

DIOCESE OF HARRISBURG
PHYSICAL EDUCATION CURRICULUM

4th, 5th, & 6th Grade

Content/Standard	4 th , 5 th , & 6 th GRADE EXPECTATIONS	Every 4 th , 5 th , & 6 th grader should be able to:	Suggested Skills & Practices	Date Assessed
Standard One: PA 10.2.6 PA 10.3.6 PA 10.5.6	Demonstrates responsible personal and social behavior in physical setting to develop an awareness of God in an environment of respect in a manner consistent with Christian teachings.	Demonstrate acceptable behaviors for physical activity settings. <ul style="list-style-type: none"> ❖ Monitor and maintain self-control during participation in various physical activities. ❖ Maintain focus on and complete tasks in physical activities. ❖ Explain strategies for consensus building, i.e. cooperation, compromise, team building, in a group physical activity. ❖ Examine the role(s) of group members while participating in small group physical activities. ❖ Demonstrate the skills of communication, teamwork, decision making, and problem solving during small group physical activities. ❖ Demonstrate support for the skills and abilities of others through verbal and nonverbal communication. ❖ Demonstrate proper and safe use of equipment. ❖ Demonstrate ability to put equipment away safely and properly. 		

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Standard Two: PA 10.4.6 PA 10.5.6	Demonstrate competency in many movements and proficiency in a variety of movement forms.	Enjoy participation in physical activities and utilize appropriate motor patterns in daily physical activities. ❖ Apply skills used in a variety of activities. ❖ Apply critical elements of skills to improve performance.	Skills: <ul style="list-style-type: none"> ○ Dribbling ○ Passing ○ Receiving ○ Kicking Body Movements: <ul style="list-style-type: none"> ○ Hip rotation ○ Timing ○ Extension ○ Follow through ○ Weight transfer ○ Sliding 	

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Standard Three: PA 10.3.6 PA 10.5.6	Performs movement concepts and principles to the learning and development of motor skills.	Transfer knowledge and understanding to use special awareness, effort, relationships, and specific principles that impact movement performance. ❖ Utilize movement strategies. ❖ Recognize the critical elements of a motor skill made by a fellow student and provide feedback to that student.	Principles: <ul style="list-style-type: none"> ○ Opposition increases force production ○ Lower center of gravity increases stability Strategies: <ul style="list-style-type: none"> ○ Adjusting ○ Balance ○ Speed ○ Direction ○ Gaining and maintaining possession ○ Positioning for accuracy and spacing. Skills: <ul style="list-style-type: none"> ○ Striking ○ Catching ○ Throwing ○ Kicking 	

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Standard Four: PA 10.1.6 PA 10.2.6 PA 10.4.6 PA 10.5.6	Exhibits a physically active lifestyle (Active Living).	Develop positive attitudes toward participation in physical activity and a general awareness that physical activity is both fun and good for your body. ❖ Participate in moderate to vigorous activities that contribute to physical fitness. ❖ Monitor body status before, during, and after physical activities.	Fitness components: <ul style="list-style-type: none"> ○ Muscular endurance ○ Cardio-vascular endurance ○ Strength ○ Flexibility Fitness skills: <ul style="list-style-type: none"> ○ Agility ○ Balance ○ Coordination ○ Reaction time ○ Power ○ Speed 	

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Standard Five: PA 10.1.6 PA 10.2.6 PA 10.3.6 PA 10.4.6 PA 10.5.6	Achieves and maintains a health-enhancing level of fitness.	Engage in physical activity for specified periods of time. ❖ Sustain moderate to vigorous physical activity. ❖ Engage in physical activity for recreation and recess. ❖ Participate in moderate to vigorous activities that contribute to physical fitness, i.e. cardiovascular endurance, muscular endurance, flexibility, strength, and balance. ❖ Demonstrate the ability to monitor body status, i.e. heart and breathing rates (target heart rate).	Principles: ○ Flexibility ○ Intensity ○ Time ○ Type Fitness components: ○ Muscular endurance ○ Cardio-vascular endurance ○ Strength ○ Flexibility	

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Standard Six: PA 10.2.6 PA 10.3.6	Demonstrates understanding and respect for differences among people in physical activity setting (Cooperation).	Demonstrate the ability to work with others in a variety of physical activities. <ul style="list-style-type: none"> ❖ Enjoy participation alone and with others. ❖ Learn to resolve conflicts in socially acceptable ways. ❖ Demonstrate the skills of communication, teamwork, decision making, and problem solving during small and large group physical activities. ❖ Demonstrate tolerance for the differences of others. ❖ Demonstrate support and acceptance for the various skill and ability levels of peers through positive verbal and nonverbal communication. 		

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Standard Seven: PA 10.2.6 PA 10.3.6 PA 10.4.6 PA 10.5.6	Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction (Values Physical Activity).	While engaged in physical activities, students will associate positive feelings with participating in and trying new movement activities and skills. ❖ Explain the role and significance of physical activity in achieving and maintaining optimum health. ❖ Voluntarily participate in games, sports, dance, and outdoor pursuits in and out of school, based on individual interests and capabilities.	Physical benefits: <ul style="list-style-type: none"> ○ Cardiovascular and muscular endurance ○ Muscular strength ○ Flexibility ○ Caloric input/ expenditure 	