

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

<b>Essential Understandings</b>	<ul style="list-style-type: none"> <li>▪ Self-initiated behaviors that promote personal and group success in activity settings and 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>
<b>Essential Questions</b>	<ul style="list-style-type: none"> <li>▪ What are rules in class?</li> <li>▪ What does it mean to be safe, responsible and respectful?</li> <li>▪ What is (LinC) Learning in Cooperation?</li> <li>▪ What are ways to accept responsibility for personal behavior?</li> <li>▪ Why is it important to respect others and equipment in or out of organized activities?</li> </ul>
<b>Essential Knowledge</b>	<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>
<b>Vocabulary</b>	<ul style="list-style-type: none"> <li>▪ <u>Terms:</u> <ul style="list-style-type: none"> <li>○ Safety</li> <li>○ Rules</li> <li>○ Community</li> <li>○ Winning and losing</li> <li>○ Self-control</li> <li>○ Sportsmanship</li> <li>○ Cooperation</li> <li>○ Respectful</li> <li>○ Responsible</li> <li>○ LinC (Learning in Cooperation)</li> </ul> </li> </ul>
<b>Essential Skills</b>	<ul style="list-style-type: none"> <li>▪ Apply feedback to improve performance.</li> <li>▪ Describe the purpose of rules and games.</li> <li>▪ Demonstrates the elements of socially acceptable conflict resolution.</li> <li>▪ Apply both verbal and non-verbal communication skills to develop positive relationships.</li> <li>▪ Describe some of the ways that children can intentionally be helpful or hurtful.</li> <li>▪ Identify individual similarities and differences.</li> <li>▪ Identify appropriate behaviors for participating with others in physical activity.</li> <li>▪ Demonstrate self-control and the ability to cope with both success and failure.</li> <li>▪ Work independently and on-task for short periods of time.</li> <li>▪ Work cooperatively with partners or small groups.</li> </ul>
<b>Related</b>	<p><u>Health and Physical Education</u>  I. Personal and Social Skills and Knowledge</p>

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<p><b>Maine Learning Results</b></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>
<p><b>Sample Lessons And Activities</b></p>	<ul style="list-style-type: none"> <li>▪ Chasing, fleeing and dodging games</li> <li>▪ Advanced games with strategies</li> <li>▪ Team sports units</li> <li>▪ Individual sport units</li> <li>▪ LinC Initiatives</li> <li>▪ Fitness testing</li> <li>▪ Cooperative games</li> <li>▪ Life-time recreation</li> <li>▪ Positive Behavior and Intervention Supports</li> </ul>
<p><b>Sample Classroom Assessment Methods</b></p>	<ul style="list-style-type: none"> <li>▪ Observation</li> <li>▪ Checklists</li> <li>▪ Self-checks</li> <li>▪ Peer feedback</li> </ul>
<p><b>Sample Resources</b></p>	<ul style="list-style-type: none"> <li>▪ <u>Other Resources</u> <ul style="list-style-type: none"> <li>○ Posters and charts</li> <li>○ Various technologies</li> <li>○ Community resources</li> </ul> </li> <li>▪ <u>Web Sites</u> <ul style="list-style-type: none"> <li>○ <a href="http://www.brunswick.k12.me.us/curriculum">www.brunswick.k12.me.us/curriculum</a></li> <li>○ <a href="http://www.pecentral.org">www.pecentral.org</a></li> <li>○ <a href="http://www.projectadventure.org">www.projectadventure.org</a></li> </ul> </li> </ul>

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