

Curriculum Guide  
 Subject Focus: Physical Education  
 Grades Kindergarten - Second Grade

**STANDARD 2.5 (Motor Skill Development)** All students will utilize safe, efficient, and effective movement to develop and maintain a healthy lifestyle.

**STANDARD 2.6 (Fitness)** All students will apply health related and skill related fitness concepts and skills to develop and maintain a healthy lifestyle

**ESSENTIAL QUESTIONS**

- Why do we need rules when playing games?
- Why is it important to be able to run?
- What skills are needed to successfully complete an obstacle course?

**Cooperative Games/Problem Solving**

NJ CCCS	Outcomes: Students will...	Activities	MATERIALS	ASSESSMENT
<p><u>By 2<sup>nd</sup> Grade</u>            2.5.A.1,2,4            2.5.B.1,3,4            2.5.C.1,2            2.6.A.2</p>	<ul style="list-style-type: none"> <li>• Work with others to obtain a common goal</li> <li>• Explore a variety of solutions to problems</li> <li>• Plan a strategy to successfully complete physical and mental challenges</li> <li>• Differentiate between cooperative and competitive skills</li> <li>• Analyze the problems and challenges</li> </ul>	<ul style="list-style-type: none"> <li>• Play signal games</li> <li>• Play Shake Hands</li> <li>• Play Fun walks</li> <li>• Play Red Rover</li> <li>• Play Little A, Big A</li> <li>• Play Freeze Tag</li> <li>• Play Group signals</li> <li>• Play In the dog House</li> <li>• Play Goldilocks and the 3 bears</li> <li>• Play musical hoops</li> </ul>	<p>Balls, Hula Hoops, Cones, poly spots, <u>Ready to Use PE Activities Grades K-2</u></p>	<p>-Teacher Observations             -Question and Answer            -Demonstrate, understand and follow verbal directions</p>

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**ESSENTIAL QUESTIONS**

- Why do we need rules when playing games?
- Why is throwing and catching an object important for games?

**Throwing and Catching**

NJ CCCS	Outcomes: Students will...	Activities	MATERIALS	ASSESSMENT
<p><u>By 2<sup>nd</sup> Grade</u>            2.5.A.1,4            2.5.B.1,2,3,4            2.5.C.1,2            2.6.A.2,3</p>	<ul style="list-style-type: none"> <li>• Develop proficiency in throwing and catching to self</li> <li>• Begin developing catching skills from varying body planes</li> <li>• Incorporate throwing and catching in a variety of games and activities</li> </ul>	<ul style="list-style-type: none"> <li>• Orally review of rules of classroom and games</li> <li>• Throwing with 2 hands and 1 hand</li> <li>• Underhand toss and overhead toss</li> <li>• Toss of beanbags, deck rings, playground balls, scarfs</li> <li>• Play Newcomb</li> <li>• Play Sky ball</li> <li>• Play Hot Potato</li> </ul>	<p>Balls, Hula Hoops, Cones, Mats, deck rings, Beanbags, Plyo Spots, playground balls, nerf balls, <u>Ready to Use PE Activities</u>  <u>Grades K-2</u></p>	<p>-Teacher Observations            -Question and Answer            -Demonstrate, understand and follow verbal directions</p>

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**ESSENTIAL QUESTIONS**

- Why is important to move in be able to move in different ways around an open space?

**Locomotor Skill Development**

NJ CCCS	Outcomes: Students will...	Activities	MATERIALS	ASSESSMENT
By 2 <sup>nd</sup> <u>Grade</u> 2.5.A.1-4 2.5.B.3,4 2.5.C.1,2 2.6.A.1-3	<ul style="list-style-type: none"> <li>• Demonstrate proficiency of locomotor skill</li> <li>• Recognize the locomotor skill</li> <li>• Participate in a game using the locomotor skills</li> <li>• Exercise and move to music</li> </ul>	<ul style="list-style-type: none"> <li>• Explore personal and general space</li> <li>• Locomotion stations</li> <li>• Making movement sequences</li> <li>• Cross-Lateral combinations</li> <li>• Sliding, Crawling and Creeping</li> </ul>	Balls, Hula Hoops, Cones, Mats, deck rings, Beanbags, Plyo Spots, <u>Ready to Use PE Activities</u> <u>Grades K-2</u>	<ul style="list-style-type: none"> <li>-Teacher Observations</li> <li>-Question and Answer</li> <li>-Demonstrate, understand and follow verbal directions</li> </ul>

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**ESSENTIAL QUESTIONS**

- How do we throw objects at targets?
- What are different ways to catch an object?

