

ALABAMA COURSE OF STUDY—Physical Education
3rd Grade
2006

Content Standard	Canoeing	Team Adventure	Team Challenge	Recreation – New Games	Invention Convention	All Classes
Motor Skill Development						
2. Demonstrate developmentally appropriate levels of nonlocomotor skills with transfer of weight.	X	X	X	X		X
7. Combine locomotor, nonlocomotor, and manipulative skills in a variety of activities. <ul style="list-style-type: none"> • Avoid or chase others in a tag game. 	X	X	X	X		
Health-Enhancing Activity						
10. Engage in regular physical activity for the purpose of improving skill and personal health. <ul style="list-style-type: none"> • Participate in regular physical activities such as dancing, hiking, or biking to develop a healthy lifestyle. 	X					X
Interactive Behavior						
11. Recognize safe practices when performing skills.	X	X	X	X		X
12. Identify physical education class rules and procedures.	X	X	X	X		
13. Exhibit cooperative skills in partner or small-group settings. <ul style="list-style-type: none"> • Work cooperatively with teachers and others to improve skill performance. • Share personal successes and achievements of self and others. • Relate positively to people with a variety of mental and physical abilities. • Include children with special needs in games and activities. 	X	X	X	X	X	X
14. Demonstrate elements of acceptable conflict resolution. <ul style="list-style-type: none"> • Apply the concept of I.D.E.A. (Identify the problem, Describe the possibilities, Evaluate the possibilities, Act on the idea). • Express appropriate statements of forgiveness and apology. 	X	X	X			

ALABAMA COURSE OF STUDY—Physical Education
4th Grade
2006

Content Standard	Canoeing	Team Adventure	Team Challenge	Recreation – New Games	Invention Convention	Native Americans and the Earth	All Classes
Motor Skills Development							
1. Demonstrate mature form of all nonlocomotor skills, including twisting, turning, leaning, stretching, curling, bending, swinging, balancing, and transferring of weight.	X	X	X	X			
2. Demonstrate selected manipulative skills, including throwing, catching, and kicking, while using proper mechanics and accuracy.	X	X	X	X			
5. Recognize correct and incorrect forms of motor skills.	X						
7. Adapt combined movement skills in a variety of situations.	X	X	X	X			
Health Enhancing Activity							
11. Identify resources available in the community that offer opportunities for physical fitness activities.	X			X			
Interactive Behavior							
12. Recognize the attributes that individuals bring to group activities. Use individual strengths of team members to improve game strategy.	X	X	X		X		
13. Collaborate with a partner or small group for a common purpose <ul style="list-style-type: none"> • Work cooperatively and productively with a partner to improve a skill. 	X	X	X	X	X		X
14. Demonstrate a physical activity as a means of self-expression. <ul style="list-style-type: none"> • Share personal successes and achievements of self and others. • Provide positive feedback to peers. 	X	X	X	X			
15. Relate positively to people of different backgrounds while participating in activities of different national, cultural, and ethnic origins.						X	

<ul style="list-style-type: none"> Accept individual differences within a group while playing multicultural games. 							
<p>16. Apply specific rules, strategies, and etiquette to activities with minimal reminders.</p> <ul style="list-style-type: none"> Use fundamental rules and strategies while participating in simple games and activities. 	X	X	X	X	X	X	X

ALABAMA COURSE OF STUDY—Physical Education
6th Grade
2006

Content Standard	Canoeing	Team Adventure	Team Challenge	Recreation – New Games	Orienteering	Climbing Wall	Invention Convention	All Classes
Interactive Behavior								
12. Describe positive interactions of group members in numerous activity settings. <ul style="list-style-type: none"> • Establishing leadership and service • Collaborating cooperatively on efforts for individual benefit • Establishing etiquette through adherence to rules • Participate in activities such as orienteering, team building, or cooperative games that contribute to positive social interaction in groups that include members with differences in gender, culture, ethnicity, and ability/disability. 	X	X	X	X	X	X	X	X
13. Identify safety concerns for physical activities. <ul style="list-style-type: none"> • Reducing risk of injury • Identifying potential hazards • Isolating environmental risks • Making modifications for at-risk health conditions 	X	X	X	X	X	X		X

ALABAMA COURSE OF STUDY—Physical Education
8th Grade
2006

Content Standard	Canoeing	Team Adventure	Team Challenge	Recreation	Orienteering	Climbing Wall	Invention Convention	Power Pole	Trust Swing	All Classes
Motor Skill Development										
1. Demonstrate competence in a variety of activities. Examples: lead-up games, square dance, fishing <ul style="list-style-type: none"> • Display mature form in rhythmical activities, outdoor pursuits, recreational activities, and modified versions of team and individual sports. 	X			X	X	X	X	X	X	X
5. Critique game strategies for innovative or cooperative group activities. <ul style="list-style-type: none"> • Identifying offensive strategies • Identifying defensive strategies • Providing modifications as feedback 		X	X	X						
6. Provide performance cues and feedback while participating in partner skill practice sessions.	X	X	X		X	X		X	X	
Interactive Behavior										
12. Identify positive influences related to participation in different forms of physical activities in modern culture by exploring self-expression and social benefits and developing positive peer relationships. <ul style="list-style-type: none"> • Discuss behaviors for performance improvement. • Demonstrate respect for limitations of others. • Express encouragement for group members. 	X	X	X	X	X	X	X	X	X	X
15. Solve problems in initiative activities and cooperative games by determining causes and testing solutions. <ul style="list-style-type: none"> • Solve conflicts that arise with others in cooperative and competitive settings. 		X	X	X	X		X			

• Pose possible solutions to a problem.										
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