

Physical Education Framework – Grades 3-5



		Grade 3	Grade 4	Grade 5	
Fitness and Health	Physical	physical activity knowledge/health	discusses the relationship between physical activity and good health	examines the health benefits of participating in selected physical activities.	Compares the health benefits of participating in selected physical activities
		engages in physical activity	actively engages in all the activities of physical education without teacher prompting	actively engages in all the activities of physical education	engages actively in all of the activities of physical education
		fitness knowledge	recognizes the importance of warm-up and cool-down relative to vigorous physical activity	<ul style="list-style-type: none"> Identifies the components of health-related fitness demonstrates warm-up and cool-down related to the cardiorespiratory fitness assessment 	<ul style="list-style-type: none"> differentiates between skill-related and health-related fitness Identifies the need for warm-up and cool-down relative to various physical activities
	Emotional	personal responsibility	exhibits responsible behavior in teacher-directed activities	reflects on personal social behavior in physical education	exhibits respect for self with appropriate behavior while engaging in physical activity
		accepting feedback	accepts and implements specific corrective feedback from the teacher	listens respectfully to corrective feedback from others	gives corrective feedback respectfully to peers
		self-expression & enjoyment	<ul style="list-style-type: none"> reflects on the reasons for enjoying selected physical activities discusses the challenge that comes from learning a new physical activity 	ranks the enjoyment of participating in different physical activities	<ul style="list-style-type: none"> analyzes different physical activities for enjoyment and challenge, identifying reasons for a positive or negative response expresses (via written essay, visual creative dance) the enjoyment and/or challenge of participating in a favorite physical activity
		social interaction	discusses the positive social interactions that come when engaged with others in physical activities	describes and compares the positive social interactions when engaged in partner, small-group and large group physical activities	describes the social benefits gained from participating in physical activity
	Spiritual	faith connection	<ul style="list-style-type: none"> describe ways in which the cardinal virtues inform healthy choices (CCC 1803-1809) determine how communities help us grow in virtue (CCC 1882) know that we show our love for others through our thoughts and actions 	<ul style="list-style-type: none"> describe ways in which the cardinal virtues inform healthy choices (CCC 1803-1809) determine how communities help us grow in virtue (CCC 1882) know that we show our love for others through our thoughts and actions 	<ul style="list-style-type: none"> describe ways in which the cardinal virtues inform healthy choices (CCC 1803-1809) determine how communities help us grow in virtue (CCC 1882) know that we show our love for others through our thoughts and actions
	Skill building	Locomotor	hopping, galloping, running, sliding, skipping, leaping	leaps using a mature pattern	<ul style="list-style-type: none"> uses various locomotor skills in a variety of small-sided practice tasks, dance and educational gymnastics experiences demonstrates mature patterns of locomotor skills in dynamic small-sided practice tasks, gymnastics and dance combines locomotor and manipulative skills in a variety of small-sided practice tasks/games environments combines traveling with manipulative skills for execution to a target (e.g., scoring in soccer, hockey and basketball)

