

## **PHYSICAL EDUCATION MISSION STATEMENT**

The purpose of physical education is to promote a positive attitude about overall fitness and wellness through exposure of each learner to age appropriate skills, knowledge, and physical activities to be successful participants in life long physical activities.

### **OUTCOMES**

1. Acquire an understanding and acceptance of individual differences, abilities and limitations.
2. Promotion and encouragement of physical activity outside of the physical education classroom; in the community and for life.
3. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
4. Concentrate on the personal improvement aspect of fitness rather than the competitive nature of sports.
5. Develop motor skills that allow for safe, successful and satisfying participation in physical activities.
6. Encourage students to choose daily, developmentally appropriate physical activity and know the benefits of their choice.
7. Improve cardiovascular endurance, muscular strength, flexibility, muscular endurance, and body composition to achieve and maintain a health-enhancing level of physical fitness.
8. Develop a sense of personal responsibility for behavior, personal health, safety, fitness, leadership and cooperation.
9. Develop positive self-concept including self-confidence, assertiveness, independence, self-worth and self-control through success-oriented activities.

## **Course: Physical Education Kindergarten**

### **Unit(s): Building a Foundation**

#### **Content**

Orientation and Personal Space

#### **Skills**

Learn and practice classroom rules and expectations.

#### **Standards**

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

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PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

#### **Content**

Loco motor Skills, Levels and Directions

**Skills**

Practice walk, run, jump, hop, gallop, skip, side slide and leap.  
Practice loco motor skill movements at high, medium and low levels.  
Practice loco motor skills in different directions: forward, backwards, sideways.

**Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.  
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**Content**

Pathways/Creative Moves

**Skills**

Practicing loco motor skills in straight, zigzag and curved pathways.

**Standards**

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**Content**

Tempos/Creative Moves

**Skills**

Practicing loco motor skills at different speeds: slow, medium, fast.

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**Content**

Movement Concepts with Hoops

**Skills**

Practice loco motor movements, using directional cues (backward, forward, sideways, upward, downward, right and left), and relationship cues (over, under, on, off, in, out, around, through and mirror), using hoops.

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**Content**

Body Management and Balance

**Skills**

Practicing non loco motor movements to create shapes with the body.

Recognize and balance with different body parts. 4

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**Content**

General Space/Creative Moves

**Skills**

Participate in individual challenges in general space.

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**Unit(s): Rhythms/Dance**

**Content**

Loco motor Rhythms

**Skills**

Practice basic Loco motor skills (walk, crawl, hop, jump, skip, side slide, gallop, run) to music.

Practice basic Non-Loco motor Skills (twist, turn, bend, stretch, shake, bounce, circle) to music

**Standards**

1.1 ~ Students accurately demonstrate non-loco motor/axial movements (such as bend, twist, stretch, swing)

1.2 ~ Students accurately demonstrate eight basic loco motor movements (such as walk, run, hop, jump, leap, gallop, slide, and skip), traveling forward, backward, side ward, diagonally, and turning

1.3 ~ Students create shapes at low, middle, and high levels

1.4 ~ Students demonstrate the ability to define and maintain personal space

1.5 ~ Students demonstrate movements in straight and curved pathways

1.6 ~ Students demonstrate accuracy in moving to a musical beat and responding to changes in tempo

1.7 ~ Students demonstrate kinesthetic awareness, concentration, and focus in performing movement skills

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**Content**

Folk Dances

**Skills**

Learn and practice various folk dances: Examples: The Hokey Pokey, Bunny

Hop, The Chicken to work on loco motor and non-loco motor movements.

**Standards**

1.1 ~ Students accurately demonstrate non-loco motor/axial movements (such as bend, twist, stretch, swing)

1.2 ~ Students accurately demonstrate eight basic loco motor movements (such as walk, run, hop, jump, leap, gallop, slide, and skip), traveling forward, backward, side ward, diagonally, and turning

1.3 ~ Students create shapes at low, middle, and high levels

1.4 ~ Students demonstrate the ability to define and maintain personal space

1.5 ~ Students demonstrate movements in straight and curved pathways

1.6 ~ Students demonstrate accuracy in moving to a musical beat and responding to changes in tempo

1.7 ~ Students demonstrate kinesthetic awareness, concentration, and focus in performing movement skills

5.1 ~ Students perform folk dances from various cultures with competence and confidence

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**Unit(s): Balance, Stunts and Tumbling**

**Content**

Animal Walks and Balances

**Skills**

Imitate different animal movements, using body control and balance.

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**Content**

Body Balances, Static Balances, Dynamic Balance, Bean Bag Balances

**Skills**

Participate in a variety of challenges combining different body positions with loco motor skills. (T-Stand, pike, tuck, straddle sit)

Participate in challenges to balance on different body parts, and create poses/shapes with your body.

Participate in challenges to balance a bean bag on different body parts.

Participate in challenges that require balance while moving (line walking, tiptoe walking, one foot.)

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### **Content**

Jumping and Landing

#### **Skills**

Learn and practice different ways to jump and land safely. (quarter turns, half turns, full turns).

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### **Content**

Body Rolls

#### **Skills**

Learn and practice safety rules when using mats.

Practice basic body rolls (log, forward, egg, back shoulder roll)

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**Content**

Body Part Recognition/Stunts

**Skills**

Participate in balance challenges using different body parts.

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**Unit(s): Ball Skills**

**Content**

Kicking and Trapping Skills

**Skills**

Explore controlled foot dribbling.

Practice kicking and trapping a soccer ball with a partner.

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**Content**

Ball Rolling/Catching

**Skills**

Practice rolling a ball with two hands, then one hand, with a partner.

Practice rolling a ball at various targets (ex. bowling pins)

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### **Content**

Ball Throwing and Catching

### **Skills**

Practice throwing underhand and overhand to targets.

Practice throwing underhand and overhand to a partner.

Practice catching a ball thrown from a partner.

Practice self toss and catch skill challenges as posed by the teacher.

Practice throwing and catching with a scoop and ball.

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### **Content**

Ball Bouncing

### **Skills**

Practice individual ball bouncing and catching challenges.

Practice dribbling with two hands, then one hand.

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### **Content**

Ball Volleying and Striking - Beach Balls

### **Skills**

Explore volleying skills challenges using various body parts.

Practice striking ball with one or two hands both underhand and overhand.



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## **Unit(s): Manipulative Activities and Skills**

### **Content**

Scarf Activities

### **Skills**

Explore throwing and catching challenges using one and two scarves.

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### **Content**

Bean Bag Activities

### **Skills**

Practice individual throwing/catching challenges.

Practice throwing and catching skills with a partner.

Practice balancing a bean bag on various body parts.

Practice various bean bag skills using music.

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### **Content**

## Hula Hoop Activities

### **Skills**

Explore and practice various loco motor and non loco motor movements with a hula hoop.

Practice spinning a hoop around various body parts.

Practice rolling a hoop back and forth with partners.

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### **Content**

#### Parachute Activities

### **Skills**

Learn and practice rules for playing with the parachute safely.

Create parachute shapes.

Practice loco motor skills to move the parachute.

Practicing moving safely under and around the parachute.

Practice fitness exercises using the parachute.

"Popcorn" activity - Bounce the parachute to "pop" the balls off the parachute.

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### **Content**

#### Scooter Activities

### **Skills**

Learn and practice riding the scooter safely.

Practice various ways to ride the scooter: seated; hands only, feet only, both hands and feet.

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## **Unit(s): Jumping Skills**

### **Content**

Jumping and Landing Patterns

### **Skills**

Practice different ways to jump and land.

Practice jumping for distance.

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### **Content**

Short Jump Rope Introductory Skills

### **Skills**

Practice jumping and movement skills over stationary ropes on the floor.

Exploration of turning and jumping short ropes.

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## **Unit(s): Social Games**

**Introduction to social concepts of fair play, good sportsmanship, following rules and directions.**

### **Content**

Chasing/Fleeing Games

### **Skills**

Participate in games to practice loco motor skills, and social skills. (fair play, sportsmanship, following rules).

Examples: Color Tag, Cookie Monster Tag, Octopus Tag, Squirrels in the Trees, High Five Tag.

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## **Course: Physical Education Grade 1**

### **Unit(s): Physical Fitness and Wellness**

#### **Content**

Fitness Games and Activities

#### **Skills**

Participate in tag and other games focused on fitness exercises and cardiovascular development.

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#### **Content**

#### **Physical Fitness Testing**

#### **Skills**

Perform to best of ability 1 minute curl up test.  
Perform to best of ability sit and reach flexibility test.  
Perform to best of ability pull ups and/or flexed arm hang test.  
Perform to best of ability a 30 foot shuttle run agility test.  
Perform to best of ability a 1/4 mile and/or mile run test.

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### **Content**

Fitness Development

### **Skills**

Participate in daily warm up activities focused on various fitness development areas.

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### **Content**

Fitness Stations

### **Skills**

Participate in fitness station activities to develop and practice skills in the fitness test battery.

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**Content**

Fitness Components/Concepts

**Skills**

Introduce students to concepts of cardiovascular endurance, muscle strength and endurance, flexibility and speed/agility.

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**Content**

**Wellness Components**

**Skills**

Introduce students to wellness components, including personal physical activity level, stress reduction and relaxation, and injury prevention and care.

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**Unit(s): Building a Foundation**

**Content**

Orientation and Personal Space

**Skills**

Learn and practice classroom rules and expectations.

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**Content**

Loco motor Skills, Levels and Directions

**Skills**

Practice walk, run, jump, hop, gallop, skip, side slide and leap.  
Practice loco motor skill movements at high, medium and low levels.  
Practice loco motor skills in different directions: forward, backwards, sideways.

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**Content**

Pathways/Creative Moves

**Skills**

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PE.K-12.3 ~ Participates regularly in physical activity.  
PE.K-12.4 ~ PHYSICAL FITNESS ~ Achieves and maintains a health-enhancing level of physical fitness.  
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PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

**Content**

Tempos/Creative Moves

**Skills**

Practicing loco motor skills at different speeds: slow, medium, fast.

**Standards**

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**Content**

Movement Concepts with Hoops

**Skills**

Practice loco motor movements, using directional cues (backward, forward, sideways, upward, downward, right and left), and relationship cues (over, under, on, off, in, out, around, through and mirror), using hoops.

**Standards**

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**Content**

Body Management and Balance

**Skills**

Practicing non loco motor movements to create shapes with the body.

Recognize and balance with different body parts.

**Standards**

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**Content**

General Space/Creative Moves

**Skills**

Participate in individual challenges in general space.

**Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.



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### **Content**

Daily Warm Up Activities

24

### **Skills**

Practice paced running, speed running, directional running.

Participate in daily exercises to develop muscle strength and endurance.

### **Standards**

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### **Unit(s): Rhythms/Dance**

#### **Content**

Loco motor Rhythms

#### **Skills**

Practice basic Loco motor skills (walk, crawl, hop, jump, skip, side slide, gallop, run) to music.

Practice basic Non-Loco motor Skills (twist, turn, bend, stretch, shake, bounce, circle) to music

#### **Standards**

1.1 ~ Students accurately demonstrate non-loco motor/axial movements (such as bend, twist, stretch, swing)

1.2 ~ Students accurately demonstrate eight basic loco motor movements (such as walk, run, hop, jump, leap, gallop, slide, and skip), traveling forward, backward, side ward, diagonally, and turning

1.3 ~ Students create shapes at low, middle, and high levels

1.4 ~ Students demonstrate the ability to define and maintain personal space

1.5 ~ Students demonstrate movements in straight and curved pathways

1.6 ~ Students demonstrate accuracy in moving to a musical beat and

responding to changes in tempo

1.7 ~ Students demonstrate kinesthetic awareness, concentration, and focus in performing movement skills

2.2 ~ Students improvise, create, and perform dances based on their own ideas and concepts from other sources

2.6 ~ Students demonstrate the following partner skills: copying, leading and following, mirroring

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

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### **Content**

Folk Dances

### **Skills**

Learn and practice various folk dances: Examples: The Hokey Pokey, Bunny Hop, The Chicken, The Mexican Hat

Dance, The Conga, Seven Jumps to work on loco motor and non-loco motor movements.

### **Standards**

1.1 ~ Students accurately demonstrate non-loco motor/axial movements (such as bend, twist, stretch, swing)

1.2 ~ Students accurately demonstrate eight basic loco motor movements (such as walk, run, hop, jump, leap, gallop, slide, and skip), traveling forward, backward, side ward, diagonally, and turning

1.3 ~ Students create shapes at low, middle, and high levels

1.4 ~ Students demonstrate the ability to define and maintain personal space

1.5 ~ Students demonstrate movements in straight and curved pathways

1.6 ~ Students demonstrate accuracy in moving to a musical beat and responding to changes in tempo

1.7 ~ Students demonstrate kinesthetic awareness, concentration, and focus in performing movement skills

5.1 ~ Students perform folk dances from various cultures with competence and confidence

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

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### **Content**

Pre-Square Dance Skills

### **Skills**

Participate in simple circle and square dances to learn the basic square dance figures: Honor Partner, Circle Left and

Right, Swing Partners and Corners, Do-Sa-Do, Promenade, Into the Center and Back, Forward and Back.

### **Standards**

1.4 ~ Students demonstrate the ability to define and maintain personal space

1.5 ~ Students demonstrate movements in straight and curved pathways

1.6 ~ Students demonstrate accuracy in moving to a musical beat and responding to changes in tempo

1.7 ~ Students demonstrate kinesthetic awareness, concentration, and focus in performing movement skills

2.5 ~ Students demonstrate the ability to work effectively alone and with a partner

2.6 ~ Students demonstrate the following partner skills: copying, leading and following, mirroring

5.1 ~ Students perform folk dances from various cultures with competence and confidence

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

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### **Content**

Manipulative Rhythms

### **Skills**

Participate in rhythms activities using Ribbon Wands, Rhythm Sticks, Parachute, and other manipulative objects.

### **Standards**

1.1 ~ Students accurately demonstrate non-loco motor/axial movements (such as bend, twist, stretch, swing)

1.3 ~ Students create shapes at low, middle, and high levels

1.4 ~ Students demonstrate the ability to define and maintain personal space

- 1.5 ~ Students demonstrate movements in straight and curved pathways
- 1.6 ~ Students demonstrate accuracy in moving to a musical beat and responding to changes in tempo
- 1.7 ~ Students demonstrate kinesthetic awareness, concentration, and focus in performing movement skills
- 2.2 ~ Students improvise, create, and perform dances based on their own ideas and concepts from other sources
- 2.3 ~ Students use improvisation to discover and invent movement and to solve movement problems
- 2.5 ~ Students demonstrate the ability to work effectively alone and with a partner
- 2.6 ~ Students demonstrate the following partner skills: copying, leading and following, mirroring
- 5.1 ~ Students perform folk dances from various cultures with competence and confidence
- PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
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**Unit(s): Balance, Stunts and Tumbling**

**Content**

Animal Walks and Balances

**Skills**

Imitate different animal movements, using body control and balance.

**Standards**

- PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
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**Content**

Body Balances, Static Balances, Dynamic Balance, Bean Bag Balances

**Skills**

Participate in a variety of challenges combining different body positions with loco motor skills. (T-Stand, pike, tuck, straddle sit)

Participate in challenges to balance on different body parts, and create poses/shapes with your body.

Participate in challenges to balance a bean bag on different body parts.

Participate in challenges that require balance while moving (line walking, tiptoe walking, one foot.)

### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

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### **Content**

Jumping and Landing

### **Skills**

Learn and practice different ways to jump and land safely. (quarter turns, half turns, full turns).

### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

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### **Content**

Body Rolls

### **Skills**

Learn and practice safety rules when using mats.

Practice basic body rolls (log, forward, egg, back shoulder roll)

Practice weight transfer onto the back: back rocker, back rocker to stand.

Practice back rolls using an incline mat.

### **Standards**

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**Content**

Body Part Recognition/Stunts

**Skills**

Participate in balance challenges using different body parts.

**Standards**

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**Content**

Partner Stunts

**Skills**

Practice moving in a leader/follower pattern to reinforce moving and working as a pair.

Practice partner counterbalance stunts. (Cards in curriculum materials)

**Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

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**Content**

Yoga Poses

**Skills**

Introduce students to basic children's yoga poses to promote flexibility, body control, and relaxation.

**Standards**

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#### **Content**

Body Balances, Static Balances, Dynamic Balance, Bean Bag Balances

#### **Skills**

Participate in a variety of challenges combining different body positions with loco motor skills. (T-Stand, pike, tuck, straddle sit)

Participate in challenges to balance on different body parts, and create poses/shapes with your body.

Participate in challenges to balance a bean bag on different body parts.

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#### **Content**

Jumping and Landing

**Skills**

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**Content**

Body Rolls

**Skills**

Learn and practice safety rules when using mats.

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Practice weight transfer onto the back: back rocker, back rocker to stand.

Practice back rolls using an incline mat.

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**Content**

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**Skills**

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**Content**

Partner Stunts

**Skills**

Practice moving in a leader/follower pattern to reinforce moving and working as a pair.

Practice partner counterbalance stunts. (Cards in curriculum materials)

**Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

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**Content**

Yoga Poses

**Skills**

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**Standards**

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**Unit(s): Ball Skills**

**Content**

Kicking and Trapping Skills

**Skills**

Explore controlled foot dribbling.

Practice kicking and trapping a soccer ball with a partner.

Practice kicking a soccer ball at various targets: a cone, between cones, or at a soccer goal.

Practice kicking a ball rolled from a partner (kickball skills).

**Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement

patterns needed to perform a variety of physical activities.

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### **Content**

Ball Rolling/Catching

### **Skills**

Practice rolling a ball with two hands, then one hand, with a partner.

Practice rolling a ball at various targets (ex. bowling pins)

Practice ball rolling at pins (as for bowling). Start with one pin, then three pins and six pins.

### **Standards**

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### **Content**

Ball Throwing and Catching

### **Skills**

Practice throwing underhand and overhand to targets.

Practice throwing underhand and overhand to a partner.

Practice catching a ball thrown from a partner.

Practice self toss and catch skill challenges as posed by the teacher.

Practice throwing and catching with a scoop and ball.

Explore throwing and catching skills with various ball types: rubber balls, foam balls, footballs, softball type balls, etc.

### **Standards**

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**Content**

Ball Bouncing

**Skills**

Practice individual ball bouncing and catching challenges.

Practice dribbling with two hands, then one hand.

**Standards**

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**Content**

Ball Volleying and Striking - Beach Balls

**Skills**

Explore volleying skills challenges using various body parts.

Practice striking ball with one or two hands both underhand and overhand.

Practice striking ball with forearms (underhand pass) and hands overhead (setting).

**Standards**

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**Content**

Ball Striking - Racquets and Bats

**Skills**

Practice basic "ups" and "downs" tennis skills with paddles and/or racquets.

Practice striking a ball from a self drop to a wall.

Practice striking a ball with a bat from a stationary tee.

**Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

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### **Unit(s): Manipulative Activities and Skills**

#### **Content**

Scarf/Pre-Juggling and Cup Stacking Activities

#### **Skills**

Explore throwing and catching challenges using one and two scarves.

Practice manipulating scarves in cross lateral patterns leading up to cascade juggling. Start with one scarf and progress to two and possible three scarf challenges.

Practice basic cup stacking techniques to learn patterns for speed stacking.

#### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

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#### **Content**

Bean Bag Activities

#### **Skills**

Practice individual throwing/catching challenges.

Practice throwing and catching skills with a partner.

Practice balancing a bean bag on various body parts.

Practice various bean bag skills using music.

Practice various target throwing challenges using bean bags.

#### **Standards**

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**Content**

Hula Hoop Activities

**Skills**

Explore and practice various loco motor and non loco motor movements with a hula hoop.

Practice spinning a hoop around various body parts.

Practice rolling a hoop back and forth with partners.

Practice throwing and catching skills to self and partner.

Participate in group circle challenge with one hoop.

**Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

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**Content**

Parachute Activities

**Skills**

Learn and practice rules for playing with the parachute safely.

Create parachute shapes.

Practice loco motor skills to move the parachute.

Practicing moving safely under and around the parachute.

Practice fitness exercises using the parachute.

"Popcorn" activity - Bounce the parachute to "pop" the balls off the parachute.

**Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

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**Content**

Scooter Activities

**Skills**

Learn and practice riding the scooter safely.

Practice various ways to ride the scooter: seated; hands only, feet only, both hands and feet.

Explore other riding positions: kneeling, stomachs, moving front wards and backwards, and spinning movements.

Work cooperatively with partners to ride scooters while attached to each other by holding hands, feet, etc.

Work cooperatively to participate in group train activity.

Use loco motor riding skills to participate safely in scooter tag activity.

### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.4 ~ PHYSICAL FITNESS ~ Achieves and maintains a health-enhancing level of physical fitness.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

### **Content**

Hockey Stick and Puck Skills

#### **Skills**

Learn and practice safety skills regarding carrying and handling of a hockey stick.

