

Upper Elementary 3-5
 Benchmarks and Activities
Personal and Social Concepts Strand

Standard	Benchmarks	Activities	Assessments
<p>All students will demonstrate appropriate behavior in response to the relationships with others that result from participation in physical activities</p>	<ul style="list-style-type: none"> ● Demonstrate appropriate behaviors which exemplify each of the following personal/social character traits: compassion, confidence, cooperation, fairness, honesty loyalty, perseverance, respect responsibility and self-control. ● Analyze the consequences of possessing, and the costs of not possessing each of the following person-social character traits: compassion, confidence, cooperation, fairness, honesty, loyalty, perseverance, respect, responsibility, best effort, constructive competition, following directions and self-control. ● Recognizes and demonstrates the ability to resolve conflict. 	<ul style="list-style-type: none"> ● Introductory Group/Partner activities ● Small group activities ● Introductory team building challenges ● Dance ● Various activities and games ● Closure activities 	<ul style="list-style-type: none"> ● Written ● Verbal ● Observation ● Drawn ● Rubric

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<p>All students will value physical activity and its contribution to lifelong health and well-being.</p>	<ul style="list-style-type: none"> ● Feel satisfaction when engaging in physical activities. ● Accept and respect differences and similarities in physical activity-related skills. ● Be considerate of others in physical settings (e.g., show compassion, cooperation, fairness, honesty, loyalty, respect, self-control, constructive competition and responsibility). 	<ul style="list-style-type: none"> ● Discussion of personal health as it relates to physical education activities. ● Discussion of personal health as it relates to activities outside of school. ● Discussion of personal choices as they impact lifelong wellness. ● Lead-up skills and activities to promote lifelong physical participation. ● Lead-up skills and activities to promote lifelong wellness. 	<ul style="list-style-type: none"> ● Written ● Verbal ● Observation ● Drawn ● Rubric

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<p>All students will apply the concepts of body awareness, time, space, direction and force to movement.</p>	<ul style="list-style-type: none">● Travel in forward, sideways and backwards directions and change direction quickly and safely.● Travel while changing speeds and directions in response to a variety of rhythms.● Demonstrate slow and fast movement speeds, straight, curved and zigzag pathways.● Make both large and small body shapes● Demonstrate a variety of relationships with objects (over, under, behind, alongside and through).● Demonstrate high, middle, and low levels,● Combine shapes, levels and pathways into simple sequences.	<ul style="list-style-type: none">● Music & Movement activities● Flee and chase activities● Obstacle course● Dance● Rhythmic activities● Cooperative movements● Group/Partner movements● Tumbling● Static and dynamic balance activities● Parachute● Closure activities	<ul style="list-style-type: none">● Written● Verbal● Observation● Drawn● Rubric
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<p>All students will explain and apply the essential steps in learning motor skills.</p>	<ul style="list-style-type: none"> ● Recognize similar movement concepts and elements in a variety of skills. ● Use corrective feedback from the teacher or peers improve skill performances. ● Apply prior knowledge as cues for learning new skills. 	<ul style="list-style-type: none"> ● Actively write, draw or verbalize prior knowledge as it relates to motor skills. ● Group/Partner activities 	<ul style="list-style-type: none"> ● Written ● Verbal ● Observation ● Drawn ● Rubric
<p>All students will explain and apply appropriate rules and strategies when participating in physical activities.</p>	<ul style="list-style-type: none"> ● Follow game and participation rules independently and demonstrate fair play. ● Identify guidelines and behaviors for the safe use of equipment and apparatus. ● Recognize and implement fundamental strategies used in simple games and activities. ● Identify the purpose of rules in games. ● Identify the purpose of strategies in games. 	<ul style="list-style-type: none"> ● Group/Partner activities ● Personal/Social Skill activities ● Various games and activities 	<ul style="list-style-type: none"> ● Written ● Verbal ● Observation ● Drawn ● Rubric

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<p>All students will describe the effects of activity and inactivity, and formulate examples of lifestyle choices that result in the development and maintenance of health related fitness.</p>	<ul style="list-style-type: none"> ● Appreciate and enjoy the benefits that result from participation in physical activities. ● Enjoy participation in physical activities along with others. ● Appreciate benefits that accompany compassion, cooperation, honesty and perseverance. 	<ul style="list-style-type: none"> ● Actively write, draw or verbalize the effects and benefits of activity for maintaining a healthy lifestyle. ● Group/Partner discussions and activities 	<ul style="list-style-type: none"> ● Written ● Verbal ● Observation ● Drawn ● Rubric

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