**WCS Scope & Sequence 2015-16**

**Grade:** 3-5  
**Subject:** Physical Education  
**1st Nine Weeks**

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*Standard 5* A physically educated person exhibits responsible personal and social behavior that respects self and others in physical activity settings

**Performance Standards:**
- 5.2.1 apply classroom rules, procedures and safe practices within physical education and at recess
- 5.2.2 complete assigned tasks individually or with others in a productive manner
- 5.2.3 resolve conflicts in socially acceptable ways during physical education and recess
- 5.2.4 demonstrate sportsmanship during physical education class
- 5.2.5 interact positively with students in class regardless of personal differences
- 5.3.1 demonstrate sportsmanship in physical education, recess, and outside the school setting

**Health Standards**
- **Standard 1**: The student will demonstrate the ability to implement decision making and goal setting skills to promote his/her personal health and wellness, thereby enhancing quality of life for himself/herself and those around him/her.
  - 1.1 identify the effective decision making techniques
  - 1.2 identify the benefits of forming personal goals, values and standards

**Knowledge:**
- Application of rules
- Acceptable social behavior
- Cooperation
- Safe practices
- Conflict resolution
- (HS)- Decision making

**Processes:**
- Apply rules, procedures and safe practices
- Cooperate with others regardless of personal differences in skill, gender, disability, socioeconomic level and ethnicity
- Recognize and value attributes of individuals
- Treat others with respect during physical activity
- Resolve conflicts in socially acceptable ways
- Work independently and on-task
- (HS)- analyze how influences affect personal decision-making processes
- (HS)- describe the connection between choices, actions, and consequences
- (HS)- explain safety precautions that would help prevent injuries (e.g., helmet, pads, sun safety)
- (HS)- distinguish between emergency and non-emergency situations
- (HS)- describe and discuss basic first aid techniques for emergency care
- (HS)- describe and discuss an ability to locate

I can follow directions and rules.
I can work safely.
I can complete my work on time.
I can work with others in PE and recess.
I can work it out.
I can work with everyone.
I can share.
I can show good sportsmanship.
I can make good choices.
I can respect others.
| Standard 10: The student will understand attitudes and behaviors for preventing injuries and deaths from injury.  
| 10.3 demonstrate and explain appropriate choices related to reducing unintentional injuries |
| Standard 11: The student will understand appropriate care for injuries and sudden illness.  
| 11.1 describe appropriate actions for emergency and non-emergency situations  
| 11.2 demonstrate first aid techniques |
| and utilize resources in emergency situations | | |