Practice stick/puck handling (hockey dribble activity).

Practice passing and fielding (stopping) the puck with a partner.

Practice shooting the puck at a stationary and open (no goalie) target (cone, or hockey goal).

#### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

### **Content**

Frisbee Throwing/Catching

#### **Skills**

Practice throwing technique for frisbee/disc throwing.

Practice techniques for catching frisbees from a partner throw.

**Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

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PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

**Content**

Fun Noodle Activities

**Skills**

Practice throwing/catching skills using noodles.

Participate in partner and group activities and games using noodles.

**Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

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**Content**

Scoops and Balls Activities

**Skills**

Practice rolling and catching skills with a scoop and ball as a lead up to catching with a glove.

Practice throwing and catching with a scoop and ball as a lead up to catching with a glove.

**Standards**

**Unit(s): Jumping Skills**

**Content**

Jumping and Landing Patterns

**Skills**

Practice different ways to jump and land.

Practice jumping for distance.

**Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles,

strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

### **Content**

Short Jump Rope Introductory Skills

### **Skills**

Practice jumping and movement skills over stationary ropes on the floor.

Practice turning and jumping short ropes.

Introduce to basic partner jumping with short ropes.

### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

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PE.K-12.3 ~ Participates regularly in physical activity.

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### **Content**

Long Rope Introductory Skills

### **Skills**

Practice turning a long rope with a partner.

Practice jumping a rope turned by others, including snake in the grass, ocean waves, blue bells (under), and building a house.

Practice jumping a rope turned by others (full turn) from a standing start in the middle of the rope.

### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

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PE.K-12.3 ~ Participates regularly in physical activity.

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### **Content**



## Tinkling Bands

### **Skills**

Practice footwork and jumping patterns in and out of the bands.

### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

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### **Unit(s): Social Games/Activities**

#### **Content**

Chasing/Fleeing Games

#### **Skills**

Participate in games to practice loco motor skills, and social skills. (fair play, sportsmanship, following rules).

Examples: Color Tag, Cookie Monster Tag, Octopus Tag, Squirrels in the Trees, High Five Tag, Fitness/Exercise Tag Games, Meet in the Middle, Island Hopping Tag, etc.

#### **Standards**

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PE.K-12.3 ~ Participates regularly in physical activity.

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PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

#### **Content**

Roller Skating

#### **Skills**

Learn and practice techniques for getting up on skates, moving forward, stopping on skates, and safe ways to fall.

#### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.4 ~ PHYSICAL FITNESS ~ Achieves and maintains a health-enhancing level of physical fitness.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

## **Course: Physical Education Grade 2**

### **Unit(s): Physical Fitness and Wellness**

#### **Content**

Fitness Games and Activities

#### **Skills**

Participate in tag and other games focused on fitness exercises and cardiovascular development.

#### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.4 ~ PHYSICAL FITNESS ~ Achieves and maintains a health-enhancing level of physical fitness.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

#### **Content**

Physical Fitness Testing

#### **Skills**

Perform to best of ability 1 minute curl up test.

Perform to best of ability sit and reach flexibility test.

Perform to best of ability pull ups and/or flexed arm hang test.

Perform to best of ability a 30 foot shuttle run agility test.

Perform to best of ability a 1/4 mile and/or mile run test.

#### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.4 ~ PHYSICAL FITNESS ~ Achieves and maintains a health-enhancing level of physical fitness.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

#### **Content**

## Fitness Development

### **Skills**

Participate in daily warm up activities focused on various fitness development areas.

### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.4 ~ PHYSICAL FITNESS ~ Achieves and maintains a health-enhancing level of physical fitness.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

### **Content**

Fitness Stations

### **Skills**

Participate in fitness station activities to develop and practice skills in the fitness test battery.

### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

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PE.K-12.4 ~ PHYSICAL FITNESS ~ Achieves and maintains a health-enhancing level of physical fitness.

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PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

### **Content**

Fitness Components/Concepts

### **Skills**

Introduce students to concepts of cardiovascular endurance, muscle strength and endurance, flexibility and speed/agility.

### **Standards**

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.4 ~ PHYSICAL FITNESS ~ Achieves and maintains a health-enhancing level of physical fitness.

## **Content**

Wellness Components

### **Skills**

Introduce students to wellness components, including personal physical activity level, stress reduction and relaxation, and injury prevention and care.

### **Standards**

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

## **Unit(s): Building a Foundation**

### **Content**

Orientation and Personal Space

### **Skills**

Learn and practice classroom rules and expectations.

### **Standards**

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

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### **Content**

Loco motor Skills, Levels and Directions

### **Skills**

Practice walk, run, jump, hop, gallop, skip, side slide and leap.

Practice loco motor skill movements at high, medium and low levels.

Practice loco motor skills in different directions: forward, backwards, sideways.

### **Standards**

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**Content**

Pathways/Creative Moves

**Skills**

Practicing loco motor skills in straight, zigzag and curved pathways.

**Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

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**Content**

Tempos/Creative Moves

**Skills**

Practicing loco motor skills at different speeds: slow, medium, fast.

**Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

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PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.4 ~ PHYSICAL FITNESS ~ Achieves and maintains a health-enhancing level of physical fitness.

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**Content**

Movement Concepts with Hoops

**Skills**

Practice loco motor movements, using directional cues (backward, forward, sideways, upward, downward, right and left), and relationship cues (over, under, on, off, in, out, around, through and mirror), using hoops.

**Standards**

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PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

**Content**

Body Management and Balance

**Skills**

Practicing non loco motor movements to create shapes with the body.

Recognize and balance with different body parts.

**Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

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**Content**

General Space/Creative Moves

**Skills**

Participate in individual challenges in general space.

**Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

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PE.K-12.3 ~ Participates regularly in physical activity.

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**Content**

Daily Warm Up Activities

**Skills**

Practice paced running, speed running, directional running.

Participate in daily exercises to develop muscle strength and endurance.

**Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

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**Unit(s): Rhythms/Dance**

**Content**

Loco motor Rhythms

**Skills**

Practice basic Loco motor skills (walk, crawl, hop, jump, skip, side slide, gallop, run) to music.

Practice basic Non-Loco motor Skills (twist, turn, bend, stretch, shake, bounce, circle) to music

**Standards**

1.1 ~ Students accurately demonstrate non-loco motor/axial movements (such as bend, twist, stretch, swing)

1.2 ~ Students accurately demonstrate eight basic loco motor movements (such as walk, run, hop, jump, leap, gallop, slide, and skip), traveling forward, backward, side ward, diagonally, and turning

1.3 ~ Students create shapes at low, middle, and high levels

1.4 ~ Students demonstrate the ability to define and maintain personal space

1.5 ~ Students demonstrate movements in straight and curved pathways

1.6 ~ Students demonstrate accuracy in moving to a musical beat and responding to changes in tempo

1.7 ~ Students demonstrate kinesthetic awareness, concentration, and focus in performing movement skills

2.2 ~ Students improvise, create, and perform dances based on their own ideas and concepts from other sources

2.6 ~ Students demonstrate the following partner skills: copying, leading and following, mirroring

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.4 ~ PHYSICAL FITNESS ~ Achieves and maintains a health-enhancing level of physical fitness.

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**Content**

Folk Dances

**Skills**

Learn and practice various folk dances: Examples: The Hokey Pokey, Bunny Hop, The Chicken, The Mexican Hat Dance, The Conga, Seven Jumps to work on loco motor and non-loco motor movements.

**Standards**

1.1 ~ Students accurately demonstrate non-loco motor/axial movements (such as bend, twist, stretch, swing)

1.2 ~ Students accurately demonstrate eight basic loco motor movements (such as walk, run, hop, jump, leap, gallop, slide, and skip), traveling forward, backward, side ward, diagonally, and turning

1.3 ~ Students create shapes at low, middle, and high levels

1.4 ~ Students demonstrate the ability to define and maintain personal space

1.5 ~ Students demonstrate movements in straight and curved pathways

1.6 ~ Students demonstrate accuracy in moving to a musical beat and responding to changes in tempo

1.7 ~ Students demonstrate kinesthetic awareness, concentration, and focus in performing movement skills

5.1 ~ Students perform folk dances from various cultures with competence and confidence

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

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PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

**Content**

Pre-Square Dance Skills

**Skills**

Participate in simple circle and square dances to learn the basic square dance figures: Honor Partner, Circle Left and Right, Swing Partners and Corners, Do-Sa-Do, Promenade, Into the Center and Back, Forward and Back.

**Standards**

1.4 ~ Students demonstrate the ability to define and maintain personal space

1.5 ~ Students demonstrate movements in straight and curved pathways

1.6 ~ Students demonstrate accuracy in moving to a musical beat and responding to changes in tempo

1.7 ~ Students demonstrate kinesthetic awareness, concentration, and focus in



performing movement skills

2.5 ~ Students demonstrate the ability to work effectively alone and with a partner

2.6 ~ Students demonstrate the following partner skills: copying, leading and following, mirroring

5.1 ~ Students perform folk dances from various cultures with competence and confidence

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

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PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

### **Content**

Manipulative Rhythms

### **Skills**

Participate in rhythms activities using Ribbon Wands, Rhythm Sticks, Parachute, and other manipulative objects.

### **Standards**

1.1 ~ Students accurately demonstrate non-loco motor/axial movements (such as bend, twist, stretch, swing)

1.3 ~ Students create shapes at low, middle, and high levels

1.4 ~ Students demonstrate the ability to define and maintain personal space

1.5 ~ Students demonstrate movements in straight and curved pathways

1.6 ~ Students demonstrate accuracy in moving to a musical beat and responding to changes in tempo

1.7 ~ Students demonstrate kinesthetic awareness, concentration, and focus in performing movement skills

2.2 ~ Students improvise, create, and perform dances based on their own ideas and concepts from other sources

2.3 ~ Students use improvisation to discover and invent movement and to solve movement problems

2.5 ~ Students demonstrate the ability to work effectively alone and with a partner

2.6 ~ Students demonstrate the following partner skills: copying, leading and following, mirroring

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

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**Unit(s): Balance, Stunts and Tumbling**

**Content**

Animal Walks and Balances

**Skills**

Imitate different animal movements, using body control and balance.

**Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

**Content**

Body Balances, Static Balances, Dynamic Balance, Bean Bag Balances

**Skills**

Participate in a variety of challenges combining different body positions with loco motor skills. (T-Stand, pike, tuck, straddle sit)

Participate in challenges to balance on different body parts, and create poses/shapes with your body.

Participate in challenges to balance a bean bag on different body parts.

Participate in challenges that require balance while moving (line walking, tiptoe walking, one foot.)

**Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

**Content**

Jumping and Landing

**Skills**

Learn and practice different ways to jump and land safely. (quarter turns, half turns, full turns).

## **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

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PE.K-12.3 ~ Participates regularly in physical activity.

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## **Content**

Body Rolls

## **Skills**

Learn and practice safety rules when using mats.

Practice basic body rolls (log, forward, egg, back shoulder roll)

Practice weight transfer onto the back: back rocker, back rocker to stand.

Practice back rolls using an incline mat.

## **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

## **Content**

Body Part Recognition/Stunts

## **Skills**

Participate in balance challenges using different body parts.

## **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

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PE.K-12.3 ~ Participates regularly in physical activity.

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PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

## **Content**

Partner Stunts

**Skills**

Practice moving in a leader/follower pattern to reinforce moving and working as a pair.

Practice partner counterbalance stunts. (Cards in curriculum materials)

**Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

**Content**

Yoga Poses

**Skills**

Introduce students to basic children's yoga poses to promote flexibility, body control, and relaxation.

**Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

**Unit(s): Ball Skills****Content**

Kicking and Trapping Skills

**Skills**

Explore controlled foot dribbling.

Practice kicking and trapping a soccer ball with a partner.

Practice kicking a soccer ball at various targets: a cone, between cones, or at a soccer goal.

Practice kicking a ball rolled from a partner (kickball skills).

**Standards**

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PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

### **Content**

Ball Rolling/Catching

### **Skills**

Practice rolling a ball with two hands, then one hand, with a partner.

Practice rolling a ball at various targets (ex. bowling pins)

Practice ball rolling at pins (as for bowling). Start with one pin, then three pins and six pins.

### **Standards**

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### **Content**

Ball Throwing and Catching

### **Skills**

Practice throwing underhand and overhand to targets.

Practice throwing underhand and overhand to a partner.

Practice catching a ball thrown from a partner.

Practice self toss and catch skill challenges as posed by the teacher.

Practice throwing and catching with a scoop and ball.

Explore throwing and catching skills with various ball types: rubber balls, foam balls, footballs, softball type balls, etc.

### **Standards**

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### **Content**

## Ball Bouncing

### **Skills**

Practice individual ball bouncing and catching challenges.

Practice dribbling with two hands, then one hand.

### **Standards**

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### **Content**

#### Ball Volleying and Striking - Beach Balls

### **Skills**

Explore volleying skills challenges using various body parts.

Practice striking ball with one or two hands both underhand and overhead.

Practice striking ball with forearms (underhand pass) and hands overhead (setting).

### **Standards**

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### **Content**

#### Ball Striking - Racquets and Bats

### **Skills**

Practice basic "ups" and "downs" tennis skills with paddles and/or racquets.

Practice striking a ball from a self drop to a wall.

Practice striking a ball with a bat from a stationary tee.

### **Standards**

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**Unit(s): Manipulative Activities and Skills**

**Content**

Scarf/Pre-Juggling and Cup Stacking Activities

**Skills**

Explore throwing and catching challenges using one and two scarves.

Practice manipulating scarves in cross lateral patterns leading up to cascade juggling. Start with one scarf and progress to two and possible three scarf challenges.

Practice basic cup stacking techniques to learn patterns for speed stacking.

**Standards**

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**Content**

Bean Bag Activities

**Skills**

Practice individual throwing/catching challenges.

Practice throwing and catching skills with a partner.

Practice balancing a bean bag on various body parts.

Practice various bean bag skills using music.

Practice various target throwing challenges using bean bags.

**Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

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**Content**

Hula Hoop Activities

**Skills**

Explore and practice various loco motor and non loco motor movements with a hula hoop.

Practice spinning a hoop around various body parts.

Practice rolling a hoop back and forth with partners.

Practice throwing and catching skills to self and partner.

Participate in group circle challenge with one hoop.

### **Standards**

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### **Content**

Parachute Activities

#### **Skills**

Learn and practice rules for playing with the parachute safely.

Create parachute shapes.

Practice loco motor skills to move the parachute.

Practicing moving safely under and around the parachute.

Practice fitness exercises using the parachute.

"Popcorn" activity - Bounce the parachute to "pop" the balls off the parachute.

### **Standards**

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### **Content**

Scooter Activities

#### **Skills**

Learn and practice riding the scooter safely.

Practice various ways to ride the scooter: seated; hands only, feet only, both hands and feet.



Explore other riding positions: kneeling, stomachs, moving front wards and backwards, and spinning movements.

Work cooperatively with partners to ride scooters while attached to each other by holding hands, feet, etc.

Work cooperatively to participate in group train activity.

Use loco motor riding skills to participate safely in scooter tag activity.

### **Standards**

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### **Content**

Hockey Stick and Puck Skills

#### **Skills**

Learn and practice safety skills regarding carrying and handling of a hockey stick.

Practice stick/puck handling (hockey dribble activity).

Practice passing and fielding (stopping) the puck with a partner.

Practice shooting the puck at a stationary and open (no goalie) target (cone, or hockey goal).

### **Standards**

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### **Content**

Frisbee Throwing/Catching

#### **Skills**

Practice throwing technique for frisbee/disc throwing.

Practice techniques for catching frisbees from a partner throw.

### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement

patterns needed to perform a variety of physical activities.

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### **Content**

Fun Noodle Activities

### **Skills**

Practice throwing/catching skills using noodles.

Participate in partner and group activities and games using noodles.

### **Standards**

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### **Content**

Scoops and Balls Activities

### **Skills**

Practice rolling and catching skills with a scoop and ball as a lead up to catching with a glove.

Practice throwing and catching with a scoop and ball as a lead up to catching with a glove.

### **Unit(s): Jumping Skills**

### **Content**

Jumping and Landing Patterns

### **Skills**

Practice different ways to jump and land.

Practice jumping for distance.

### **Standards**

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**Content**

Short Jump Rope Introductory Skills

**Skills**

Practice jumping and movement skills over stationary ropes on the floor.

Practice turning and jumping short ropes.

Introduce to basic partner jumping with short ropes.

**Standards**

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**Content**

Long Rope Introductory Skills

**Skills**

Practice turning a long rope with a partner.

Practice jumping a rope turned by others, including snake in the grass, ocean waves, blue bells (under), and building a house.

Practice jumping a rope turned by others (full turn) from a standing start in the middle of the rope.

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**Content**

Tinikling Bands

**Skills**

Practice footwork and jumping patterns in and out of the bands.

**Standards**

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**Unit(s): Social Games/Activities**

**Content**

Chasing/Fleeing Games

**Skills**

Participate in games to practice loco motor skills, and social skills. (fair play, sportsmanship, following rules).

Examples: Color Tag, Cookie Monster Tag, Octopus Tag, Squirrels in the Trees, High Five Tag, Fitness/Exercise Tag

Games, Meet in the Middle, Island Hopping Tag, etc.

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**Content**

Roller Skating

**Skills**

Learn and practice techniques for getting up on skates, moving forward, stopping while moving forward, turning, and safe ways to fall.

**Standards**

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## **Course: Physical Education Grade 3**

### **Unit(s): Physical Fitness and Wellness**

#### **Content**

Fitness Games and Activities

#### **Skills**

Participate in and understand the value of Aerobic Games. (Examples: Builders/Bulldozers, Aerobic Bowling, Hearty Hoopla)

Participate in chasing/fleeing games, keeping the heart rate in the target zone. (Examples: Elbow Tag, Tunnel Tag, Side by Side Tag, Partner Tag, Addition or Blob Tag)

#### **Standards**

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#### **Content**

Physical Fitness Testing

#### **Skills**

Perform 1 minute curl up test to best of ability.

Perform sit and reach flexibility test to best of ability.

Perform pull ups and/or flexed arm hang to best of ability.

Perform 30 foot shuttle run agility test to best of ability.

Perform a one mile run/walk test to best of ability.

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**Content**

Fitness Development

**Skills**

Participate in daily running activities during warm up to improve cardiovascular fitness. (Walk, Jog, Run Activities).

Participate in daily warm up activities focused on improving fitness areas: abdominal endurance, arm muscle endurance, flexibility, agility/speed.

**Standards**

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**Content**

Fitness Stations

**Skills**

Participate in fitness stations to practice fitness testing components.

Participate in circuits performing various exercises to work on improvement in physical fitness testing areas.

**Standards**

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**Content**

Fitness Components/Concepts

**Skills**

Understand the meaning and importance of physical fitness components: Cardiovascular Endurance, Muscle Strength and Endurance, Flexibility, Speed/Agility and Body Composition.

**Standards**

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.4 ~ PHYSICAL FITNESS ~ Achieves and maintains a health-enhancing level of physical fitness.

**Content**

Wellness Components

**Skills**

Understand the importance of wellness concepts: Personal Physical Activity, Stress Reduction, Relaxation, and Injury Prevention and Care.

**Standards**

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

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**Unit(s): Group Activity/Team Sport Skills -**

**Skill Units based on basic team sports; football, soccer, volleyball, basketball, hockey and softball.**

**Content**

Football Related Ball Skills

**Skills**

Participate in partner passing and receiving activities with a football.

Participate in partner drills to practice pitching (lateral) and handing off and carrying the football.

Practice the punt kick using a football.

Participate in large group activities to practice flag pulling.

Participate in small group games/activities to practice football related passing and receiving skills.

**Standards**

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**Content**

Soccer Related Ball Skills

**Skills**

Practice ball control drills: Top taps, side taps, ball fakes, drop tap, and pull backs.

Practice and participate in activities to learn soccer dribbling and trapping skills.

Participate in partner activities to practice passing and trapping a soccer ball.

Practice Sideline Throw Ins and Punts, and learn when each is used in soccer.

Practice shooting skills and goalie skills related to soccer.

Participate in small group games/activities to practice soccer skills: dribble, trap, pass, and shoot.

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### **Content**

Volleyball Related Ball Skills

#### **Skills**

Practice and participate in individual challenges to learn the forearm pass, overhead pass (set) and underhand serve.

Practice the forearm pass and overhead pass with partners. (Bumping Buddies, and Setting Pairs.)

Practice the underhand serve with partners or small group activities.

Cooperatively work with a small group to practice forearm and overhead passing.

Participate in group activity, Clean Out Your Backyard, practicing the skills of forearm pass, overhead pass, and underhand serve.

### **Standards**

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### **Content**



## Basketball Related Ball Skills

### **Skills**

Perform ball handling activities while maintaining control of the ball.

Develop dribbling skills with both hands while participating in individual dribbling challenges.

Learn and practice the skill of pivoting as related to basketball.

