

**TOWNSHIP OF FRANKLIN PUBLIC SCHOOLS  
PHYSICAL EDUCATION CURRICULUM  
GRADES 3 & 4**

SKILL AREA	STUDENT OBJECTIVE	EXAMPLE/ACTIVITIES	RESOURCE/MATERIALS	ASSESSMENT	NJ CORE CURRICULUM STANDARD												
<u>BASKET-BALL</u>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>• mimic demonstration;</li> <li>• pass using both hands.</li>   <li>• mimic demonstration;</li> <li>• increase ability through practice.</li>   <li>• mimic demonstration;</li> <li>• increase ability through practice.</li>   <li>• dribble around a room successfully;</li> <li>• dribble using both hands.</li>   <li>• increase ability to catch through practice.</li>   <li>• increase ability to throw through practice;</li> <li>• follow through.</li> </ul>	<p>I. <u>SKILLS</u></p> <p>A. Ball Handling</p> <p>Review skills (1 - 4) from grades 1, 2, and Special Education as appropriate:</p> <ol style="list-style-type: none"> <li>5. Pass the Ball around the waist from hand-to-hand in either direction.</li>   <li>6. Pass the ball around the legs as you stand with feet together.</li>   <li>7. Pass from right to left in a figure eight between the legs. Legs should be spread apart.</li>   <li>8. Dribble on the move, aiming to keep eyes on space and other, while moving in and out of cones.</li>   <li>9. Catching from:               <ol style="list-style-type: none"> <li>a. self</li> <li>b. wall</li> <li>c. off floor</li> <li>d. on the move</li> </ol> </li>   <li>10. Throwing to:               <ol style="list-style-type: none"> <li>a. wall</li> <li>b. partner</li> <li>c. target</li> <li>d. on the move</li> </ol> </li> </ol>	<ul style="list-style-type: none"> <li>• 30 - 8 ½" Playground Balls or Jr. Basketballs</li>   <li>• Same as above</li>   <li>• Same as above</li>   <li>• Same as above</li> <li>• Cones</li>   <li>• Same as above</li>   <li>• Same as above</li> </ul>	<ul style="list-style-type: none"> <li>• Teacher Observation</li>   <li>• Teacher Observation</li>   <li>• Teacher Observation</li>   <li>• Teacher Observation</li>   <li>• Teacher Observation</li>   <li>• Teacher Observation</li> </ul>	<table border="0"> <tr> <td style="vertical-align: top;">2.5</td> <td style="vertical-align: top;">A.1-3 B.1</td> </tr> <tr> <td style="vertical-align: top;">2.5</td> <td style="vertical-align: top;">A.1-3 B.1</td> </tr> <tr> <td style="vertical-align: top;">2.5</td> <td style="vertical-align: top;">A.1-3 B.1</td> </tr> <tr> <td style="vertical-align: top;">2.5</td> <td style="vertical-align: top;">A.1-3 B.1</td> </tr> <tr> <td style="vertical-align: top;">2.5</td> <td style="vertical-align: top;">A.1-3 B.1</td> </tr> <tr> <td style="vertical-align: top;">2.5</td> <td style="vertical-align: top;">A.1-3 B.1</td> </tr> </table>	2.5	A.1-3 B.1	2.5	A.1-3 B.1	2.5	A.1-3 B.1	2.5	A.1-3 B.1	2.5	A.1-3 B.1	2.5	A.1-3 B.1
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<u>BASKET-BALL</u>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>• aim at a target with a follow through;</li> <li>• develop body and spatial awareness;</li> <li>• improve accuracy of throwing and catching;</li> <li>• demonstrate coordination.</li> </ul> <ul style="list-style-type: none"> <li>• work on developing security in pivoting;</li> <li>• develop body awareness.</li> </ul>	<p>I. <u>SKILLS</u> (continued)</p> <p>B. Passes</p> <p>Review skills (1 - 2) from grades 1, 2, and Special Education as appropriate.</p> <p>3. Bounce Pass</p> <p>Step into the pass, putting both hands on ball, thumbs back and top. With ball waist high, push forward and down, bouncing the ball near the receiver, reaching waist level.</p> <p>C. Pivot</p> <p>Keeping ball of foot on the floor, each child will reach out and pivot in all directions. They will try right and left. Have them dribble while pivoting. Then have them practice dribbling, pivoting, and passing to a partner.</p>	<ul style="list-style-type: none"> <li>• 30 - 8 ½" Playground Balls or Jr. Basketballs</li> </ul> <ul style="list-style-type: none"> <li>• Same as above</li> </ul>	<ul style="list-style-type: none"> <li>• Teacher Observation</li> </ul> <ul style="list-style-type: none"> <li>• Teacher Observation</li> </ul>	<p>2.5    A.1-4           B.1</p> <p>2.5    A.1-4           B.1</p>

