

**TOWNSHIP OF FRANKLIN PUBLIC SCHOOLS
PHYSICAL EDUCATION CURRICULUM
GRADES 3 & 4
SEPTEMBER 2006**

Introduction to Tumbling Stunts

All stunts and mat work emphasize body awareness.

As a result of this unit, students will be able to:

- do a tuck roll, coming up to their feet;
- do a V-sit, maintaining balance and leg strength, toes pointed;
- do a backward roll, knees going over one shoulder;
- do a beginning movement to a cartwheel or more;
- do at least one partner stunt;
- walk a balance beam successfully;
- use thigh strength to hold legs up;
- enjoy challenges in balance, strength, and flexibility;
- develop building body awareness;
- develop self-confidence;
- allow for experimentation;
- build greater courage in themselves and others;
- work together with a partner or a group, using body awareness, strength, flexibility and coordination;
- have enjoyment using the body in challenging activities;
- work with safety and be aware of hazards in any stunt;
- do a standing forward roll;
- do a dive roll properly and safely;
- hold their body off the mat with hands and forehead;
- roll backward with both knees going to one shoulder;
- allow for experimentation;
- do a squash;
- form a basic pyramid safely;
- do various activities on a balance beam.

Evaluation

Evaluation will be made of each student's performance level by observing their demonstration of the skills listed in the "Student Objective" section of this curriculum.