**Manipulative Skills**

NJ CCCS	Outcomes: Students will...	Activities	MATERIALS	ASSESSMENT
<p><u>By 2<sup>nd</sup> Grade</u>            2.5.A.1-4            2.5.B.1-4            2.5.C.1,2            2.6.A.1-3</p>	<ul style="list-style-type: none"> <li>• Demonstrate manipulative ability with right and left hands</li> <li>• Develop manipulative skills with a variety of objects</li> <li>• Choreograph skills with partner and/or group</li> <li>• Practice a sequence of skills</li> <li>• Demonstrate an original sequence of skills</li> <li>• Perform a task within a time limit</li> </ul>	<ul style="list-style-type: none"> <li>• Successfully Self Toss with Objects</li> <li>• Toss at Floor, Wall, and Receptacles</li> <li>• Play Newcomb (Beginner)</li> <li>• Play Sky Ball (Beginner)</li> <li>• Play Hot Potato (Beginner)</li> <li>• "Cane You" Activities</li> <li>• Cup activities</li> </ul>	<p>Balls, Hula Hoops, Cones, Mats, deck rings, Beanbags, Plyo Spots, playground balls, nerf balls, <u>Ready to Use PE Activities</u>  <u>Grades K-2</u></p>	<p>-Teacher Observations              -Question and Answer            -Demonstrate, understand and follow verbal directions</p>

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**ESSENTIAL QUESTIONS**

- What are movement directions?
- Hey, you are in my Space! How do we play in personal and public space?
- What is balance?

**Movement Education**

NJ CCCS	Outcomes: Students will...	Activities	MATERIALS	ASSESSMENT
<p><u>By 2<sup>nd</sup> Grade</u>            2.5.A.1-4            2.5.B.3,4            2.5.C.1,2            2.6.A.1-3</p>	<ul style="list-style-type: none"> <li>• Use a variety of body parts to perform activities</li> <li>• Differentiate between levels, speeds and directions</li> <li>• Exercise using different movement patterns</li> <li>• Combine varying status and dynamic movement patterns</li> <li>• Discover new ways to move the space</li> <li>• Explore creative ways to perform skills</li> </ul>	<ul style="list-style-type: none"> <li>• Play Red Light, Green Light</li> <li>• Follow the Leader</li> <li>• Play Simon Says</li> <li>• Participate in Parachute Activities</li> <li>• Participate in Scooter Activities</li> <li>• Maneuver on Balance Bean</li> <li>• Practice Body Parts Balance</li> </ul>	Scarves, Beanbags, Balls, Plyo spots, Rackets, Hula Hoops, Jump Ropes, Scooters, Balance Beam, Parachutes, <u>Ready to Use            PE Activities            Grades K-2</u>	-Teacher Observations  -Question and Answer -Demonstrate, understand and follow verbal directions

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**ESSENTIAL QUESTIONS**

- Why is it important to know how to kick and strike different objects?

**Striking**

NJ CCCS	Outcomes: Students will...	Activities	MATERIALS	ASSESSMENT
<p><u>By 2<sup>nd</sup> Grade</u>            2.5.A.1,2,4            2.5.B.1-4            2.5.C.1,2            2.6.A.3</p>	<ul style="list-style-type: none"> <li>• Distinguish the trajectories of objects by using different ways to strike</li> <li>• Demonstrate Striking by using a variety of body parts</li> <li>• Demonstrate an age-appropriate progression of striking skills</li> <li>• Attempt skills using both dominant and non-dominant sides</li> <li>• Enhance eye-hand/eye-foot coordination</li> <li>• Show ability in various games and activities</li> </ul>	<ul style="list-style-type: none"> <li>• Participate in Modified Kickball game</li> <li>• Participate in Modified Tee-ball game</li> <li>• Participate in Modified Soccer game</li> <li>• Participate in Modified Bowling games</li> </ul>	<p>Paddles, Balls, Tee, Bats, Rackets, Bowling Pins, Plyo spots, Bases, Nets.</p>	<p>-Teacher Observations            -Question and Answer            -Demonstrate, understand and follow verbal directions</p>

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**ESSENTIAL QUESTIONS**

- Why is it important to warm-up before activity?
- What happens to your heart rate when you exercise?
- What are safe and appropriate exercise techniques?

