

Physical Education
Unit 3: Personal and Social Skills and Knowledge

<p align="center">Essential Understandings</p>	<ul style="list-style-type: none"> ▪ Self-initiated behaviors that promote personal and group success in activity settings establish a foundation of responsibility. ▪ Respect for individual similarities and differences through positive interaction among participants in physical activity leads to good citizenship.
<p align="center">Essential Questions</p>	<ul style="list-style-type: none"> ▪ What are ways to share and take turns? ▪ Why is it necessary to use equipment safely? ▪ What is personal/general space? ▪ What are rules in class? ▪ How do class rules promote safety and participation?
<p align="center">Essential Knowledge</p>	<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.
<p align="center">Vocabulary</p>	<ul style="list-style-type: none"> ▪ <u>Terms:</u> <ul style="list-style-type: none"> ○ Personal space/body check ○ General space ○ Share ○ Take turns ○ Safety ○ Rules ○ Community ○ Freeze ○ Self-control
<p align="center">Essential Skills</p>	<ul style="list-style-type: none"> ▪ Move safely in space with or without peers. ▪ Move safely while using a variety of equipment with or without peers. ▪ Discriminate between physical education and recess. ▪ Apply feedback to improve performance. ▪ Follow rules of games and explain purpose. ▪ Apply with teacher reinforcement the rules and procedures of safe practices. ▪ Work cooperatively with others to complete an assigned task. ▪ Seek assistance when needed in an appropriate fashion.
<p align="center">Related</p>	<p><u>Health and Physical Education</u></p>

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<p>Maine Learning Results</p>	<p>I. Personal and Social Skills and Knowledge I1: Cooperative Skills Students demonstrate taking turns and sharing while participating in physical activities I2: Responsible Behavior Students follow procedures for safe behaviors including maintaining appropriate personal space while participating in physical activities 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 ▪ Yoga ▪ Locomotor activities ▪ Parachute activities ▪ Discovery and exploration activities ▪ Small group work ▪ Simple games (relays, partner work) ▪ Positive Behavior and Intervention Support System
<p>Sample Classroom Assessment Methods</p>	<ul style="list-style-type: none"> ▪ Observation ▪ Checklists ▪ Self-checks
<p>Sample Resources</p>	<ul style="list-style-type: none"> ▪ Posters and charts ▪ Variety of equipment ▪ Variety of spaces and situations ▪ <u>Web Sites</u> <ul style="list-style-type: none"> ○ www.pecentral.org ○ www.projectadventure.org ○ www.brunswick.k12.me.us/curriculum

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