### WCS Scope & Sequence 2014-15

**Grade:** 3-5  
**Subject:** Physical Education  
**2nd Nine Weeks**

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| **(Standard 6)** A physically educated person values physical activity for health, enjoyment, challenge, self-expression and/or social interaction. | **Knowledge:**  
- Physical Activity  
- Lifetime and recreational activities  
- Enjoyment  
- Self-expression  
- Identify positive social interaction  
- Celebrate success & achievements  
- Try new things and don’t be afraid to fail  
- Healthy choices | I can have fun doing physical activity.  
I can try new things that are challenging.  
I can work with others.  
I can practice to get better. I can have fun with friends while doing physical activity.  
I can celebrate my successes in a positive way.  
I can make healthy choices by doing physical activities. |

**Performance Standards:**  
6.2.1 Describe feelings following participation in physical activity.  
6.2.2 Value the challenges and achievements associated with fitness and skill development.  
6.2.3 Select physical activities for the purpose of self-expression.  
6.2.4 Challenge self to higher level of performance.  
6.2.5 Enjoy participation in group activities.  
6.2.6 Select a new physical activity for participation.  
6.3.1 Seek personally challenging experiences in physical activity both in and out of school.  

**Processes:**  
- Experience enjoyment while participating in physical activity (including lifetime and recreational activities)  
- Seek personally challenging experiences in physical activity  
- Apply physical activity as a means of self-expression  
- Apply physical activity as a positive opportunity for social interaction  
- Celebrate personal successes and achievements  
- Utilize results to integrate into your personal lifestyle  
- Describe the benefits of healthy choices &/or lifestyle