

Physical Education
Unit 3: Personal and Social Skills and Knowledge

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

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

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