**Fitness**

NJ CCCS	Outcomes: Students will...	Activities	MATERIALS	ASSESSMENT
<p><b>By 2<sup>nd</sup> Grade</b>            2.5.A.1-4            2.5.B.3,4            2.5.C.1,2            2.6.A.1-3</p>	<ul style="list-style-type: none"> <li>• Understand the significance of warm-up exercises prior to physical activity</li> <li>• Participate in warm-up exercise</li> <li>• Have a general understanding of how heart rate relates to exercise</li> <li>• Monitor the heart as it changes with exercise</li> <li>• Understand the importance of exercise as it related to good health</li> <li>• Differentiate between the mean components of exercise</li> <li>• Participate in aerobic exercise</li> <li>• Understand how different exercises affect different parts of the body</li> </ul>	<ul style="list-style-type: none"> <li>• Participate in warm-up activities at beginning of class</li> <li>• Participate 10-Minute Workouts</li> <li>• Participate in Yoga Techniques</li> <li>• Be able to run an obstacle course using play ground equipment</li> <li>• Play Follow the Leader</li> <li>• Participate in a Fitness Circuit</li> <li>• Participate in Imaginary "Swim Routine"</li> </ul>	<p>mats. Ply-spots, hoops, playground equipment, lines on court, carpet squares,  <u>Ready to Use PE Activities</u>  <u>Grades K-2</u></p>	<p>-Teacher Observations              -Question and Answer            -Check lists and record sheets            -Pre-and post-fitness testing</p>

	<ul style="list-style-type: none"><li>• Participate in strength training exercise</li><li>• Demonstrate safe and appropriate exercise techniques</li><li>• Understand the risks of inappropriate exercise techniques</li></ul>			
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**ESSENTIAL QUESTIONS**

- Why do we need rules when playing games?
- What is good sportsmanship?
- Why is it important to be able to run?

**Team Sports**

NJ CCCS	Outcomes: Students will...	Activities	MATERIALS	ASSESSMENT
<p><u>By 2<sup>nd</sup> Grade</u>            2.5.A.1,2,4            2.5.B.1-4            2.5.C.1,2            2.6.A.1-3</p>	<ul style="list-style-type: none"> <li>• Compare and contrast movements and skills</li> <li>• Distinguish between skills used in team sports; i.e., throwing, passing, etc.</li> <li>• Recognize skills used in games</li> <li>• Incorporate skills used in games</li> <li>• Tell skills used in team sports</li> </ul>	<ul style="list-style-type: none"> <li>• Be able to explain rules of classroom and games</li> <li>• Be able to explain the meaning of sportsmanship</li> <li>• Play Shark Island (tag and running games)</li> <li>• Run the bases</li> </ul>	<p>Balls, Hula Hoops, Cones, Mats, Beanbags, Bowling Pins, Balance Beams, Plyo Spots. <u>Ready to Use PE Activities Grades K-2</u></p>	<p>-Teacher Observations  -Question and Answer</p>

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**ESSENTIAL QUESTIONS**

- How can dance be used as a way to exercise and maintain a healthy lifestyle?

**Dance**

NJ CCCS	Outcomes: Students will...	Activities	MATERIALS	ASSESSMENT
<p><u>By 2<sup>nd</sup> Grade</u>            2.5.A.1-4            2.5.B.3,4            2.5.C.1,2            2.6.A.1-3</p>	<ul style="list-style-type: none"> <li>• Acquire dance knowledge to tell others</li> <li>• Count beats, steps in dance</li> <li>• Incorporate moves in dance</li> <li>• Describe a dance of dance move</li> <li>• Recall a move to add another one to it</li> <li>• Express themselves through dance</li> </ul>	<ul style="list-style-type: none"> <li>• Be able to do "Chicken Dance"</li> <li>• Be able to do "Hokey Pokey"</li> <li>• Be able to do "Conga Line"</li> <li>• Be able to do "Beanie Bag Dance"</li> </ul>	<p>Bean bags, CD            "Kids in Action", CD            "Heart Healthy",  <u>Ready to Use PE Activities</u>  <u>Grades K-2</u></p>	<p>-Teacher Observations            -Question and Answer</p>

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**ESSENTIAL QUESTIONS**

- Why do we need rules when playing games?
- Why is it important to be able to run?
- What skills are needed to successfully complete an obstacle course?

