

Green Township School District
Grades: 3-4 Physical Education/Health Benchmarks

Report Card Indicators			
	MP #1	MP #2	MP #3
<p>2.5.4.A- Understanding of fundamental concepts related to effective execution of actions. Provides the foundation for participating in games, sports, dance, and recreational activities</p> <p>-Ongoing feedback impacts improvement and effectiveness of movement actions.</p>	<p>He/she can further explain and perform movement skills with developmentally appropriate control in a variety of settings at grade appropriate level. (Eg.skill practice, games, sports, dance, and recreational activities)</p> <p>He/she continues to correct movement errors in response to feedback.</p> <p>He/she will familiarize themselves in showing control when moving in relation to others, objects, and boundaries in personal and general space.</p>	<p>He/she show marked improvement in their explanation and performance of movement skills with developmentally appropriate control in a variety of settings at grade appropriate level. (Eg.skill practice, games, sports, dance, and recreational activities)</p> <p>He/she continues to correct movement errors in response to feedback.</p> <p>He/she will practice and demonstrate showing control when moving in relation to others, objects, and boundaries in personal and general space.</p>	<p>He/she show marked improvement in their explanation and performance of movement skills with developmentally appropriate control in a variety of settings at grade appropriate level. (Eg.skill practice, games, sports, dance, and recreational activities)</p> <p>He/she continues to correct movement errors in response to feedback.</p> <p>He/she will execute showing control when moving in relation to others, objects, and boundaries in personal and general space at grade appropriate level.</p>
<p>2.5.4.B- Offensive, defensive, and cooperative strategies are applied in most games, sports, and other activity situations.</p>	<p>He/she is exposed to player positioning, faking, dodging, creating open areas and defending space into games, sports, and other movement activities.</p>	<p>He/she begins to implement player positioning, faking, dodging, creating open areas and defending space into games, sports, and other movement activities.</p>	<p>He/she better executes player positioning, faking, dodging, creating open areas and defending space into games, sports, and other movement activities at grade appropriate level.</p>
<p>2.5.4.C- Practicing appropriate and safe behaviors while participating in and view games, sports, and other competitive events. Contributes to enjoyment of the event.</p>	<p>He/she summarize the characteristics of good sportsmanship and appropriate behavior as both a player and an observer.</p> <p>He/she will apply and demonstrate general rules and procedures during physical activity.</p>	<p>He/she practice and demonstrate the characteristics of good sportsmanship and appropriate behavior as both a player and an observer.</p> <p>He/she will apply and demonstrate general rules and procedures during physical activity and explain how they contribute to a safe active environment with teacher prompting.</p>	<p>He/she can full confidently explain and regularly characteristics of good sportsmanship and appropriate behavior as both a player and an observer.</p> <p>He/she will apply and demonstrate general rules and procedures during physical activity and explain how they contribute to a safe active environment without teacher prompting at grade appropriate level.</p>

<p>2.6.4.A- Each component of fitness contributes to personal health as well as motor skill performance.</p>	<p>He/she will explore the benefits of regular physical activity in relation to the three aspects of good health (physical, social, emotional).</p> <p>He/she will participate and practice moderate to vigorous age appropriate activities that address each component of health-related and skill-related fitness.</p>	<p>He/she will determine the benefits of regular physical activity in relation to the three aspects of good health (physical, social, emotional).</p> <p>He/she will continue to participate and practice moderate to vigorous age appropriate activities that address each component of health-related and skill-related fitness.</p>	<p>He/she will explain the benefits of regular physical activity in relation to the three aspects of good health (physical, social, emotional).</p> <p>He/she will continue to participate and practice moderate to vigorous age appropriate activities that address each component of health-related and skill-related fitness and develop and track a health-related fitness goal at grade appropriate level.</p>
<p>2.1.4.D- Identifying unsafe situations and choosing appropriate ways to reduce or eliminate risks. Contributes to the safety of self and others.</p>	<p>He/she explore the characteristics of safe and unsafe situations and begin to develop strategies to reduce the risk of injuries at home, school, and in the community.</p>	<p>He/she demonstrate and explain the characteristics of safe and unsafe situations and begin to develop strategies to reduce the risk of injuries at home, school, and in the community with teacher prompting.</p>	<p>He/she demonstrate and explain the characteristics of safe and unsafe situations and begin to develop strategies to reduce the risk of injuries at home, school, and in the community without teacher prompting.</p>
<p>2.1.4.E- Many factors at home, school, and in the community impact social and emotional health.</p> <p>-Stress management skills impact an individual's ability to cope with different types of emotional situations.</p>	<p>He/she will determine and summarize causes of possible stress and explain appropriate responses to stressful situations.</p>	<p>He/she provide examples of possible causes of stress and respond appropriately with teachers prompting.</p>	<p>He/she provide examples of possible causes of stress and respond appropriately without teachers prompting.</p>
<p>2.2.4.A- Effective communication may be a determining factor in the outcome of health-and safety- related situations.</p> <p>-Effective communication in the basis for strengthening interpersonal interactions and relationships and resolving conflicts.</p>	<p>He/she will explore and practice effective communication when responding to disagreements or conflicts with others with teacher guidance.</p>	<p>He/she will effectively communicate when responding to disagreements or conflicts with others with teacher guidance.</p>	<p>He/she will effectively and confidently communicate when responding to disagreements or conflicts with others with no/minimal teacher guidance.</p>
<p>2.2.4.C- Character building is influenced by many factors both positive and negative, such as acceptance, discrimination, bullying, abuse, sportsmanship, support, disrespect, and violence.</p>	<p>He/she will familiarize and clarify the core ethical values (respect, empathy, and good citizenship) and their importance to the community with teacher guidance.</p>	<p>He/she is able to explain and provide examples of core ethical values (respect, empathy, good citizenship) and discern how they are important to our community with teacher guidance.</p>	<p>He/she is able to explain and provide examples of core ethical values (respect, empathy, good citizenship) and discern how they are important to our community with minimal teacher guidance.</p>