Practice passing and catching drills with partners. (Chest, bounce and overhead passes).

Learn and practice proper shooting technique.

Participate in small group lead up activities to practice the skills of dribbling, passing/catching and shooting the basketball. (Dribble Games, Grid Passing, Keep Away).

### **Standards**

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### **Content**

## Hockey Related Stick/Puck Skills

### **Skills**

Practice stick handling skills: grip, front and back, side to side control of ball/puck.

Practice hockey dribbling individually.

Participate in partner passing and trapping (receiving) with hockey sticks and balls/pucks.

Learn and practice how to perform a hockey face-off.

Practice shooting and goalie skills related to hockey.

Participate in small group drills/activities to practice hockey dribbling, passing and shooting.

### **Standards**

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**Content**

Softball Related Ball/Bat Skills

**Skills**

Practice the overhand throw (T-Position) and 2 handed catch (with or without a glove) with partners.

Practice fielding ground balls and throwing back to a partner.

Practice underhand pitching and catching.

Practice batting (from a tee, a self toss or an underhand pitch).

Practice base running skills through small group lead up activities.

**Standards**

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**Content**

Cooperative Games/Challenges (Team Building)

**Skills**

Participate in partner cooperative challenges to learn and practice cooperation, teamwork, trust, and respect.

Participate in small group challenges and cooperative activities to build a sense of team and community, and to learn and practice cooperation and teamwork.

**Standards**

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**Unit(s): Rhythms and Dance****Content**

Aerobic Rhythms

**Skills**

Perform warm up exercises/dance steps to music during class warm ups.

Participate/Perform aerobics following a teacher or video directions.

**Standards**

- 1.1 ~ Students accurately demonstrate non-loco motor/axial movements (such as bend, twist, stretch, swing)
- 1.2 ~ Students accurately demonstrate eight basic loco motor movements (such as walk, run, hop, jump, leap, gallop, slide, and skip), traveling forward, backward, side ward, diagonally, and turning
- 1.3 ~ Students create shapes at low, middle, and high levels
- 1.4 ~ Students demonstrate the ability to define and maintain personal space
- 1.5 ~ Students demonstrate movements in straight and curved pathways
- 1.6 ~ Students demonstrate accuracy in moving to a musical beat and responding to changes in tempo
- 1.7 ~ Students demonstrate kinesthetic awareness, concentration, and focus in performing movement skills
- 2.2 ~ Students improvise, create, and perform dances based on their own ideas and concepts from other sources
- 2.3 ~ Students use improvisation to discover and invent movement and to solve movement problems
- 2.5 ~ Students demonstrate the ability to work effectively alone and with a partner
- 2.6 ~ Students demonstrate the following partner skills: copying, leading and following, mirroring
- PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
- PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
- PE.K-12.3 ~ Participates regularly in physical activity.
- PE.K-12.4 ~ PHYSICAL FITNESS ~ Achieves and maintains a health-enhancing level of physical fitness.
- PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
- PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

## **Content**

Folk Dance

### **Skills**

Practice, learn steps and perform multicultural folk dances.

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### **Standards**

- 1.1 ~ Students accurately demonstrate non-loco motor/axial movements (such as bend, twist, stretch, swing)
- 1.2 ~ Students accurately demonstrate eight basic loco motor movements (such as walk, run, hop, jump, leap, gallop, slide, and skip), traveling forward, backward, side ward, diagonally, and turning
- 1.3 ~ Students create shapes at low, middle, and high levels
- 1.4 ~ Students demonstrate the ability to define and maintain personal space

- 1.5 ~ Students demonstrate movements in straight and curved pathways
- 1.6 ~ Students demonstrate accuracy in moving to a musical beat and responding to changes in tempo
- 1.7 ~ Students demonstrate kinesthetic awareness, concentration, and focus in performing movement skills
- 5.1 ~ Students perform folk dances from various cultures with competence and confidence
- PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
- PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
- PE.K-12.3 ~ Participates regularly in physical activity.
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- PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
- PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

### **Content**

Square Dance

### **Skills**

Review and practice pre-square dance steps learned in Grade 2.

Learn and practice square dances using basic square dance figures.

Use listening skills to perform square dances from musical and spoken calls.

### **Standards**

- 1.4 ~ Students demonstrate the ability to define and maintain personal space
- 1.5 ~ Students demonstrate movements in straight and curved pathways
- 1.6 ~ Students demonstrate accuracy in moving to a musical beat and responding to changes in tempo
- 1.7 ~ Students demonstrate kinesthetic awareness, concentration, and focus in performing movement skills
- 2.5 ~ Students demonstrate the ability to work effectively alone and with a partner
- 2.6 ~ Students demonstrate the following partner skills: copying, leading and following, mirroring
- 5.1 ~ Students perform folk dances from various cultures with competence and confidence
- PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
- PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
- PE.K-12.3 ~ Participates regularly in physical activity.
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PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

**Content**

Manipulative Rhythms

**Skills**

Learn, practice and perform rhythmic patterns using various manipulative equipment: parachute, ribbon wands, rhythm sticks, balls, and bean bags.

**Standards**

1.1 ~ Students accurately demonstrate non-loco motor/axial movements (such as bend, twist, stretch, swing)

1.3 ~ Students create shapes at low, middle, and high levels

1.4 ~ Students demonstrate the ability to define and maintain personal space

1.5 ~ Students demonstrate movements in straight and curved pathways

1.6 ~ Students demonstrate accuracy in moving to a musical beat and responding to changes in tempo

1.7 ~ Students demonstrate kinesthetic awareness, concentration, and focus in performing movement skills

2.2 ~ Students improvise, create, and perform dances based on their own ideas and concepts from other sources

2.3 ~ Students use improvisation to discover and invent movement and to solve movement problems

2.5 ~ Students demonstrate the ability to work effectively alone and with a partner

2.6 ~ Students demonstrate the following partner skills: copying, leading and following, mirroring

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

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**Content**

Tinikling - Movement Bands

**Skills**

Practice jumping and movement patterns using movement bands.

Coordinate endears movement of the bands with jumping/movement patterns.

**Standards**

1.4 ~ Students demonstrate the ability to define and maintain personal space

1.5 ~ Students demonstrate movements in straight and curved pathways

1.6 ~ Students demonstrate accuracy in moving to a musical beat and

responding to changes in tempo

1.7 ~ Students demonstrate kinesthetic awareness, concentration, and focus in performing movement skills

2.5 ~ Students demonstrate the ability to work effectively alone and with a partner

2.6 ~ Students demonstrate the following partner skills: copying, leading and following, mirroring

5.1 ~ Students perform folk dances from various cultures with competence and confidence

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

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PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

### **Content**

Line Dance

### **Skills**

Practice and perform basic line dance steps in rhythm to music.

Learn, practice and perform basic line dances.

### **Standards**

1.1 ~ Students accurately demonstrate non-loco motor/axial movements (such as bend, twist, stretch, swing)

1.2 ~ Students accurately demonstrate eight basic loco motor movements (such as walk, run, hop, jump, leap, gallop, slide, and skip), traveling forward, backward, side ward, diagonally, and turning

1.3 ~ Students create shapes at low, middle, and high levels

1.4 ~ Students demonstrate the ability to define and maintain personal space

1.5 ~ Students demonstrate movements in straight and curved pathways

1.6 ~ Students demonstrate accuracy in moving to a musical beat and responding to changes in tempo

1.7 ~ Students demonstrate kinesthetic awareness, concentration, and focus in performing movement skills

2.5 ~ Students demonstrate the ability to work effectively alone and with a partner

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**Unit(s): Manipulative/Individual/Dual/Recreational Activities  
Individual and recreational sports; use of manipulative objects to develop motor skills.**

**Content**

Juggling Activities

Cup Stacking Skills

**Skills**

Practice 3 scarf juggling patterns: cascade, column, elevator, splits.

Practice up stacking and down stacking the 3-3-3 pattern and 3-6-3 pattern.

**Standards**

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**Content**

Hula Hoops Activities

**Skills**

Practice twirling hula hoop around various body parts: waist, knees, arm, foot.

Practice rolling the hula hoop individually and with a partner.

Practice throwing and catching skills with the hula hoop, both individually and with a partner.

**Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

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expression, and/or social interaction.

**Content**

Scoops and Balls Activities

**Skills**

Practice rolling and catching skills with a scoop and ball as a lead up to catching with a glove.

Practice throwing and catching with a scoop and ball as a lead up to catching with a glove.

**Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

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**Content**

Individual Jump Rope Skills

**Skills**

Demonstrate ability to twirl and jump a rope consecutive times.

Practice various jump rope skills and tricks; twirling both front and back, jumping jacks, skiers, bells, and scissors.

Cooperate with and practice partner jumps with the single ropes.

Participate in 1 to 2 minute jumps to increase cardiovascular fitness level.

**Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

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**Content**

Long Jump Rope Skills/Activities

**Skills**

Practice and demonstrate ability to enter and exit the rope through the front door.

Participate in jump rope games and chants: school, figure 8's, Teddy Bear.



Work cooperatively as a twirler to ensure success of all jumpers.

**Standards**

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**Content**

Scooter Activities and Games

**Skills**

Demonstrate knowledge of safety rules when riding scooters.

Participate in activities riding the scooters seated, kneeling and on stomachs.

Participate in partner scooter riding activities.

Participate in group scooter games: tag, scooter hockey.

**Standards**

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**Content**

Parachute Manipulative

**Skills**

Learn and participate in large group parachute movements. (Umbrella, mushroom, mountain, igloo, flying cloud, etc.)

Participate in small group cooperative games with 6 foot parachutes.

Develop fitness levels by doing exercises using the parachute as resistance.

**Standards**

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**Content**

Tumbling and Stunts/Yoga/Relaxation

**Skills**

Learn, practice and participate in balance and strength skills.

Learn, practice and participate in jumping and landing skills.

Learn, practice and participate in weight transfer skills: animal walks and body rolls.

Learn, practice and participate in partner stunts and challenges.

Demonstrate knowledge of safety rules and participate while following safety rules at all times.

Learn and practice various children's yoga poses for body control and balance.

**Standards**

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**Content**

Frisbee Skills/Activities/Games

**Skills**

Demonstrate proper grip when holding the frisbee.

Practice the backhand throw, individually and with a partner.

Practice various catches from a partner throw: clap catch, thumbs up and thumbs down catch with 2 hands.

Practice throwing frisbees to targets and to partners.

**Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

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**Content**

Ball Rolling and Bowling Skills

**Skills**

Practice one handed rolling skills with rubber balls, or foam bowling balls.

Practice one step approach with opposite foot stepping forward.