**Cooperative Games/Problem Solving**

NJ CCCS	Outcomes: Students will...	Activities	MATERIALS	ASSESSMENT
<p><u>By 4th Grade</u>            2.5.A.1,2,4            2.5.B.1,2            2.5.C.1,2            2.6.A.2</p>	<ul style="list-style-type: none"> <li>• Work with others to obtain a common goal</li> <li>• Explore a variety of solutions to problems</li> <li>• Plan a strategy to successfully complete physical and mental challenges</li> <li>• Differentiate between cooperative and competitive skills</li> <li>• Analyze the problems and challenges</li> </ul>	<ul style="list-style-type: none"> <li>• Cooperative shuttle run</li> <li>• Play Fox and Squirrel</li> <li>• Play Capture the Flag</li> <li>• Play Steal the Bacon</li> <li>• Play Sky ball</li> <li>• Run and obstacle course</li> <li>• Play musical hoops</li> <li>• Play Pac man</li> </ul>	<p>Balls, Hula Hoops, Cones, plyo spots, playground equipment,  <u>Ready to use PE Activities</u>  <u>Grades 3-4</u></p>	<p>-Teacher Observations            -Question and Answer            -Demonstrate, understand and follow verbal directions</p>

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**ESSENTIAL QUESTIONS**

- Why is throwing and catching an object important for games?

**Throwing and Catching**

NJ CCCS	Outcomes: Students will...	Activities	MATERIALS	ASSESSMENT
<p><u>By 4th Grade</u> 2.5.A.1-4 2.5.B.1,2 2.5.C.1,2 2.6.A.2,3</p>	<ul style="list-style-type: none"> <li>• Develop proficiency in throwing and catching to self</li> <li>• Begin developing catching skills from varying body planes</li> <li>• Incorporate throwing and catching in a variety of games and activities</li> </ul>	<ul style="list-style-type: none"> <li>• Orally review of rules of classroom and games</li> <li>• Throwing with 2 hands and 1 hand</li> <li>• Underhand toss and overhead toss</li> <li>• Toss of beanbags, deck rings, playground balls, scarfs</li> <li>• Play Newcomb</li> <li>• Play Sky ball</li> <li>• Play Hot Potato</li> <li>• "Can You" Activities</li> </ul>	<p>Balls, Hula Hoops, Cones, Mats, deck rings, Beanbags, Plyo Spots, playground balls, nerf balls, <u>Ready to use PE Activities</u> <u>Grades 3-4</u></p>	<p>-Teacher Observations  -Question and Answer -Demonstrate, understand and follow verbal directions</p>

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**ESSENTIAL QUESTIONS**

- Why is important to move in be able to move in different ways around an open space?

**Locomotor Skill Development**

NJ CCCS	Outcomes: Students will...	Activities	MATERIALS	ASSESSMENT
<p><u>By 4<sup>th</sup> Grade</u> 2.5.A.1-4 2.5.B.2 2.5.C.1,2 2.6.A.1-4</p>	<ul style="list-style-type: none"> <li>• Demonstrate proficiency of locomotor skill</li> <li>• Recognize the locomotor skill</li> <li>• Participate in a game using the locomotor skills</li> <li>• Exercise and move to music</li> </ul>	<ul style="list-style-type: none"> <li>• Explore personal and general space</li> <li>• Locomotion stations</li> <li>• Making movement sequences</li> <li>• Cross-Lateral combinations</li> <li>• Sliding, Crawling and Creeping</li> </ul>	<p>Balls, Hula Hoops, Cones, Mats, deck rings, Beanbags, Plyo Spots, playground balls, nerf balls, <u>Ready to use PE Activities</u> <u>Grades 3-4</u></p>	<p>-Teacher Observations  -Question and Answer -Demonstrate, understand and follow verbal directions</p>

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**ESSENTIAL QUESTIONS**

- How do we throw objects at targets?
- What are different ways to catch an object?
- How do you pass a ball to a teammate?
- What are the proper ways to shoot a ball into a basket?
- What skills do we need to succeed in contact sports?

