

We are working on our **MANIPULATIVES** unit.

Grades 3-5

CONTENT OBJECTIVE:

The Manipulatives theme allows students to explore controlling and manipulating objects while integrating spatial awareness and movement concepts. Following developmentally appropriate skills progressions, students engage in the emerging stages of developing eye-hand and eye-foot skills in both blocked order (i.e., practicing a specific skill until progress is observed, or repetition) and random practice order (i.e., multiple skills in random order, or variation). Skills developed in this theme build student confidence to participate in physical activity, including individual and team activities outside of PE. Manipulative skills vary from concepts such as dribbling with feet to jumping rope; students use equipment either in their hands or at their feet to reach learning outcomes. In Grades 3-5 activities include small-sided tasks to provide additional challenges.

ESSENTIAL CONCEPTS: *Students will know:*

- Handedness
- Opposition
- Eye-hand coordination
- Eye-foot coordination
- Basic rules, scoring, positions in a variety of sports
- Cooperation and team play
- Basic game play tactics and strategies
- Application of movement concepts to object manipulation

OBSERVABLE SKILLS: *Students will be able to:*

- Develop eye-hand and eye-foot skills with self-selected equipment, environment, or level of challenge
- Integrate movement concepts while performing object-control skills
- Apply body mechanics principles during kicking and foot dribbling skills
- Apply tactics and strategies during dynamic practice tasks
- Demonstrate proper body positioning and incorporate movement concepts when striking and volleying (i.e., side to target, approach, etc)
- Perform single and partner jump skills and tricks
- Demonstrate collaboration during partner activities and game like tasks
- Use positive verbal and nonverbal communication with teammates for success in game-like environments
- Reference skill performance checklists, anchor charts, and visuals during practice tasks
- Provide corrective feedback and accept feedback from peers on skills performance
- Participate safely and remind others to adhere to class protocols
- Monitor rate of perceived exertion (RPE) during game play and practice tasks
- Identify and incorporate benefits of skills (performance) related fitness concepts (coordination, reaction time, agility, speed and power) during manipulative skills practice tasks

Dental Health: Keeping Your Smile Nice And White

Did you know your teeth care can affect other parts of your body, too? Gum disease can increase the risk of many other serious health issues, including heart attack and stroke. Those are scary things a lot of grown-ups have to deal with, but the best way to make sure you don't have to is to take care of yourself now.

Brushing and flossing your teeth every day is the best way you can prevent dental decay. According to the National Pediatric Association, it's important to teach children how to brush their teeth at a young age, and visit the dentist regularly to promote good oral health, even in early childhood.

Make sure you're brushing and flossing your teeth after every meal. If you can't brush your teeth after lunch at school, that's okay, just make sure you brush them before you go to bed. Use a toothpaste with fluoride, because it helps keep your teeth strong. If you need help getting your teeth extra clean, ask your parents.

