

Common Core in CA Health & Physical Education

SAMPLE Common Core Student Learning Activities Based on the CA Physical Education Framework

Prepared by Common Core in CA Health & Physical Education Task Force

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Grade 3: CA Physical Education Standard 2.2 - Explain and demonstrate the correct hand position when catching a ball above the head, below the waist, near the middle of the body, and away from the body.

From CA Physical Education Framework - Learning Snapshot (pg. 51): The teacher should demonstrate and explain the correct technique for catching a ball above the head, below the waist, near the middle of the body, and away from the body. In the explanation, the teacher should include the following points:

- Watch the ball.
- Move to the ball—if it is away from the body.
- Hands are positioned so fingers point up if the ball is at the middle of the body or above the waist.
- Hands are positioned so fingers point down if the ball is below the waist.
- Extend the arms.
- Grasp the ball with both hands.
- Give with the ball on contact.

Once the teacher has introduced the skills, students practice throwing and catching in pairs. The teacher circulates through the class, providing feedback and asking students to explain the correct hand position when the ball is above the head, below the waist, near the midsection of the body, and away from the body. The teacher reteaches the information until students are able to demonstrate and explain the correct hand position.

Applicable CA Grade 3 Common Core ELA Standards & Standards for Literacy	SAMPLE Common Core in Physical Education Learning Activity Using CA Physical Education *Framework Grade 3 Standard 2.2 Learning Snapshot (pg. 51) <i>(*Task Force modifications to Framework text are in italic)</i>	Common Core Strategies, Tools and Resources As Applied in Physical Education
<ul style="list-style-type: none"> • Writing (W) • Speaking & Listening (S&L) • Language (L) 	<p>A. <i>Introduce and review the Physical Education Standard 2.2. Demonstrate and explain techniques using all learning cues:</i></p> <ul style="list-style-type: none"> • Watch the ball. • Move to the ball—if it is away from the body. • Hands are positioned so fingers point up if the ball is at the middle of the body or above the waist. • Hands are positioned so fingers point down if 	<p>21st Century Skills</p> <ul style="list-style-type: none"> • Critical Thinking (CT) • Creativity (CR) • Communication (CM) • Collaboration (CL)

<p>Speaking & Listening</p> <p>3. Ask and answer questions about information from a speaker, offering appropriate elaboration and detail.</p> <p>6. Speak in complete sentences when appropriate to task and situation in order to provide requested detail or clarification. (See grade 3 Language standards 1 and 3 for specific expectations.)</p> <p>Language</p> <p>1. Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.</p> <p>2. Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing.</p> <p>3. Use knowledge of language and its conventions when writing, speaking, reading, or listening.</p> <p>6. Acquire and use accurately grade-appropriate conversational, general academic and domain-specific words and phrases, including those that signal spatial and temporal relationships (e.g., After dinner that night we went looking for them).</p>	<p>the ball is below the waist.</p> <ul style="list-style-type: none"> • Extend the arms. • Grasp the ball with both hands. • Give with the ball on contact. <p>B. Once the teacher has introduced the skills, students practice throwing and catching in pairs. The teacher circulates through the class, providing feedback and asking students to explain the correct hand position when the ball is above the head, below the waist, near the midsection of the body, and away from the body. Students verbally explain the correct hand position for catching (S&L- 2, 6; L-1, 3, 6; CM, CL).</p> <p>C. <i>Students write a description of the correct hand position for catching the ball above the head, below the waist, near the midsection of the body, and away from the body (W-2, 4; L-1, 2, 3, 6; CM).</i></p> <p>D. <i>EL students may also include diagrams with labels of the correct hand position for catching the ball above the head, below the waist, near the midsection of the body, and away from the body (W-4; L-6; CM).</i></p>	<p>Examples of Academic Language</p> <ul style="list-style-type: none"> • Hand Position • Body Position • Midline of Body • Give with the ball on contact (absorbing force) • Watching the ball (tracking flight)
		<p>Technology</p> <p>W-6. With guidance and support from adults, use technology to produce and publish writing (using keyboarding skills) as well as to interact and collaborate with others.</p>
		<p>Common Core Learning Strategy Connections</p> <ol style="list-style-type: none"> 1. Flipped Instruction: Students watch video-based examples of correct catching techniques. 2. Project Based Learning Activity (PBL) Critical Question: What is the best way to catch a ball thrown to you at waist level?
		<p>Teacher Resources</p> <ol style="list-style-type: none"> 1. Physical Education Framework for CA Public Schools (cde.ca.gov) 2. Common Core State Standards for ELA & Literacy in History/Social Studies, Science, and Technical Subjects (K-12) (cde.ca.gov) 3. PBL in the Elementary Grades, Project Based Learning for the 21st Century, Buck Institute (BIE.org)