Practice smooth delivery of the ball: back swing, step with opposite foot, pendulum forward swing and release.

Practice rolling at targets: cones, bowling pins: 1 pin, 3 pin, 6 pin and 10 pin.

**Standards**

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**Content**

Track and Field Skills and Activities

**Skills**

Practice running events and relays (baton passing skills).

Practice and participate in long jump, and softball throw field events.

**Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

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**Content**

Racket and Ball Skills

**Skills**

Demonstrate proper grip of racket.

Practice individual striking skills: "ups", "downs", and alternating.

Practice individual striking skills using both sides of the racket: alternate forehand and backhand side.

Practice striking skills from a partner tossed ball, both forehand and backhand side of racket.

Practice individual striking skills using the wall as a target.

### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

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PE.K-12.3 ~ Participates regularly in physical activity.

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### **Content**

Roller Skating

#### **Skills**

Practice techniques for standing up on skates, moving both forward and backward on skates, stopping while moving forward and backward, safe ways to fall, and turning on skates.

Learn and follow safety procedures while skating.

### **Standards**

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PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

### **Unit(s): Water Exploration**

#### **Introduction to basic water safety/survival skills.**

#### **Content**

Basic Water Skills

#### **Skills**

Learn and practice breath control by performing bobs and other underwater activities.

Practice front and back floats, supported or unsupported.

Practice kicks on both front and back, using kick boards or noodles to

support the upper body.

Practice combined arm movement and kicks on both front and back.

Practice skills by using small group water games.

### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

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PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

## **Course: Physical Education Grade 4**

### **Unit(s): Physical Fitness and Wellness**

#### **Content**

Fitness Games and Activities

#### **Skills**

Participate in and understand the value of Aerobic Games. (Examples: Centipede Bucket Brigade, Track and Field, 5

Player Kickball, Keep Away (2 on 1)).

Participate in chasing/fleeing games, keeping the heart rate in the target zone. (Examples: Hospital Tag, Partner Tag, Toe Tag, Rock-Paper-Scissors Tag, Catch the Dragon's Tail).

Participate in group fitness activities using stability balls, aerobic bench steps, and/or other fitness manipulative.

#### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.4 ~ PHYSICAL FITNESS ~ Achieves and maintains a health-enhancing level of physical fitness.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

#### **Content**

Physical Fitness Testing

#### **Skills**

Perform 1 minute curl up test to best of ability.

Perform sit and reach flexibility test to best of ability.

Perform pull ups and/or flexed arm hang to best of ability.

Perform 30 foot shuttle run agility test to best of ability.

Perform a one mile run/walk test to best of ability.

#### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.4 ~ PHYSICAL FITNESS ~ Achieves and maintains a health-enhancing level of physical fitness.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

### **Content**

Fitness Development

### **Skills**

Participate in daily running activities during warm up to improve cardiovascular fitness. (Walk, Jog, Run Activities).

Participate in daily warm up activities focused on improving fitness areas: abdominal endurance, arm muscle endurance, flexibility, agility/speed.

### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

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### **Content**

Fitness Challenges and Circuits

### **Skills**

Participate in fitness circuits to practice fitness testing components.

Participate in circuits and challenges performing various exercises to work on improvement in physical fitness testing areas.

### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

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**Content**

Fitness Components/Concepts

**Skills**

Understand the meaning and importance of physical fitness components: Cardiovascular Endurance, Muscle Strength and Endurance, Flexibility, Speed/Agility and Body Composition.

**Standards**

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.4 ~ PHYSICAL FITNESS ~ Achieves and maintains a health-enhancing level of physical fitness.

**Content**

Wellness Components

**Skills**

Understand the importance of wellness concepts: Personal Physical Activity, Stress Reduction, Relaxation, and Injury Prevention and Care.

**Standards**

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

**Unit(s): Group Activity/Team Sport Skills**

**Content**

Football Related Ball Skills

**Skills**

Participate in partner passing and receiving activities with a football.

Participate in partner drills to practice pitching (lateral) and handing off and carrying the football.

Practice the punt kick using a football.

Participate in large group activities to practice flag pulling.

Participate in small group games/activities to practice football related passing and receiving skills. (Examples: Air It Out, Air Assault, 2 Minute Drill).

**Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

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### **Content**

Soccer Related Ball Skills

#### **Skills**

Practice ball control drills: Top taps, side taps, ball fakes, drop tap, and pull backs.

Practice and participate in activities to learn soccer dribbling and trapping skills.

Participate in partner activities to practice passing and trapping a soccer ball.

Practice Sideline Throw Ins and Punts, and learn when each is used in soccer.

Practice shooting skills and goalie skills related to soccer.

Participate in small group games/activities to practice soccer skills: dribble, trap, pass, and shoot. (Examples: Soccer Hoopla, Keep Away (3 on 1), Mini Soccer).

#### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

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### **Content**

Volleyball Related Ball Skills

#### **Skills**

Practice and participate in individual challenges to learn the forearm pass, overhead pass (set) and underhand serve.

Practice the forearm pass and overhead pass with partners. (Bumping Buddies, and Setting Pairs.)

Practice the underhand serve with partners or small group activities.

Cooperatively work with a small group to practice forearm and overhead passing.

Participate in group activities practicing the skills of forearm pass, overhead pass, and underhand serve. (Examples: Forearm 21, Cooperative Countdown, Serving Shower, etc.)

#### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.



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### **Content**

#### **Basketball Related Ball Skills**

##### **Skills**

Perform ball handling activities while maintaining control of the ball.

Develop dribbling skills with both hands while participating in individual dribbling challenges.

Learn and practice the skill of pivoting as related to basketball.

Practice passing and catching drills with partners. (Chest, bounce and overhead passes).

Learn and practice proper shooting technique.

Participate in small group lead up activities to practice the skills of dribbling, passing/catching and shooting the basketball. (Dribble Games, Grid Passing, Keep Away).

Participate in small group non-elimination shooting games to practice and improve shooting form. (Lightning, Around the World, Lay Up Game, 1, 2, 3 Shooting, Have a Ball Lay Up Game, Make It-Take It etc.)

##### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

### **Content**

#### **Hockey Related Stick/Puck Skills**

##### **Skills**

Practice stick handling skills: grip, front and back, side to side control of ball/puck.

Practice hockey dribbling individually.

Participate in partner passing and trapping (receiving) with hockey sticks and balls/pucks.

Learn and practice how to perform a hockey face-off.

Practice shooting and goalie skills related to hockey.

Participate in small group drills/activities to practice hockey dribbling, passing

and shooting.

Participate in Lead Up Games to practice skills of dribble, pass and shoot (Examples: 3 Lane Hockey, Hockey Hoopla, 5 Player Shoot and Dribble, Keep Away, 3 Trap Hockey, Mini-Hockey, etc.)

### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

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### **Content**

Softball Related Ball/Bat Skills

#### **Skills**

Practice the overhand throw (T-Position) and 2 handed catch (with or without a glove) with partners.

Practice fielding ground balls and throwing back to a partner.

Practice underhand pitching and catching.

Practice batting (from a tee, a self toss or an underhand pitch).

Practice base running skills through small group lead up activities.

Practice softball skills in small group Lead Up Games (Examples: Out at Home, Triangle Fielding, Pickle, Beat the Ball, All Run Softball, 5 Player Throw/Hit and Run, etc.)

### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

### **Content**

Cooperative Games/Challenges (Team Building)

#### **Skills**

Participate in partner cooperative challenges to learn and practice cooperation, teamwork, trust, and respect.

Participate in small group challenges and cooperative activities to build a sense of team and community, and to learn and practice cooperation and teamwork. (Examples: Stepping Stones, The

Rock, The Whole World, The Snake, Ball Carry, etc.)

Participate in large group activities to promote cooperation and teamwork  
(Examples: Beat the Clock, Pass It Around, etc.)

### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

### **Unit(s): Rhythms and Dance**

#### **Content**

Aerobic Rhythms

#### **Skills**

Perform warm up exercises/dance steps to music during class warm ups.(Teacher or Student created moves.)

Participate/Perform aerobics following a teacher or video directions.

### **Standards**

1.1 ~ Students accurately demonstrate non-loco motor/axial movements (such as bend, twist, stretch, swing)

1.2 ~ Students accurately demonstrate eight basic loco motor movements (such as walk, run, hop, jump, leap, gallop, slide, and skip), traveling forward, backward, side ward, diagonally, and turning

1.3 ~ Students create shapes at low, middle, and high levels

1.4 ~ Students demonstrate the ability to define and maintain personal space

1.5 ~ Students demonstrate movements in straight and curved pathways

1.6 ~ Students demonstrate accuracy in moving to a musical beat and responding to changes in tempo

1.7 ~ Students demonstrate kinesthetic awareness, concentration, and focus in performing movement skills

2.2 ~ Students improvise, create, and perform dances based on their own ideas and concepts from other sources

2.3 ~ Students use improvisation to discover and invent movement and to solve movement problems

2.5 ~ Students demonstrate the ability to work effectively alone and with a partner

2.6 ~ Students demonstrate the following partner skills: copying, leading and following, mirroring

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of

physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.4 ~ PHYSICAL FITNESS ~ Achieves and maintains a health-enhancing level of physical fitness.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

**Content**

Folk Dance

**Skills**

Practice, learn steps and perform multicultural folk dances.

**Standards**

1.1 ~ Students accurately demonstrate non-loco motor/axial movements (such as bend, twist, stretch, swing)

1.2 ~ Students accurately demonstrate eight basic loco motor movements (such as walk, run, hop, jump, leap, gallop, slide, and skip), traveling forward, backward, side ward, diagonally, and turning

1.3 ~ Students create shapes at low, middle, and high levels

1.4 ~ Students demonstrate the ability to define and maintain personal space

1.5 ~ Students demonstrate movements in straight and curved pathways

1.6 ~ Students demonstrate accuracy in moving to a musical beat and responding to changes in tempo

1.7 ~ Students demonstrate kinesthetic awareness, concentration, and focus in performing movement skills

5.1 ~ Students perform folk dances from various cultures with competence and confidence

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.4 ~ PHYSICAL FITNESS ~ Achieves and maintains a health-enhancing level of physical fitness.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

**Content**

Square Dance

**Skills**

Learn and practice square dances using basic square dance figures.

Use listening skills to perform square dances from musical and spoken calls.