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		jogging, running	travels showing differentiation between sprinting and running	runs for distance using a mature pattern	uses appropriate pacing for a variety of running distances
		jumping & landing	jumps and lands in the horizontal and vertical planes using a mature pattern	uses spring and step take-offs and landings specific to gymnastics	combines jumping and landing patterns with locomotor and manipulative skills in dance, gymnastics and small-sided practice tasks in games environments
		dance	performs teacher-selected and developmentally appropriate dance steps and movement patterns	combines locomotor movement patterns and dance steps to create and perform an original dance	combines locomotor skills in cultural as well as creative dances (self and group) with correct rhythm and pattern
	Non-locomotor	combinations	performs a sequence of locomotor skills, transitioning from one skill to another smoothly and without hesitation	combines traveling with manipulative skills of dribbling, throwing, catching and striking in teacher- and/or student-designed practice tasks	applies skill
		balance	balances on different bases of support demonstrating muscular tension and extension of free body parts	balances on different bases of support on apparatus, demonstrating levels and shapes	combines balance and transferring weight in a gymnastics sequence or dance with a partner
		weight transfer	transfers weight from feet to hands for momentary weight support	transfers weight from feet to hands, varying speed and using large extensions (e.g., mule kick, handstand, cartwheel)	transfers weight in gymnastics and dance environments
		weight transfer, rolling	applies skill	applies skill	applies skill
		curling & stretching; twisting & bending	moves into and out of gymnastics balances with curling, twisting and stretching actions	moves into and out of balances on apparatus with curling, twisting and stretching actions	performs curling, twisting and stretching actions with correct application in dance, gymnastics, small-sided practice tasks and games environments
		combination	<ul style="list-style-type: none"> combines locomotor skills and movement concepts (levels, shapes, extensions, pathways, force, time, flow) to create and perform a dance combines balance and weight transfers with movement concepts to create and perform a dance 	combines traveling with balance and weight transfers to create a gymnastics sequence with and without equipment or apparatus	combines locomotor skills and movement concepts (levels, shapes, extensions, pathways, force, time, flow) to create and perform a dance with a group
		Manipulative	underhand throw	throws underhand to a partner or target with reasonable accuracy	applies skill
overhand throw	throws overhand demonstrating 3 of the 5 critical elements of a mature pattern		<ul style="list-style-type: none"> throws overhand using a mature pattern in nondynamic environments throws overhand to a partner or at a target with accuracy at a reasonable distance 	<ul style="list-style-type: none"> throws overhand using a mature pattern in nondynamic environments (closed skills), with different sizes and types of balls throws overhand to a large target with accuracy 	
passing with hands	developmentally appropriate/emerging outcomes appear in grade 4		throws to a moving partner with reasonable accuracy in a nondynamic environment	<ul style="list-style-type: none"> throws with accuracy, both partners moving throws with reasonable accuracy in dynamic, small-sided practice tasks 	

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		catching	catches a gently tossed hand-size ball from a partner demonstrating 4 of the 5 critical elements of a mature pattern	catches a thrown ball above the head, at chest or waist level and along the ground using a mature pattern	<ul style="list-style-type: none"> catches a batted ball above the head, at chest or waist level, and along the ground using a mature pattern in a nondynamic environment (closed skills) catches with accuracy, both partners moving catches with reasonable accuracy in dynamic, small-sided practice tasks
		dribbling/ball control with hands	dribbles and travels in general space at slow to moderate jogging speed, with control of ball and body	<ul style="list-style-type: none"> dribbles in self-space with both the preferred and nonpreferred hands using a mature pattern dribbles in general space with control of ball and body while increasing and decreasing speed 	combines hand dribbling with other skills during 1v1 practice tasks
		dribbling/ball control with feet	dribbles with the feet in general space at slow to moderate jogging speed with control of ball and body	dribbles with the feet in general space with control of ball and body while increasing and decreasing speed	combines foot dribbling with other skills in 1v1 practice tasks
		passing & receiving with feet	passes and receives a ball with the outsides and insides of the feet to a stationary partner, “giving” on reception before returning the pass	<ul style="list-style-type: none"> passes and receives a ball with the insides of the feet to a moving partner in a nondynamic environment passes and receives a ball with the outsides and insides of the feet to a stationary partner, “giving” on reception before returning the pass 	passes with the feet using a mature pattern as both partners travel receives a pass with the feet using a mature pattern as both partners travel
		dribbling in combination	developmentally appropriate/emerging outcomes appear in grade 4	dribbles with hands or feet in combination with other skills (e.g., passing, receiving, shooting)	dribbles with hands or feet with mature patterns in a variety of small-sided game forms
		kicking	<ul style="list-style-type: none"> uses a continuous running approach and intentionally performs a kick along the ground and a kick in the air, demonstrating 4 of the 5 critical elements of a mature pattern for each uses a continuous running approach and kicks a stationary ball for accuracy 	kicks along the ground and in the air, and punts using mature patterns	demonstrates mature patterns in kicking and punting in small-sided practice task environments
		volley, underhand	volleys an object with an underhand or sidearm striking pattern, sending it forward over a net, to the wall or over a line to a partner while demonstrating 4 of the 5 critical elements of a mature pattern	volleys underhand using a mature pattern, in a dynamic environment (e.g., two square, four square, handball)	applies skill
		volley, overhead	developmentally appropriate/emerging outcomes appear in grade 4	volleys a ball with a two-hand overhead pattern, sending it upward, demonstrating 4 of the 5 critical elements of a mature pattern	volleys a ball using a two-hand pattern, sending it upward to a target
		striking, short implement	<ul style="list-style-type: none"> strikes an object with a short-handled implement, sending it forward over a low net or to a wall 	<ul style="list-style-type: none"> strikes an object with a short-handled implement while demonstrating a mature pattern 	strikes an object consecutively, with a partner, using a short-handled implement, over a net or against a wall, in either a competitive or cooperative game environment

