

Chilton Public Schools Curriculum Document

Curricular Area: Physical Education Grade: Third

Course Title (if different than Curricular Area):

EE	IT	EV	EC	WI Academic Standard	Standard	Course/Unit/O.B.J.#	NT	I	D	R	M	R
				4A1	Select and participate regularly in physical activities for the purpose of improving skills and maintaining good health	Daily Class			X	X		
				4A2	Describe healthful benefits that result from regular physical activity	Fitness Unit- O.B.J. # 40			X			
				4A3	Identify several moderate to vigorous physical activities that provide personal pleasure	Fitness Unit- O.B.J. # 38, 40		X	X			
				4B1	Demonstrate progress toward the mature form of all locomotor(movement) patterns and selected manipulative and nonlocomotor skills such as throwing, catching, and kicking	Locomotor Unit- O.B.J.#1, 2			X	X		
				4B2	Adapt a physical skill to the demands of a dynamic unpredictable environment such as balancing with control on a variety of objects(balance board, large apparatus, skates)	Body Management Unit- O.B.J. # 16, 17, 18, 19, 21			X			
				4B3	Acquire beginning skills in a few specialized movement forms such as dribbling and passing a basketball to a moving receiver or jumping and landing for height/distance using mature form	Body Management Unit- O.B.J. # 15 Body Management Unit- O.B.J. # 22, 23, 24, 25, 26 Manipulative Unit- O.B.J. # 28			X			

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				4B4	Apply combined movement skills in a variety of settings such as developing and refining a creative dance sequence into repeatable	Locomotor Unit- O.B.J.# 7, 8, 9, 10, 11, 12, 13, 14 Manipulative Unit- O.B.J. # 28, 32, 33 Rhythms Unit- O.B.J. # 34, 36, 37			X			
				4C1	Work on improving personal performance in fundamental and selected specialized motor skills such as throwing, catching, running	Locomotor Unit- O.B.J.#3, 4, 5, 6 Body Management Unit- O.B.J. # 20 Manipulative Unit- O.B.J. # 2, 30			X			
				4C2	Use critical elements of fundamental and specialized movement skills to provide feedback to others such as accurately recognizing the critical elements of a throw made by a fellow student and providing positive feedback to that student	Fitness Unit- O.B.J. # 41			X			
				4C3	Recognize and apply concepts that affect the equality of increasingly complex movement performance, such as consistently striking a ball with a bat or paddle demonstrating an appropriate grip	Manipulative Unit- O.B.J. # 29, 31		X	X			
				4C4	Identify and apply characteristics and critical elements of highly skilled performance to develop movement competence or proficiency such as using internal and external information to modify	Locomotor Unit- O.B.J.#1 Body Management Unit- O.B.J. # 15 Rhythms Unit-		X	X			

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					movement during performance	O.B.J. # 35, 36, 37						
				4D1	Experience positive feelings as a result of involvement in physical activity	Fitness Unit- O.B.J. # 39			X			
				4D2	Learn to enjoy practicing activities to increase skill competence	Daily Class			X			
				4D3	Celebrate personal successes and achievements as well as those of others	Daily Class			X			
				4D4	Use physical activity as a means of self expression	Daily Class			X			
				4E1	Identify several activities related to each component of physical fitness such as development of muscular strength	Daily Class			X			
				4E2	Associate results of fitness testing to personal health status and the ability to perform various activities such as maintaining continuous aerobic activity for a specified time and/or activity and supporting, lifting, and controlling body weight in a variety of activities.	Fitness Unit- O.B.J. # 42			X			

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				4E3	Describe personal strengths and weaknesses and elevate the weaknesses to strengths	Fitness Unit- O.B.J. # 42			X			
				4F1	Follow activity-specific rules, procedures, and etiquette with little or no reinforcement	Fitness Unit- O.B.J. # 43		X	X			
				4F2	Utilize safety principles in activity situations	Fitness Unit- O.B.J. # 43 Daily Class- O.B.J. # 47		X	X			
				4F3	Work productively with a partner to improve skills, for example improve the overhand throw pattern for distance by using the critical elements of the process	Daily Class- O.B.J. # 46			X			
				4F4	Work independently and “on task” for short periods of time	Daily Class- O.B.J. # 44, 45			X			
				4F5	Accept the teacher’s decision regarding a personal rule infraction without displaying negative reactions toward others	Daily Class			X			
				4G1	Explore cultural and ethnic self awareness participation in	Daily Class			X			

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					physical activity							
				4G2	Demonstrate acceptance of the skill and ability of others through verbal and nonverbal behavior	Daily Class- O.B.J. # 46			X			
				4G3	Indicate respect for persons from different backgrounds and the cultural significance as they contribute to various games, dances, and physical activities	Daily Class			X			

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