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<u>BASKET-BALL</u>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>• enjoy a challenge;</li> <li>• develop more security with skills;</li> <li>• develop more accuracy and speed by finishing faster on each try;</li> <li>• develop body awareness;</li> <li>• improve accuracy of catching and throwing;</li> <li>• demonstrate coordination.</li> </ul> <ul style="list-style-type: none"> <li>• be positive to team members;</li> <li>• demonstrate cooperation;</li> <li>• demonstrate coordination;</li> <li>• improve accuracy of catching and throwing.</li> </ul>	<p>II. <u>DRILLS</u></p> <p>A. Ball Handling</p> <p>Review drills (1 - 6) from grades 1, 2, and Special Education as appropriate.</p> <p>B. Catching &amp; Throwing</p> <p>Review drills (1 - 2) from grades 1, 2, and Special Education as appropriate.</p> <p>3. Zig Zag Relay</p> <p>Divide children into two teams. They will pass the ball from "Start" to "Finish" and then back to "Start" again, zig zagging from side to side. They will score with each pass.</p> <p>4. Circle Relay</p> <p>Divide the class into four teams, each forming a circle. The first player in the circle must make the required pass to each player and then sit down. They score only if the passes are successful. All get a free turn.</p>	<ul style="list-style-type: none"> <li>• 2 - 8 ½" Playground Balls or Jr. Basketballs</li> <li>• Same as above</li> </ul>	<ul style="list-style-type: none"> <li>• Teacher Observation</li> <li>• Teacher Observation</li> </ul>	<p>2.5    A.1-4 A.9-10 B.4 D.1-2</p> <p>2.5    A.1-4 A.9-10 B.4 D.1-2</p>

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<u>BASKET-BALL</u>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>• have hands follow through to target using any shooting technique;</li> <li>• keep eye on target (aim).</li>   <li>• develop body awareness;</li> <li>• improve accuracy of follow through;</li> <li>• develop bilateral movement.</li> </ul>	<p>II. <u>DRILLS</u> (continued)</p> <p>C. Basketball Shooting</p> <p>Review drills (1 - 5) from grades 1, 2, and Special Education as appropriate.</p> <p>6. Lay-Up Shot</p> <p>Students will face the wall, put their feet together, and hold the ball up high with two hands. They will step forward and up, pushing their shooting hand and ball up against the wall. Standing to the side of the backboard, children will repeat practicing basic lay-up shot.</p> <p>7. Set Shot</p> <p>Have each child make a spreaded fan of their throwing hand, placing back of fan in front of their face, just below eye level. They will hold the ball on the fan with their other hand. With one foot ahead of the other, back straight, and knee bent, they will push the ball up and throw for the target. They will follow through with their hand to the target.</p>	<ul style="list-style-type: none"> <li>• 30 - 8 ½" Playground Balls or Jr. Basketballs</li>   <li>• Same as above</li> </ul>	<ul style="list-style-type: none"> <li>• Teacher Observation</li>   <li>• Teacher Observation</li> </ul>	<p>2.5    A.1-4 A.9</p> <p>2.5    A.1-4 A.9</p>