**Manipulative Skills**

NJ CCCS	Outcomes: Students will...	Activities	MATERIALS	ASSESSMENT
By 4 <sup>th</sup> <u>Grade</u> 2.5.A.1-4 2.5.B.1,2 2.5.C.1,2 2.6.A.2,3	<ul style="list-style-type: none"> <li>• Demonstrate manipulative ability with right and left hands</li> <li>• Develop manipulative skills with a variety of objects</li> <li>• Choreograph skills with partner and/or group</li> <li>• Practice a sequence of skills</li> <li>• Demonstrate an original sequence of skills</li> <li>• Perform a task within a time limit</li> </ul>	<ul style="list-style-type: none"> <li>• Successfully Self Toss with Objects</li> <li>• Toss at Floor, Wall, and Receptacles</li> <li>• Play Newcomb (Beginner)</li> <li>• Play Sky Ball (Beginner)</li> <li>• Play Hot Potato (Beginner)</li> <li>• "Cane You" Activities</li> </ul>	Balls, Hula Hoops, Cones, Mats, deck rings, Beanbags, Plyo Spots, playground balls, nerf balls, <u>Ready to use PE Activities</u> <u>Grades 3-4</u>	-Teacher Observations  -Question and Answer -Demonstrate, understand and follow verbal directions

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**ESSENTIAL QUESTIONS**

- What are movement directions?
- Hey, you are in my Space! How do we play in personal and public space?
- What is balance?

**Movement Education**

NJ CCCS	Outcomes: Students will...	Activities	MATERIALS	ASSESSMENT
<p><u>By 4<sup>th</sup> Grade</u> 2.5.A.1-4 2.5.B.2 2.5.C.1,2 2.6.A.1-4</p>	<ul style="list-style-type: none"> <li>• Use a variety of body parts to perform activities</li> <li>• Differentiate between levels, speeds and directions</li> <li>• Exercise using different movement patterns</li> <li>• Combine varying status and dynamic movement patterns</li> <li>• Discover new ways to move the space</li> <li>• Explore creative ways to perform skills</li> </ul>	<ul style="list-style-type: none"> <li>• Play Red Light, Green Light</li> <li>• Follow the Leader</li> <li>• Play Simon Says</li> <li>• Participate in Parachute Activities</li> <li>• Participate in Scooter Activities</li> <li>• Maneuver on Balance Bean</li> <li>• Practice Body Parts Balance</li> </ul>	<p>Scarves, Beanbags, Balls, Plyo spots, Rackets, Hula Hoops, Jump Ropes, Scooters, Parachutes, <u>Ready to use PE Activities</u> <u>Grades 3-4</u></p>	<p>-Teacher Observations  -Question and Answer -Demonstrate, understand and follow verbal directions</p>

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**ESSENTIAL QUESTIONS**

- Why is it important to know how to kick and strike different objects?

**Striking**

NJ CCCS	Outcomes: Students will...	Activities	MATERIALS	ASSESSMENT
<p><u>By 4<sup>th</sup> Grade</u>            2.5.A.1-4            2.5.B.1,2            2.5.C.1,2            2.6.A.2,3</p>	<ul style="list-style-type: none"> <li>• Distinguish the trajectories of objects by using different ways to strike</li> <li>• Demonstrate Striking by using a variety of body parts</li> <li>• Demonstrate an age-appropriate progression of striking skills</li> <li>• Attempt skills using both dominant and non-dominant sides</li> <li>• Enhance eye-hand/eye-foot coordination</li> <li>• Show ability in various games and activities</li> </ul>	<ul style="list-style-type: none"> <li>• Participate in Modified Kickball game</li> <li>• Participate in Modified Tee-ball game</li> <li>• Participate in Modified Soccer game</li> <li>• Participate in Modified Bowling games</li> </ul>	<p>Paddles, Balls, Tee, Bats, Rackets, Bowling Pins, Plyo spots, Bases, Nets.  <u>Ready to use PE Activities Grades 3-4</u></p>	<p>-Teacher Observations              -Question and Answer            -Demonstrate, understand and follow verbal directions</p>

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**ESSENTIAL QUESTIONS**

- Why is it important to warm-up before activity?
- What happens to your heart rate when you exercise?
- What are safe and appropriate exercise techniques?