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Application in games and sports		striking, long implement	<ul style="list-style-type: none"> strikes an object with a short-handled implement, while demonstrating 3 of the 5 critical elements of a mature pattern 	<ul style="list-style-type: none"> strikes an object with a short-handled implement, alternating hits with a partner over a low net or against a wall 		
			strikes a ball with a long-handled implement, sending it forward, while using proper grip for the implement	strikes an object with a long-handled implement (e.g., hockey stick, golf club, batt, tennis racket, badminton racket), while demonstrating 3 of the 5 critical elements of a mature pattern for the implement (grip, stance, body orientation, swing plane and follow through)	<ul style="list-style-type: none"> strikes a pitched ball with a bat using a mature pattern combines striking with a long implement (e.g., bat, hockey stick) with receiving and traveling skills in a small-sided game 	
			developmentally appropriate/emerging outcomes appear in grade 4	combines traveling with the manipulative skills of dribbling, throwing, catching and striking in a teacher- and/or student-designed practice task	Combines manipulative skills and traveling for execution to a target (e.g., scoring in soccer, hockey and basketball)	
		combine with locomotor	performs intermediate jump-rope skills for both long or short ropes	creates a jump-rope routine with a partner, using either a short or long rope	creates a jump-rope routine with a partner, using either a short or long rope	
	Safety	safety	works independently and safely in physical activity settings	works safely with peers and equipment in physical activity settings	applies safety principles with age-appropriate physical activities	
			space	recognizes the concept of open spaces in a movement context	<ul style="list-style-type: none"> applies the concept of open space to combination skills involving traveling (e.g., dribbling and traveling) applies the concept of closing spaces in practice tasks dribbles in general space and changes direction and speed 	combines spatial concepts with loco- motor and non-locomotor movements for small groups in gymnastics, dance and games environments
	Problem solving/strategy	pathways, shapes and levels	recognizes locomotor skills specific to a wide variety of activities	combines movement concepts with skills in practice tasks, gymnastics, and dance environments	combines movement concepts with skills in small-sided practice tasks in game environments, gymnastics and dance with self-direction	
			speed, direction, force	combines movement concepts (direction, levels, force, time) with skills as directed by the teacher	<ul style="list-style-type: none"> applies the movement concepts of speed, endurance and pacing for running applies the concepts of direction and force when striking an object with a short-handled implement, sending it toward a designated target 	<ul style="list-style-type: none"> applies movement concepts to strategy in game situations applies the concepts of direction and force to strike an object with a long- handled implement analyzes movement situations and applies movement concepts (e.g., force, direction, speed, pathways, extensions) in small-sided practice tasks in game environments, dance and gymnastics
			alignment and muscular tension	employs the concept of muscular tension with balance in gymnastics and dance	applies skill	applies skill

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	strategies and tactics	<ul style="list-style-type: none"> applies simple strategies and tactics in chasing activities applies simple strategies in fleeing activities 	<ul style="list-style-type: none"> applies simple offensive strategies and tactics in chasing and fleeing activities recognizes the type of kicks needed for different games & sports situations 	<ul style="list-style-type: none"> applies basic offensive and defensive strategies and tactics in invasion small-sided practice tasks applies basic offensive and defensive strategies and tactics in net and wall small-sided practice tasks recognizes the type of throw, volley or striking action needed for different games and sports situations
Rules	rules and etiquette	recognizes the role of rules and etiquette in physical activity with peers	exhibits etiquette and adherence to rules in a variety of physical activities	critiques the etiquette involved in rules of various game activities
Playing as a team	working with others	<ul style="list-style-type: none"> works cooperatively with others praises others for their success in movement performance 	<ul style="list-style-type: none"> praises the movement performance of others both more skilled and less skilled accepts players of all skill levels into the physical activity 	applies skill