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<u>BASKET-BALL</u>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>• demonstrate team work;</li> <li>• learn some umpire calls;</li> <li>• develop body awareness;</li> <li>• use a variety of passes in a game situation;</li> <li>• improve accuracy of various types of passes, jump ball, and pivoting.</li> </ul> <ul style="list-style-type: none"> <li>• demonstrate team work;</li> <li>• develop body awareness;</li> <li>• improve accuracy of passing and pivoting;</li> <li>• demonstrate the ability to limit dribble;</li> <li>• use any of the various shots in a game situation.</li> </ul>	<p>III. <u>GAMES</u></p> <p>Review games (A - J) from grades 1, 2, and Special Education as appropriate.</p> <p>K. Bombardment</p> <p>Divide the class into 2 teams on a basketball court, placing 7 ten pins at each end. Using 2 balls, have each team throw their ball to knock down the other team's pins. Have children play for 5 minutes. The winner will be team with the most pins down. Start the game with jump ball - rules of basketball apply.</p> <p>L. Corner Ball</p> <p>Divide the class into 2 teams with corners marked off for each one. Each team has one player in opposite corners. Start the game with a jump ball. The object is to get the ball to their own corner player. If the ball is caught without a bounce, the player scores 1 point and can shoot for a basket for 2 more points. If the ball is caught after one bounce or more, no score is made but the player must try to get the ball back to their own team. Each team is on one half of the court and must not cross midline. Basketball rules apply to this game.</p>	<ul style="list-style-type: none"> <li>• 2 - 8 ½" Playground Balls</li> <li>• Basketball Court</li> <li>• 14 Ten Pins</li> <li>• Whistle</li> </ul> <ul style="list-style-type: none"> <li>• 1 Jr. Basketball</li> <li>• 4 Cones</li> <li>• Basketball Court</li> </ul>	<ul style="list-style-type: none"> <li>• Teacher Observation</li> </ul> <ul style="list-style-type: none"> <li>• Teacher Observation</li> </ul>	<p>2.5    A.1-4           A.9           B.4           C.1           D.1-2</p> <p>2.5    A.1-4           A.9           B.4           C.1           D.1-2</p>

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<u>BASKETBALL</u>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>• develop body awareness;</li> <li>• demonstrate team work in a game situation;</li> <li>• play with safety;</li> <li>• demonstrate the ability to show sportsmanship;</li> <li>• improve accuracy of running, fielding, shooting and dribbling.</li> </ul> <ul style="list-style-type: none"> <li>• develop body awareness;</li> <li>• get involved;</li> <li>• play with safety;</li> <li>• develop fitness;</li> <li>• follow rules;</li> <li>• demonstrate dribble and pass in a game situation;</li> <li>• use pivot for more range in a game situation;</li> <li>• enjoy activity;</li> <li>• improve accuracy of running, catching, throwing, dribbling, dodging and pivoting.</li> </ul>	<p>III. <u>GAMES</u> (continued)</p> <p>M. Basketball Baseball</p> <p>Divide the class into 2 teams, each using one half of the court. Home plate is at the right corner on the half court line, facing the basket. Bases are set up. One team is in the field, and cannot score, but must stop scores by making a basket. Team up uses long distance basketball throw and runs bases to get home before ball hits the basket. After all the players get a turn, the teams will change places.</p> <p>N. Elimination</p> <p>The object of this game is to be the last player left. This game is played on a basketball court and rules of basketball apply. You are eliminated from the game if you:</p> <ul style="list-style-type: none"> <li>- Are hit with the ball</li> <li>- Travel with the ball</li> <li>- Dribble more than 2 times</li> <li>- Throw a fly ball that is caught</li> <li>- Fumble the ball</li> </ul>	<ul style="list-style-type: none"> <li>• 1 Jr. Basketball</li> <li>• ½ Basket-ball Court</li> <li>• 4 Bases</li> </ul> <ul style="list-style-type: none"> <li>• 1 - 8 ½" Playground Ball</li> <li>• Basketball Court</li> </ul>	<ul style="list-style-type: none"> <li>• Teacher Observation</li> </ul> <ul style="list-style-type: none"> <li>• Teacher Observation</li> </ul>	<p>2.5    A.1-4           A.9           B.4           C.1           D.1-2</p> <p>2.5    A.1-4           A.9           B.4           C.1           D.1-2</p>

