

**Physical Education**  
**Unit 3: Personal and Social Skills and Knowledge**

<p><b>Essential Understandings</b></p>	<ul style="list-style-type: none"> <li>▪ Self-initiated behaviors that promote personal and group success in activity settings establish a foundation of responsibility.</li> <li>▪ Respect for individual similarities and differences through positive interaction among participants in physical activity leads to good citizenship.</li> </ul>
<p><b>Essential Questions</b></p>	<ul style="list-style-type: none"> <li>▪ What are ways to share and take turns?</li> <li>▪ Why is it important to use equipment safely?</li> <li>▪ What is personal/general space?</li> <li>▪ What are rules in class?</li> <li>▪ How do class rules promote safety and participation?</li> </ul>
<p><b>Essential Knowledge</b></p>	<ul style="list-style-type: none"> <li>▪ Taking turns and sharing while participating in physical activities promotes personal and group success.</li> <li>▪ Following procedures for safe behaviors, including maintaining appropriate personal space, is necessary while participating in physical activities.</li> <li>▪ There are safety rules and rules of play for games/physical activities.</li> <li>▪ Physical activity in group settings can be enjoyable.</li> </ul>
<p><b>Vocabulary</b></p>	<ul style="list-style-type: none"> <li>▪ <u>Terms:</u> <ul style="list-style-type: none"> <li>○ Personal space/body check</li> <li>○ General space</li> <li>○ Share</li> <li>○ Take turns</li> <li>○ Safety</li> <li>○ Rules</li> <li>○ Community</li> <li>○ Freeze</li> <li>○ Self-control</li> </ul> </li> </ul>
<p><b>Essential Skills</b></p>	<ul style="list-style-type: none"> <li>▪ Move safely in space with or without peers.</li> <li>▪ Move safely while using a variety of equipment with or without peers.</li> <li>▪ Discriminate between physical education and recess.</li> <li>▪ Apply feedback to improve performance.</li> <li>▪ Follow rules of games and explain purpose.</li> <li>▪ Apply with teacher reinforcement, the rules and procedures of safe practices.</li> <li>▪ Work cooperatively with others to complete an assigned task.</li> <li>▪ Seek assistance when needed in an appropriate fashion.</li> <li>▪ Use the elements of socially accepted conflict resolution.</li> <li>▪ Treat others with respect during play.</li> <li>▪ Distinguish between verbal and non-verbal communication.</li> <li>▪ Accept the feelings resulting from challenges, successes and failures in</li> </ul>

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	physical activity.
<b>Related Maine Learning Results</b>	<p><u>Health and Physical Education</u></p> <p>I. Personal and Social Skills and Knowledge</p> <p>I1: Cooperative Skills Students demonstrate taking turns and sharing while participating in physical activities.</p> <p>I2: Responsible Behavior Students follow procedures for safe behaviors including maintaining appropriate personal space while participating in physical activities.</p> <p>I3: Safety Rules and Rules of Play Students identify safety rules and rule of play for games/physical activities.</p>
<b>Sample Lessons And Activities</b>	<ul style="list-style-type: none"> <li>▪ Chasing, fleeing and dodging games</li> <li>▪ Yoga</li> <li>▪ Locomotor activities</li> <li>▪ Parachute activities</li> <li>▪ Discovery and exploration activities</li> <li>▪ Small group work</li> <li>▪ Simple games (relays, partner work)</li> <li>▪ Positive Behavior and Intervention Support System</li> </ul>
<b>Sample Classroom Assessment Methods</b>	<ul style="list-style-type: none"> <li>▪ Observation</li> <li>▪ Checklists</li> <li>▪ Self-checks</li> </ul>
<b>Sample Resources</b>	<ul style="list-style-type: none"> <li>▪ Posters and charts</li> <li>▪ Variety of equipment</li> <li>▪ Variety of spaces and situations.</li> <li>▪ <u>Web Sites</u> <ul style="list-style-type: none"> <li>○ <a href="http://www.pecentral.org">www.pecentral.org</a></li> <li>○ <a href="http://www.projectadventure.org">www.projectadventure.org</a></li> <li>○ <a href="http://www.brunswick.k12.me.us/curriculum">www.brunswick.k12.me.us/curriculum</a></li> </ul> </li> </ul>

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