

PE Grades 3&4 2015

Standards & Units	Sept.	Nov.	Jan.	March	April
NJ Core Curriculum Content Standards > Comprehensive Health and Physical Education > Grades: 3-4(2014)					
{HPE.2.5.4} All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.					
Unit #4, Physical Education, Movement Education-Locomotor/Nonlocomotor Skills, Gr. 3				■	
Unit #4, Physical Education, Movement Education-Locomotor/Nonlocomotor Skills, Gr. 4				■	
{HPE.2.5.4.A} Movement Skills and Concepts					
{HPE.2.5.4.A.3} Explain and demonstrate movement sequences, individually and with others, in response to various tempos, rhythms, and musical styles.					
Unit #1, Physical Education, Movement Education/Rhythm, Gr. 3					
Unit #1, Physical Education, Movement Education/Rhythm, Gr. 4	■				
{HPE.2.5.4.A.4} Correct movement errors in response to feedback and explain how the change improves performance.					
Unit #1, Physical Education, Movement Education/Rhythm, Gr. 3	■				
Unit #1, Physical Education, Movement Education/Rhythm, Gr. 4	■				
Unit #4, Physical Education, Movement Education-Locomotor/Nonlocomotor Skills, Gr. 3				■	
Unit #4, Physical Education, Movement Education-Locomotor/Nonlocomotor Skills, Gr. 4				■	
{HPE.2.5.4.A.2} Use body management skills and demonstrate control when moving in relation to others, objects, and boundaries in personal and general space.					
Unit #1, Physical Education, Movement Education/Rhythm, Gr. 3	■				
Unit #1, Physical Education, Movement Education/Rhythm, Gr. 4	■				
Unit #3, Physical Education, Manipulative Skills, Gr. 3			■		
Unit #3, Physical Education, Manipulative Skills, Gr. 4			■		
Unit #4, Physical Education, Movement Education-Locomotor/Nonlocomotor Skills, Gr. 3				■	
Unit #4, Physical Education, Movement Education-Locomotor/Nonlocomotor Skills, Gr. 4				■	
{HPE.2.5.4.A.1} Explain and perform essential elements of movement skills in both isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).					
Unit #1, Physical Education, Movement Education/Rhythm, Gr. 3	■				
Unit #1, Physical Education, Movement Education/Rhythm, Gr. 4	■				
Unit #3, Physical Education, Manipulative Skills, Gr. 3			■		
Unit #3, Physical Education, Manipulative Skills, Gr. 4			■		
Unit #4, Physical Education, Movement Education-Locomotor/Nonlocomotor Skills, Gr. 3				■	
Unit #4, Physical Education, Movement Education-Locomotor/Nonlocomotor Skills, Gr. 4				■	
Unit #5, Physical Education, Cooperative Games, Gr. 3					■
Unit #5, Physical Education, Cooperative Games, Gr. 4					■
{HPE.2.5.4.B} Strategy					
{HPE.2.5.4.B.2} Acknowledge the contributions of team members and choose appropriate ways to motivate and celebrate accomplishments.					
Unit #5, Physical Education, Cooperative Games, Gr. 3					■
Unit #5, Physical Education, Cooperative Games, Gr. 4					■
{HPE.2.5.4.B.1} Explain and demonstrate the use of basic offensive and defensive strategies (e.g., player positioning, faking, dodging, creating open areas, and defending space).					
Unit #5, Physical Education, Cooperative Games, Gr. 3					■
Unit #5, Physical Education, Cooperative Games, Gr. 4					■
{HPE.2.5.4.C} Sportsmanship, Rules, and Safety					
{HPE.2.5.4.C.1} Summarize the characteristics of good sportsmanship and demonstrate appropriate behavior as both a player and an observer.					
Unit #5, Physical Education, Cooperative Games, Gr. 3					■
Unit #5, Physical Education, Cooperative Games, Gr. 4					■
{HPE.2.5.4.C.2} Apply specific rules and procedures during physical activity and explain how they contribute to a safe active environment.					
Unit #3, Physical Education, Manipulative Skills, Gr. 3			■		
Unit #3, Physical Education, Manipulative Skills, Gr. 4			■		
Unit #5, Physical Education, Cooperative Games, Gr. 3					■
Unit #5, Physical Education, Cooperative Games, Gr. 4					■
{HPE.2.6.4} All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.					
Unit #2, Physical Education, Wellness, Gr. 3		■			
Unit #2, Physical Education, Wellness, Gr. 4		■			
{HPE.2.6.4.A} Fitness and Physical Activity					
Unit #2, Physical Education, Wellness, Gr. 3		■			
Unit #2, Physical Education, Wellness, Gr. 4		■			
{HPE.2.6.4.A.2} Participate in moderate to vigorous age-appropriate activities that address each component of health-related and skill-related fitness.					
Unit #1, Physical Education, Movement Education/Rhythm, Gr. 3	■				
Unit #1, Physical Education, Movement Education/Rhythm, Gr. 4	■				
Unit #2, Physical Education, Wellness, Gr. 3		■			
Unit #2, Physical Education, Wellness, Gr. 4		■			
{HPE.2.6.4.A.3} Develop a health-related fitness goal and track progress using health/fitness indicators.					
Unit #2, Physical Education, Wellness, Gr. 3		■			
Unit #2, Physical Education, Wellness, Gr. 4		■			
{HPE.2.6.4.A.4} Determine the extent to which different factors influence personal fitness, such as heredity, training, diet, and technology.					
Unit #2, Physical Education, Wellness, Gr. 3		■			
Unit #2, Physical Education, Wellness, Gr. 4		■			
{HPE.2.6.4.A.1} Determine the physical, social, emotional, and intellectual benefits of regular physical activity.					
Unit #1, Physical Education, Movement Education/Rhythm, Gr. 3	■				
Unit #1, Physical Education, Movement Education/Rhythm, Gr. 4	■				
Unit #2, Physical Education, Wellness, Gr. 3		■			
Unit #2, Physical Education, Wellness, Gr. 4		■			