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<u>BASKET-BALL</u>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>• develop body awareness;</li> <li>• demonstrate team work in a game situation;</li> <li>• play with safety;</li> <li>• know basic basketball rules;</li> <li>• increase accuracy of dodging, pivoting, catching, throwing passes, and dribbling;</li> <li>• enjoy playing.</li> </ul> <ul style="list-style-type: none"> <li>• develop body awareness;</li> <li>• demonstrate cooperation;</li> <li>• play with safety;</li> <li>• increase accuracy of running, dodging, dribbling and tagging.</li> </ul>	<p>III. <u>GAMES</u> (continued)</p> <p>O. Quadruple Dodge Ball</p> <p>The basketball court is divided into quarters marked A, B, C, &amp; D. The 1<sup>st</sup> team will play on quarters A &amp; C and the 2<sup>nd</sup> team will play on quarters B &amp; D. Start the game with jump ball. Basketball rules apply. The object of the game is to get the most players out in the total two halves. Players will play in each team court before the game is over. During the game, players in section A must eliminate players in section B by hitting them below the waist. Players in section D must eliminate players in section C. B and C must get possession of the ball to throw to their own team to save themselves.</p> <p>P. Dribble Tag</p> <p>This game is played on a basketball court. Four players are selected to be "IT" and must dribble the ball and tag (not throw ball at player) as many players as possible. When a player is tagged, they must sit down. Taggers may cooperate with each other to track down certain players. When all are tagged, a new game starts with 4 new players as "IT."</p>	<ul style="list-style-type: none"> <li>• 1 - 8 ½" Playground ball for 3<sup>rd</sup> grade</li> <li>• 1 Jr. Basketball for 4<sup>th</sup> grade</li> <li>• Basketball Court</li> <li>• Score Sheet</li> </ul> <ul style="list-style-type: none"> <li>• 4 Jr. Basketballs</li> <li>• Basketball Court</li> </ul>	<ul style="list-style-type: none"> <li>• Teacher Observation</li> </ul> <ul style="list-style-type: none"> <li>• Teacher Observation</li> </ul>	<p>2.5    A.1-4           A.9           B.1,2,4,5           D.1-3</p> <p>2.5    A.1-4           A.9           B.1,2,4,5           D.1-3</p>

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<u>BASKET-BALL</u>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>• develop body awareness;</li> <li>• use positive comments in a game situation;</li> <li>• improve accuracy of passing, dribbling, shooting and running.</li> </ul> <ul style="list-style-type: none"> <li>• use primary skills of dribbling, shooting, and running;</li> <li>• enjoy team challenge.</li> </ul>	<p>III. <u>GAMES</u> (continued)</p> <p>Q. Dribble, Pass and Shoot</p> <p>Divide the class into 4 teams, giving each player on each team a number from 1-5 or 6. Players are on side lines and on different halves of the court. Four basketballs are in the center circle. The teacher calls a number and a pass (chest, bounce, or overhand). The player with the number called must get the ball, dribble to the line, and make a pass to each team member, dribble to the closest basket, take one shot, dribble back to the center and replace the ball. Scores are - 1 pt. for 1<sup>st</sup>, 2 pts. for basket, and 3 pts. for both. All players will get a turn.</p> <p>R. Basketball Snatch and Shoot</p> <p>This game can be used as a cool down. Divide the class into two teams numbered equally. The teams will stand on the opposite ends of the court. The teacher calls a number and those players will run, pick up a ball, and dribble to their basket and shoot. The shooters will retrieve their ball and dribble back to replace the ball in the hoop. Teams will score if the following occurs:</p> <ul style="list-style-type: none"> <li>- 1 point: thrown ball hits the basketball hoop</li> <li>- 2 points: ball goes into basket</li> <li>- 1 point: ball is replaced in hula hoop first</li> </ul>	<ul style="list-style-type: none"> <li>• 4 Jr. Basketballs</li> <li>• Basketball Court</li> <li>• Score Sheet</li> </ul> <ul style="list-style-type: none"> <li>• 2 Hula Hoops</li> <li>• 2 Basketballs</li> </ul>	<ul style="list-style-type: none"> <li>• Teacher Observation</li> </ul> <ul style="list-style-type: none"> <li>• Teacher Observation</li> </ul>	<p>2.5    A.1-4           A.9           B.1-5           D.1-3</p> <p>2.5    A.1-4           A.9           B.1-5           D.1-3</p>