Basketball and Volleyball
- Climbing Wall
- Team Skills Cooperative Games
- Track and Field
- Rhythmic Activity and Dance

**Skills and Topics:**
- Demonstrate the movement skills necessary to play basketball and volleyball
- Compare and contrast the rules for basketball and volleyball
- Evaluate individual versus team goals and roles in game play
- Apply appropriate movement skills specific to each game and role
- Evaluate personal and team performance

- Identify the safety rules associated with the climbing wall
- Demonstrate the movement skills necessary to complete the climbing exercises
- Apply decision-making skills to climbing goals
- Explain the role and importance of a spotter
- Incorporate movement skills, cognitive skills, and safety knowledge in climbing exercises

- Recall the skills and strategies used in previous game play
- Define the rules of team games (e.g., kickball, whistle ball, roller ball)
- Identify movement skills associated with team games
- Outline the skills and behaviors needed to perform as an effective team player
- Apply all movement and cognitive skills in cooperative team play

- Categorize track and field events (e.g., throwing, running, jumping)
- Determine the movement skill sets necessary in each event
- Practice skills in isolation
- Demonstrate appropriate technique and safety measures to perform distinct track and field events

**Integration of Technology:**
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