

PHYSICAL DEVELOPMENT AND HEALTH CURRICULUM PROJECT

GOAL 21: Develop team-building skills by working with others through physical activity.
 Standard A: Demonstrate individual responsibility during group physical activities.

CATHOLIC IDENTITY

Standard A: Recognize the balance between healthy self-love and love of neighbor by using physical abilities and talents with humility and tolerance during group physical activities.

As a result of their schooling students will be able to...

EARLY ELEMENTARY (PREK-2)	LATE ELEMENTARY (3-5)	MIDDLE/JUNIOR HIGH SCHOOL (6-8)
<p>21.A.1a Follow directions and class procedures while participating in physical activities.</p> <p>21.A.1b Use identified procedures and safe practices with little or no reinforcement during group physical activities.</p> <p>21.A.1c Work independently on tasks for short periods of time.</p> <ol style="list-style-type: none"> 1. Follow class procedures for participation in activities. 2. Follow directions when participating in physical activities. 3. Respond to the use of visual and auditory signals (e.g., whistle, signs, circle). 4. Demonstrate understanding of spatial awareness and boundaries for rules and safety. 5. Understand concept of personal space. 6. Use equipment to develop individual skills (e.g., ball bouncing, juggling scarves) in a safe manner. 7. Work individually, in small groups and on teams in a safe manner. 8. <u>Follow directions as a child of God.</u> 	<p>21.A.2a Accept responsibility for their own actions in group physical activities.</p> <p>21.A.2b Use identified procedures and safe practices without reminders during group physical activities.</p> <p>21.A.2c Work independently on task until completed.</p> <ol style="list-style-type: none"> 1. Respect the personal space of others. 2. List and follow class procedures. 3. Participate in activities that focus on cooperation and partner play that will achieve task (e.g., playing catch with different types of equipment). 4. Work with partner to enhance and develop each person's skill in area. Partner observation and help (e.g., gymnastics-spotting during activity). 5. Use equipment properly and in a safe and productive manner. 6. Examine peaceful ways to settle disagreements when participating in physical activities. 7. <u>Demonstrate love of neighbor as self by playing fairly.</u> 	<p>21.A.3a Follow directions and decisions of responsible individuals (e.g., teachers, peer leaders, squad leaders).</p> <p>21.A.3b Participate in establishing procedures for group physical activities.</p> <p>21.A.3c Remain on task independent of distraction (e.g., peer pressure, environmental stressors).</p> <ol style="list-style-type: none"> 1. Explain the rules of safety and why the rules are important in physical activity. 2. Establish levels of appropriate positive behavioral expectations for all. 3. Rotate responsibilities so that all are given the training in leadership needed in sports and in life. 4. Establish time limits and rotate different positions so that all have an opportunity to learn all positions. 5. Select so that teams are even and have diverse skill levels. Stress a <u>Christian attitude</u> of tolerance, support and compassion through helping others. Place emphasis for competition on <u>Christian humility</u> by helping others. 6. <u>Demonstrate love for others by using humility and tolerance to establish rules and procedures in group physical activities.</u>

Why Goal 21 Is Important: As members of teams, students need to fill the role of leader at times and participant at other times. Knowing how to follow procedures, accept leadership from others, participate actively and lead when appropriate will serve the student on and off the playing field. Students need to know the elements of teamwork (communication, decision making, cooperation, leadership) and how to adjust individual needs to team needs. Students also need to be able to recognize each member's contributions, including their own.

PHYSICAL DEVELOPMENT AND HEALTH CURRICULUM PROJECT

GOAL 21: Develop team-building skills by working with others through physical activity.

Standard B: Demonstrate cooperative skills during structured group physical activity.

CATHOLIC IDENTITY

Standard B: *Demonstrate God-given talents during activities in a compassionate and cooperative manner.*

As a result of their schooling students will be able to...

EARLY ELEMENTARY (PREK-2)	LATE ELEMENTARY (3-5)	MIDDLE/JUNIOR HIGH SCHOOL (6-8)
<p>21.B.1 Work cooperatively with another to accomplish an assigned task.</p> <ol style="list-style-type: none"> 1. Demonstrate the ability to work cooperatively with a partner, in a small group or on a team. 2. Use equipment to promote cooperative activity (e.g., team building activities and movement explorations). 3. Listen to and articulate rules, safety procedures and behavior expectations for group activities and games. 4. Complete tasks/activities when working with a partner or on a team. 5. <u>Show their ability to be peacemakers by working cooperatively with others.</u> 	<p>21.B.2 Work cooperatively with a partner or small group to reach a shared goal during physical activity.</p> <ol style="list-style-type: none"> 1. Perform cooperatively with a partner, in a small group or on a team when participating in physical activity (e.g., playing catch – the thrower works on accuracy of pitch to partner while partner works on catching skills). 2. Develop higher level organized sport games (e.g., relays, rotating positions) stressing the importance of working together to accomplish goal. 3. Emphasize improvement and positive reflection (individual and team) when participating in sport activities. 4. Discuss the need for individual and shared goals during structured group physical activity. 5. <u>Show kindness to others by working cooperatively to reach a shared goal.</u> 	<p>21.B.3 Work cooperatively with others to accomplish a set goal in both competitive and non-competitive situations (e.g., baseball, choreographing a dance).</p> <ol style="list-style-type: none"> 1. Identify a variety of supportive roles within a cooperative group setting. 2. Work cooperatively with others. 3. Recognize and appreciate individual differences in performance within a group. 4. Participate in team activities (e.g., flag football, floor hockey, dance). 5. <u>Use talents in a compassionate and cooperative manner while playing team sports.</u>

Why This Goal Is Important: As members of teams, students need to fill the role of leader at times and participant at other times. Knowing how to follow procedures, accept leadership from others, participate actively and lead when appropriate will serve the student on and off the playing field. Students need to know the elements of teamwork (communication, decision making, cooperation, leadership) and how to adjust individual needs to team needs. Students also need to be able to recognize each member's contributions, including their own.