

## NJDOE MODEL CURRICULUM

<b>CONTENT AREA: Physical Education</b>	<b>GRADE: 3-5</b>	<b>UNIT #: III</b>	<b>UNIT NAME: Manipulative Skills</b>
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#	STUDENT LEARNING OBJECTIVES	CORRESPONDING NJCCCS
<b>1</b>	Manipulate a variety of objects with control in personal and general space. (e.g. hula hoop, jump rope, bean bags, ribbons, etc.) 3	(2.5.4.A.1)
<b>2</b>	Explain and demonstrate throwing, catching, dribbling, shooting, and striking an object from a stationary position with mechanical correctness. 4	(2.5.4.A.2)
<b>3</b>	Explain and demonstrate how to dribble, pass, and receive an object while moving with a partner. 4	(2.5.4.A.2)
<b>4</b>	Explain and demonstrate throwing and catching using correct mechanical techniques in games, sports and activities. 5	( 2.5.6.A.1, 2.5.6.A.2)
<b>5</b>	Explain and demonstrate striking and kicking of an object with and without an implement, using correct mechanical techniques in games, sports and activities. 3	(2.5.4.A.1 )
<b>6</b>	Explain and demonstrate how to strike an object continuously with a variety of body parts and implements (hands, feet, and paddle/racquet). 4	(2.5.4.A.1, 2.6.6.A.2)
<b>7</b>	Explain and demonstrate striking and kicking of an object continuously with various body parts and implements in games, sports and activities. 5	(2.5.6.A.1, 2.5.6.A.2, 2.6.6.A.2)
<b>8</b>	Explain and demonstrate how to dribble and shoot an object for a goal in a variety of games, sports, and activities. 3	(2.5.4.A.1,)
<b>9</b>	Explain and demonstrate passing and receiving of an object showing accuracy while moving safely in relation to boundaries in games, sports, and activities. 4	(2.5.4.A.2, 2.5.4.C.2)
<b>10</b>	Explain and demonstrate how to control a variety of objects within non-competitive , cooperative and competitive environments (apply rules) while moving in general space at varying pathways, directions, and speeds. 5	(2.5.6.A.1, 2.6.6.A.2, 2.5.6.C.2)

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Code #	NJCCCS
2.5- Motor Skill Development	
A. Movement Skills and Concepts	<p>4 Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance, and recreational activities.</p> <p>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).</p> <p>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.</p> <p>6 Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance, and recreational activities.</p> <p>2.5.6.A.1 Explain and perform movement skills that combine mechanically correct movement in smooth flowing sequences in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).</p> <p>2.5.6.A.2 Explain concepts of force and motion and demonstrate control while modifying force, flow, time, space, and relationships in interactive dynamic environments.</p>
C. Sportsmanship, rules, and Safety	<p>4 Practicing appropriate and safe behaviors while participating in and viewing games, sports, and other competitive events contributes to enjoyment of the event.</p> <p>2.5.4.C.2 Apply specific rules and procedures during physical activity and explain how they contribute to a safe active environment.</p>
	6 Practicing appropriate and safe behaviors while participating in and viewing games, sports, and other competitive events

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	contributes to enjoyment of the event.
	2.5.6.C.2 Apply rules and procedures for specific games, sports, and other competitive activities and describe how they enhance participation and safety.
2.6- Fitness	
A. Fitness and Physical Activity	6 Knowing and applying a variety of effective fitness principles over time enhances personal fitness level, performance, and health status.
	2.6.6.A.2 Determine to what extent various activities improve skill-related fitness versus health-related fitness.