

Oxford Area School District Physical Education Scope and Sequence

Grades 4-6

10.4.6

Physical Activity

- Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.
- Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.
- Identify and apply ways to monitor the body's response to moderate to vigorous physical activity.
- Describe factors that affect childhood physical activity preference.
- Identify factors that have an impact on the relationship between regular participation in physical activity and the degree of motor skill improvement.
- Identify and describe positive and negative interactions of group members in physical activities.

10.5.6

Concepts, Principles and Strategies of Movement

- Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills.
- Identify and apply the concepts of motor skill development to a variety of basic skills.
- Describe the relationship between practice and skill development.
- Describe and apply the principles of exercise to the components of health related and skill related fitness.
- Identify and use scientific principles that affect basic movement and skills using appropriate vocabulary.
- Identify and apply game strategies to basic games and physical activities.

Physical Education Grade 4-6				
Big Idea Physical Activity				
Essential Questions How does regular physical activity lead to fitness and health? How does my body react to vigorous physical activity? Why do I choose certain physical activities? What are the behaviors that can affect the group or team during physical activity?			Standards 10.4.6.A 10.4.6 B 10.4.6.C 10.4.6.D 10.4.6 E 10.4.6 F	
Concepts	Competencies	Standards	Resources	Assessments
Intensity levels of various physical activities impact physical fitness and health.	Identify, assess and engage in various physical activities that support health, physical fitness, motor skill improvement, group interactions and enjoyment	10.4.6. A- Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.	SAS Portal PE Central SHAPE America thenewPE Fitness Equip Activity/Teaching-Cues Text	Curriculum Based
Regular participation in physical activities affects the body systems.	Understanding the effects regular participation in moderate to vigorous physical activities on the body.	10.4.6 B- Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.	SAS Portal PE Central SHAPE America thenewPE Fitness Equip Activity/Teaching-Cues Text	Curriculum Based
The body's response to physical activity can be measured and assessed.	Exploring ways to monitor and assess the body's response to moderate to vigorous physical activities using	10.4.6 C – Identify and apply ways to monitor and assess the body's response to moderate to	SAS Portal PE Central SHAPE America thenewPE Fitness Equip	Curriculum Based

	heart rate monitoring, checking blood pressure, and fitness assessment.	vigorous physical activity.	Activity/Teaching-Cues Text	
Various factors impact physical activity preferences during childhood.	Identifying factors that affect childhood physical activity preferences such as enjoyment, personal interest, social experience, opportunities to learn new activities, parental preference, and the environment.	10.4.6 D – Describe factors that affect childhood physical activity preferences.	SAS Portal PE Central SHAPE America thenewPE	Curriculum Based
In addition to regular participation in physical activities, many other factors impact motor skill improvement	Exploring factors that have an impact on the relationship between regular participation in physical activity and the degree of motor skill improvement through success oriented activities, school-community resources, variety of activities, and time on task.	10.4.6.E – Identify factors that have an impact on the relationship between regular participation in physical activity and the degree of motor skill improvement.	SAS Portal PE Central SHAPE America thenewPE	Curriculum Based
Individuals interact through many different roles in group physical activities.	Show how positive and negative interactions of group members effects physical activities through leading,	10.4.6 F- Identify and describe positive and negative interactions of group members in physical activities.	SAS Portal PE Central SHAPE America thenewPE	Curriculum Based

	following, teamwork, etiquette, and adherence to rules.		Cooperative Games Text	
Vocabulary: moderate, vigorous, body systems, heart rate monitoring, blood pressure, fitness assessment, personal interest, social experience, parental preference, environment, motor skill improvement, success oriented activities, school community resources, time on task, positive and negative interactions, leading, following, teamwork, etiquette, adherence to rules.				

Big Idea - Quality lifetime movement is based upon concepts, principles and strategies of movement				
Essential Question			Standards	
<p>How can you become an advanced mover?</p> <p>How can strategies affect the outcome of a game or physical activity?</p> <p>How are scientific principles important in physical activities?</p> <p>How can exercise be used to improve health and fitness?</p>			<p>10.5.6,A</p> <p>10.5.6,B</p> <p>10.5.6,C</p> <p>10.5.6,D</p> <p>10.5.6,E</p> <p>10.5.6,F</p>	
Concepts	Competencies	Standards	Resources	Assessments
Basic movement skills and concepts (combine to) form movement sequences and advanced skills.	Exploring basic movement skills and concepts.	10.5.6, A - Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills.	SAS Portal PE Central SHAPE America thenewPE Activity/Teaching-Cues Text	Curriculum Based
Motor skill development concepts can be applied to a variety of basic motor skills.	Demonstrate concepts of motor skill development .	10.5.6, B - Identify and apply the concepts of motor skill development to a variety of basic skills.	SAS Portal PE Central SHAPE America thenewPE Activity/Teaching-Cues Text	Curriculum Based
There is a connection between motor skill development, appropriate practice and the development of motor skills.	Describe the relationship between practice and skill development.	10.5.6, C - Describe the relationship between practice and skill development.	SAS Portal PE Central SHAPE America thenewPE Activity/Teaching-Cues Text	Curriculum Based

<p>Exercise and science principles influence health and skill-related fitness.</p>	<p>Clarify the principles of exercise to the components of health related and skill related fitness using cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition.</p>	<p>10.5.6, D - Describe and apply the principles of exercise to the components of health related and skill-related fitness.</p>	<p>SAS Portal PE Central SHAPE America thenewPE</p>	<p>Curriculum Based</p>
<p>Scientific principles help us move more efficiently.</p>	<p>Exploring scientific principles that affect basic movement and skills.</p>	<p>10.5.6, E - E. Identify and use scientific principles that affect basic movement and skills using appropriate vocabulary.</p>	<p>Science Fusion SAS Portal PE Central SHAPE America thenewPE</p>	<p>Curriculum Based</p>
<p>How game strategies can apply to basic physical activity and game situations.</p>	<p>Understanding game strategies related to games and physical activity.</p>	<p>10.5.6, F - Identify and apply game strategies to basic games and physical activities.</p>	<p>SAS Portal PE Central SHAPE America thenewPE Activity/Teaching-Cues Text</p>	<p>Curriculum Based</p>
<p>Vocabulary: movement skills, movement sequences, transfer between skills, relevant cues, feedback, movement efficiency, product, outcome/ results, practice, skill development, components of health related and skill related fitness, cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, body composition, scientific principles, Newton’s law of Motion, application of force, static/dynamic balance, levers, flight, game strategies, give and go, one on one, peer communication, aerobic, agility, anaerobic, balance, continuous, cool down, coordination, form, intensity, interval training, motor skills, physical activity, physical fitness, power, principles of exercise, principles of training, reaction time, speed, warm up.</p>				