**Fitness**

NJ CCCS	Outcomes: Students will...	Activities	MATERIALS	ASSESSMENT
<p><u>By 4<sup>th</sup> Grade</u> 2.5.A.1-4 2.5.B.2 2.5.C.1,2 2.6.A1-4</p>	<ul style="list-style-type: none"> <li>• Understand the significance of consistent exercise as it relates to good health</li> <li>• Understand some of the factors which make getting and staying I shape difficult</li> <li>• Understand the importance of warm-up exercises prior to physical activity</li> <li>• Participate in warm-up exercises</li> <li>• Understand how heart rate relates to exercise</li> <li>• Differentiate between the main components of exercise</li> <li>• Understand how different</li> </ul>	<ul style="list-style-type: none"> <li>• Participate in warm-up activities at beginning of class</li> <li>• Participate 10-Minute Workouts</li> <li>• Participate in Yoga Techniques</li> <li>• Be able to run an obstacle course using play ground equipment</li> <li>• Play Follow the Leader</li> <li>• Participate in a Fitness Circuit</li> <li>• Participate in Imaginary "Swim Routine"</li> <li>• <math>\frac{1}{2}</math> mile run/walk</li> <li>• Presidential Fitness Testing</li> </ul>	<p>mats. Ply-spots, hoops, playground equipment, lines on court, carpet squares, <u>Ready to use PE Activities Grades 3-4</u></p>	<p>-Teacher Observations  -Question and Answer -Check lists and record sheets -Pre-and post-fitness testing</p>

NJ CCCS	Outcomes: Students will...	Activities	MATERIALS	ASSESSMENT
	<p>exercises work through those main components</p> <ul style="list-style-type: none"> <li>• Participate in strength training exercises/activities</li> <li>• Demonstrate safe and appropriate exercise techniques</li> <li>• Understand the risks of inappropriate exercise techniques</li> </ul>			

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Subject Focus: Physical Education  
Third and Fourth Grades

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**STANDARD 2.6 (Fitness)** All students will apply health related and skill related fitness concepts and skills to develop and maintain a healthy lifestyle

**ESSENTIAL QUESTIONS**

- Why do we need rules when playing games?
- What is good sportsmanship?
- Why is it important to be able to run?

**Team Sports**

NJ CCCS	Outcomes: Students will...	Activities	MATERIALS	ASSESSMENT
<p><u>By 4<sup>th</sup> Grade</u> 2.5.A.1,2,4 2.5.B.1,2 2.5.C.1,2 2.6.A.2</p>	<ul style="list-style-type: none"> <li>• Communicate in a game setting</li> <li>• Recognize skills to be used in sports</li> <li>• Employ skills in games</li> <li>• Participate in team games</li> <li>• Practice skills used in games</li> <li>• Analyze plans used in games</li> <li>• Select strategy used in games</li> <li>• Solve challenges that arise in games</li> <li>• Distinguish skills used in games</li> <li>• Make decisions in a game situation</li> <li>• Break down skills used in game</li> </ul>	<ul style="list-style-type: none"> <li>• Modified Soccer</li> <li>• Modified Field Hockey</li> <li>• Modified Football</li> <li>• Flag Football</li> <li>• Sideline Basketball</li> <li>• Modified Volleyball</li> <li>• Scooter games</li> <li>• Tee-ball</li> <li>• Kickball</li> </ul>	<p>Balls, Hula Hoops, Cones, Mats, Beanbags, Bowling Pins, Balance Beams, Plyo Spots. <u>Ready to use PE Activities Grades 3-4</u></p>	<p>-Teacher Observations  -Question and Answer</p>

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**ESSENTIAL QUESTIONS**

- How can dance be used as a way to exercise and maintain a healthy lifestyle?

**Dance**

NJ CCCS	Outcomes: Students will...	Activities	MATERIALS	ASSESSMENT
By 4 <sup>th</sup> <u>Grade</u> 2.5.A.1-4 2.5.B.2 2.5.C.1,2 2.6.A.1,2,3	<ul style="list-style-type: none"> <li>• Assemble in dance formation</li> <li>• Build upon dance move for combinations</li> <li>• Compare and Contrast movements</li> <li>• Exercise through dance</li> </ul>	<ul style="list-style-type: none"> <li>• Jump routines using dance steps and performing to music</li> <li>• Popular dance routines "Soldier Boy"</li> <li>• Circuit training to music</li> <li>• Chicken Dance</li> <li>• Bunny Hop</li> </ul>	Jump ropes, cd player, music cds, <u>Ready to use</u> <u>PE Activities</u> <u>Grades 3-4</u>	-Teacher Observations  -Question and Answer