**Standards**

1.4 ~ Students demonstrate the ability to define and maintain personal space

- 1.5 ~ Students demonstrate movements in straight and curved pathways
- 1.6 ~ Students demonstrate accuracy in moving to a musical beat and responding to changes in tempo
- 1.7 ~ Students demonstrate kinesthetic awareness, concentration, and focus in performing movement skills
- 2.5 ~ Students demonstrate the ability to work effectively alone and with a partner
- 2.6 ~ Students demonstrate the following partner skills: copying, leading and following, mirroring
- 5.1 ~ Students perform folk dances from various cultures with competence and confidence
- PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
- PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
- PE.K-12.3 ~ Participates regularly in physical activity.
- PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
- PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

## **Content**

### Manipulative Rhythms

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## **Skills**

Learn, practice and perform rhythmic patterns using various manipulative equipment: parachute, ribbon wands, rhythm sticks, balls, and bean bags.

## **Standards**

- 1.1 ~ Students accurately demonstrate non-loco motor/axial movements (such as bend, twist, stretch, swing)
- 1.3 ~ Students create shapes at low, middle, and high levels
- 1.4 ~ Students demonstrate the ability to define and maintain personal space
- 1.5 ~ Students demonstrate movements in straight and curved pathways
- 1.6 ~ Students demonstrate accuracy in moving to a musical beat and responding to changes in tempo
- 1.7 ~ Students demonstrate kinesthetic awareness, concentration, and focus in performing movement skills
- 2.2 ~ Students improvise, create, and perform dances based on their own ideas and concepts from other sources
- 2.3 ~ Students use improvisation to discover and invent movement and to solve movement problems
- 2.5 ~ Students demonstrate the ability to work effectively alone and with a partner
- 2.6 ~ Students demonstrate the following partner skills: copying, leading and following, mirroring
- PE.K-12.1 ~ Demonstrates competency in motor skills and movement

patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.4 ~ PHYSICAL FITNESS ~ Achieves and maintains a health-enhancing level of physical fitness.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

### **Content**

Tinikling - Movement Bands

### **Skills**

Practice jumping and movement patterns using movement bands.

Coordinate endears movement of the bands with jumping/movement patterns.

### **Standards**

1.4 ~ Students demonstrate the ability to define and maintain personal space

1.5 ~ Students demonstrate movements in straight and curved pathways

1.6 ~ Students demonstrate accuracy in moving to a musical beat and responding to changes in tempo

1.7 ~ Students demonstrate kinesthetic awareness, concentration, and focus in performing movement skills

2.5 ~ Students demonstrate the ability to work effectively alone and with a partner

2.6 ~ Students demonstrate the following partner skills: copying, leading and following, mirroring

5.1 ~ Students perform folk dances from various cultures with competence and confidence

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.4 ~ PHYSICAL FITNESS ~ Achieves and maintains a health-enhancing level of physical fitness.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

### **Content**

Line Dance

### **Skills**

Practice and perform basic line dance steps in rhythm to music.

Learn, practice and perform basic line dances.

## **Standards**

1.1 ~ Students accurately demonstrate non-loco motor/axial movements (such as bend, twist, stretch, swing)

1.2 ~ Students accurately demonstrate eight basic loco motor movements (such as walk, run, hop, jump, leap, gallop, slide, and skip), traveling forward, backward, side ward, diagonally, and turning

1.3 ~ Students create shapes at low, middle, and high levels

1.4 ~ Students demonstrate the ability to define and maintain personal space

1.5 ~ Students demonstrate movements in straight and curved pathways

1.6 ~ Students demonstrate accuracy in moving to a musical beat and responding to changes in tempo

1.7 ~ Students demonstrate kinesthetic awareness, concentration, and focus in performing movement skills

2.2 ~ Students improvise, create, and perform dances based on their own ideas and concepts from other sources

2.5 ~ Students demonstrate the ability to work effectively alone and with a partner

2.6 ~ Students demonstrate the following partner skills: copying, leading and following, mirroring

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

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## **Content**

Creative/Choreographed Dance

### **Skills**

Using dance steps learned in tinkling, line dance, folk and square dance, create a short dance routine in a small group.

Practice and perform original dance in a small group.

## **Standards**

1.1 ~ Students accurately demonstrate non-loco motor/axial movements (such as bend, twist, stretch, swing)

1.2 ~ Students accurately demonstrate eight basic loco motor movements (such as walk, run, hop, jump, leap, gallop, slide, and skip), traveling forward, backward, side ward, diagonally, and turning

1.3 ~ Students create shapes at low, middle, and high levels

1.4 ~ Students demonstrate the ability to define and maintain personal space

1.5 ~ Students demonstrate movements in straight and curved pathways

1.6 ~ Students demonstrate accuracy in moving to a musical beat and

responding to changes in tempo

1.7 ~ Students demonstrate kinesthetic awareness, concentration, and focus in performing movement skills

2.1 ~ Students create a sequence with a beginning, middle, and end, both with and without a rhythmic accompaniment; identify each of these parts of the sequence

2.2 ~ Students improvise, create, and perform dances based on their own ideas and concepts from other sources

2.4 ~ Students create a dance phrase, accurately repeat it, and then vary it (making changes in the time, space, and/or force/energy)

2.5 ~ Students demonstrate the ability to work effectively alone and with a partner

2.6 ~ Students demonstrate the following partner skills: copying, leading and following, mirroring

3.3 ~ Students present their own dances to peers and discuss their meanings with competence and confidence

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

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### **Unit(s): Manipulative/Individual/Dual/Recreational Activities**

#### **Content**

Juggling Activities

Cup Stacking Skills

#### **Skills**

Practice 3 scarf juggling patterns: cascade, column, elevator, splits.

Practice up stacking and down stacking the 3-3-3 pattern and 3-6-3 pattern.

Demonstrate ability to juggle a cascade pattern (5 times - 15 catches) with 3 scarves.

Practice juggling a cascade pattern with 1, 2 and then 3 bean bags.

#### **Standards**

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expression, and/or social interaction.

**Content**

Hula Hoops Activities

**Skills**

Practice twirling hula hoop around various body parts: waist, knees, arm, foot.

Practice rolling the hula hoop individually and with a partner.

Practice throwing and catching skills with the hula hoop, both individually and with a partner.

**Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

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**Content**

Individual Jump Rope Skills

**Skills**

Demonstrate ability to twirl and jump a rope consecutive times.

Practice various jump rope skills and tricks; twirling both front and back, jumping jacks, skiers, bells, scissors, one footed jumps, running in place and traveling, side swing jumps, and others as skill permits.

Cooperate with and practice partner jumps with the single ropes.

Participate in 1 to 2 minute jumps to increase cardiovascular fitness level.

**Standards**

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**Content**

Long Jump Rope Skills/Activities

**Skills**

Practice and demonstrate ability to enter and exit the rope through the front

door.

Participate in jump rope games and chants: school, figure 8's, Teddy Bear. Work cooperatively as a twirler to ensure success of all jumpers.

Practice jumping the long rope while manipulating a ball or a short rope within the long rope (Examples: bounce and catch a ball, play catch with a ball and partner outside the rope, jump a short rope while inside the long rope).

### **Standards**

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### **Content**

Scooter Activities and Games

### **Skills**

Demonstrate knowledge of safety rules when riding scooters.

Participate in activities riding the scooters seated, kneeling and on stomachs.

Participate in partner scooter riding activities.

Participate in group scooter games: tag, scooter hockey, scooter soccer.

### **Standards**

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### **Content**

Parachute Manipulative

### **Skills**

Learn and participate in large group parachute movements. (Umbrella, mushroom, mountain, igloo, flying cloud, etc.)

Participate in small group cooperative games with 6 foot parachutes.

Develop fitness levels by doing exercises using the parachute as resistance.

### **Standards**

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### **Content**

Tumbling and Stunts/Yoga/Relaxation

### **Skills**

Learn, practice and participate in balance and strength skills.

Learn, practice and participate in jumping and landing skills.

Learn, practice and participate in weight transfer skills: animal walks and body rolls.

Learn, practice and participate in partner stunts and challenges.

Demonstrate knowledge of safety rules and participate while following safety rules at all times.

Participate safely in inverted balance activities: tripods and headstands, cartwheels, round off, etc.)

Learn and practice various children's yoga poses for body control and balance.

### **Standards**

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### **Content**

Frisbee Skills/Activities/Games

### **Skills**

Demonstrate proper grip when holding the frisbee.

Practice the backhand throw, individually and with a partner.

Practice various catches from a partner throw: clap catch, thumbs up and thumbs down catch with 2 hands.

Practice throwing frisbees to targets and to partners.

### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

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### **Content**

Ball Rolling and Bowling Skills

#### **Skills**

Practice one handed rolling skills with gym safe bowling balls.

Practice one step approach with opposite foot stepping forward. (Some may be ready for 3 - 4 step approach).

Practice smooth delivery of the ball: back swing, step with opposite foot, pendulum forward swing and release.

Practice bowling skills with pins, starting with 3 pins (pocket bowl), and advancing to 10 pin bowling.

### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

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PE.K-12.3 ~ Participates regularly in physical activity.

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PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

### **Content**

Track and Field Skills and Activities

#### **Skills**

Practice running events and relays (baton passing skills). Runs include sprints, middle distance and distance runs.

Practice and participate in long jump, and softball throw field events.

### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

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PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

### **Content**

Racket and Ball Skills

### **Skills**

Demonstrate proper grip of racket.

Practice individual striking skills: "ups", "downs", and alternating.

Practice individual striking skills using both sides of the racket: alternate forehand and backhand side.

Practice striking skills from a partner tossed ball, both forehand and backhand side of racket.

Practice individual striking skills using the wall as a target.

Practice cooperative partner striking, using a net or hula hoop target.

Objective is to hit the ball consecutively as many times as possible.

### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

### **Content**

Roller Skating

### **Skills**

Learn and practice techniques for standing up on skates, moving both forward and backward, stopping while moving forward and backward, safe ways to fall, and turning while skating.

Learn and follow safety procedures while skating.

### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.4 ~ PHYSICAL FITNESS ~ Achieves and maintains a health-enhancing level of physical fitness.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects

self and others in physical activity settings.

PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

### **Content**

Biking

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### **Skills**

Participate and enjoy biking as a recreational experience.

Participate in biking on the bike trail.

Learn and follow safety and etiquette on the bike trail.

### **Unit(s): Water Exploration**

### **Content**

Basic Water Skills

### **Skills**

Learn and practice breath control by performing bobs and other underwater activities.

Practice front and back floats, supported or unsupported.

Practice kicks on both front and back, using kick boards or noodles to support the upper body.

Practice strokes, including front and back crawl, and elementary backstroke, using both arm movement and kicks.

Practice skills by using small group water games.

Introduce diving skills from the pool deck for swimmers that can swim in the deep end of the pool.

### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.4 ~ PHYSICAL FITNESS ~ Achieves and maintains a health-enhancing level of physical fitness.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

## **Course: Physical Education Grade 5**

### **Unit(s): Rhythms and Dance**

### **Content**

Aerobic Dance

### **Skills**

Engage in rhythms activities that raise the heart rate to target level for at least 5 minutes

Create aerobic moves and lead the class during a warm up aerobic rhythms activity

### **Assessments**

Measure pulse rate after aerobic exercise and record. 08-31-08

Teacher observation of participation and creativity in warm up rhythmic

moves. 08-31-08

### **Standards**

1.1 ~ Students demonstrate the following movement skills and explain the underlying principles: alignment, balance, initiation of movement, articulation of isolated body parts, weight shift, elevation and landing, fall and recovery

1.3 ~ Students accurately transfer a spatial pattern from the visual to the kinesthetic

1.4 ~ Students accurately transfer a rhythmic pattern from the aural to the kinesthetic

1.5 ~ Students identify and clearly demonstrate a range of dynamics / movement qualities

1.6 ~ Students demonstrate increasing kinesthetic awareness, concentration, and focus in performing movement skills

1.7 ~ Students demonstrate accurate memorization and reproduction of movement sequences

6.3 ~ Students create their own warmup and discuss how that warmup prepares the body and mind for expressive purposes

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.4 ~ PHYSICAL FITNESS ~ Achieves and maintains a health-enhancing level of physical fitness.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

### **Content**

Choreographed Dance

Line Dance

Folk Dance

Square Dance

### **Skills**

Participate in and perform dances taught by the teacher

Demonstrate through performance various loco motor and non-loco motor movements to music

Demonstrate through performance the ability to count out and stay on beat (4 and 8 count movements)

### **Standards**

1.1 ~ Students demonstrate the following movement skills and explain the underlying principles: alignment, balance, initiation of movement, articulation of isolated body parts, weight shift, elevation and landing, fall and recovery

1.2 ~ Students accurately identify and demonstrate basic dance steps, positions, and patterns for dance from two different styles or traditions (e.g., ballet, square, Ghanasian, Middle Eastern, modern)

1.3 ~ Students accurately transfer a spatial pattern from the visual to the

kinesthetic

1.4 ~ Students accurately transfer a rhythmic pattern from the aural to the kinesthetic

1.5 ~ Students identify and clearly demonstrate a range of dynamics / movement qualities

1.6 ~ Students demonstrate increasing kinesthetic awareness, concentration, and focus in performing movement skills

1.7 ~ Students demonstrate accurate memorization and reproduction of movement sequences

1.8 ~ Students describe the action and movement elements observed in a dance, using appropriate movement/dance vocabulary

2.1 ~ Students clearly demonstrate the principles of contrast and transition

2.2 ~ Students effectively demonstrate the processes of reordering and chance

2.3 ~ Students successfully demonstrate the structures or forms of AB, ABA, canon, call and response, and narrative

5.1 ~ Students competently perform folk and/or classical dances from various cultures; describe similarities and differences in steps and movement styles

5.2 ~ Students competently perform folk, social, and/or theatrical dances from a broad spectrum of twentieth-century America

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

## **Content**

Creative Rhythms/Dance

### **Skills**

Create a rhythms/dance routine, in a small group, with or without manipulative objects (i.e. ribbons, balls, etc.), using student or teacher choice of music.

Perform student created rhythms/dance routine for the class or for the teacher.

### **Standards**

1.1 ~ Students demonstrate the following movement skills and explain the underlying principles: alignment, balance, initiation of movement, articulation of isolated body parts, weight shift, elevation and landing, fall and recovery

1.3 ~ Students accurately transfer a spatial pattern from the visual to the kinesthetic

1.4 ~ Students accurately transfer a rhythmic pattern from the aural to the kinesthetic

1.5 ~ Students identify and clearly demonstrate a range of dynamics / movement qualities

1.6 ~ Students demonstrate increasing kinesthetic awareness, concentration,



and focus in performing movement skills

1.7 ~ Students demonstrate accurate memorization and reproduction of movement sequences

1.8 ~ Students describe the action and movement elements observed in a dance, using appropriate movement/dance vocabulary

2.1 ~ Students clearly demonstrate the principles of contrast and transition

2.2 ~ Students effectively demonstrate the processes of reordering and chance

2.3 ~ Students successfully demonstrate the structures or forms of AB, ABA, canon, call and response, and narrative

2.4 ~ Students demonstrate the ability to work cooperatively in a small group during the choreographic process

2.5 ~ Students demonstrate the following partner skills in a visually interesting way: creating contrasting and complementary shapes, taking and supporting weight

4.2 ~ Students demonstrate appropriate audience behavior in watching dance performances; discuss their opinions about the dances with their peers in a supportive and constructive way

4.4 ~ Students identify possible aesthetic criteria for evaluating dance (such as skill of performers, originality, visual and/or emotional impact, variety and contrast)

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

### **Unit(s): Individual Sports/Recreational Activities 3**

#### **Content**

Tumbling and Stunts

Combative Activities

#### **Skills**

Practice and perform individual falls and tumbling (rolling over the head) activities

Practice and perform inverted balances (weight on the hands or head)

Participate in balance activities

Participate in individual, partner and group stunts and poses and support stunts (controlling the body with movement and/or flexibility).

Participate in tug of war activities

Participate in pushing/pulling challenges.

Participate in simple wrestling activities; hand/arm wrestling; strength activities

#### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles,

strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

### **Content**

Long Jump Rope Skills

### **Skills**

Practice and demonstrate ability to enter and exit jump rope from the corner, both front door and back door.

Demonstrate the ability to jump the rope continuously

Practice novelty jump rope forms (Double Dutch, Triangle, Eggbeater, 30 Foot Rope)

### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

### **Unit(s): Individual Sports/Recreational Activities**

### **Content**

Bowling Skills and Activities

### **Skills**

Practice and demonstrate a 3 to 5 step approach (both footwork and arm swing)

Practice and demonstrate proper hand position and release point of the bowling ball. (Delivery).

Exhibit knowledge of regulation scorekeeping for bowling

Participate in 1, 2 and 3 pin bowling activities to improve delivery and practice pocket bowling.

Demonstrate proper form while participating in bowling game.

### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects

self and others in physical activity settings.

PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

### **Content**

Individual Jump Rope Skills

### **Skills**

Continuous Jumping. Students will engage in a 2 minute jump daily, with a goal of as few misses as possible.

Practice and perform a series of jumps. (Beginner, Intermediate, and Advanced level jumps).

Practice and perform a series of partner jumps

### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.4 ~ PHYSICAL FITNESS ~ Achieves and maintains a health-enhancing level of physical fitness.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

## **Unit(s): Individual Sports/Recreational Activities 2**

### **Content**

Juggling Skills

### **Skills**

Practice and exhibit various juggling patterns with 2 and 3 scarves. (cascade, elevator, columns, showers, splits)

Participate in juggling activities and/or stations to practice juggling patterns with various equipment. (bean bags, balls, rings, and clubs, cup stacking, devil sticks, diablo, boxes). Follow a progression using each manipulative object to practice juggling/stacking.

### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

## **Unit(s): Individual Sports/Recreational Activities 4**

## **Content**

### Floor Tennis Activities

#### **Skills**

Practice, participate and evaluate individual "pop-ups", using both forehand and backhand grips, with pic-a-paddles, and 2 types of balls (foam and wiffle).

Practice, participate and evaluate individual "pop-ups", using both forehand and backhand grips, with tennis rackets, and 2 types of balls (foam and wiffle).

Practice and participate in partner volleying (cooperative) with both pic-a-paddles and tennis rackets, and 2 types of balls (foam and wiffle).

Practice and participate in doubles volleying (cooperative) with both pic-a-paddles and tennis rackets, and 2 types of balls (foam and wiffle).

Demonstrate ability to use skills to play competitive singles and doubles floor tennis matches.

#### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

## **Content**

### Frisbee Skills and Activities

#### **Skills**

Practice and demonstrate the grip and throw for a backhand frisbee throw.

Practice and demonstrate the grip and throw for an underhand frisbee throw.

Practice and demonstrate a bounce throw.

Practice and demonstrate catching the frisbee with both or one hand.

Demonstrate accuracy by throwing and catching frisbees with partners at various distances.

Participate in frisbee games; frisbee golf and ultimate frisbee.

#### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

## **Content**

### Skating

#### **Skills**

Practice techniques for starting on skates, both forward and backward.  
Practice techniques for stopping on skates, both forward and backward.  
Learn and practice safe ways to fall on roller skates.  
Learn and practice techniques for turning on skates.  
Practice safe speed control techniques on skates.  
Learn and follow safety procedures when skating.

### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.  
PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.  
PE.K-12.3 ~ Participates regularly in physical activity.  
PE.K-12.4 ~ PHYSICAL FITNESS ~ Achieves and maintains a health-enhancing level of physical fitness.  
PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.  
PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

### **Unit(s): Individual Sports/Recreational Activities 5**

#### **Content**

Track and Field Activities

#### **Skills**

Participate in various track running events (100m, 200m, 400m runs)  
Participate in various field events (long jump, throwing, high jump)  
Participate in relay running events (400m relay, possibly others)  
Compete in a track and field day meet with other classes from grade level.

### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.  
PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.  
PE.K-12.3 ~ Participates regularly in physical activity.  
PE.K-12.4 ~ PHYSICAL FITNESS ~ Achieves and maintains a health-enhancing level of physical fitness.  
PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.  
PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

### **Unit(s): Physical Fitness**

#### **Content**

Fitness Components

#### **Skills**

Participate in movement warm up activities to raise heart rate.  
Select stretching exercises to improve flexibility.

Perform abdominal exercises.  
Perform arm strength exercises.  
Learn and show the ability to pace in an aerobic running activity.  
Practice and demonstrate agility and speed in a shuttle run activity.

### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.  
PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.  
PE.K-12.3 ~ Participates regularly in physical activity.  
PE.K-12.4 ~ PHYSICAL FITNESS ~ Achieves and maintains a health-enhancing level of physical fitness.  
PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.  
PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

### **Content**

Physical Fitness Testing

### **Skills**

Perform curl ups test for 1 minute.  
Perform sit and reach flexibility test.  
Perform pull ups to exhaustion (how many), or bent arm hang to exhaustion (for time).  
Perform 30 foot shuttle run for time.  
Perform 1 mile run/walk for time.

### **Unit(s): Physical Fitness 2**

### **Content**

Self testing stations of fitness testing items.  
Cardiovascular fitness games/activities.

### **Skills**

Complete self testing stations (curl ups, pull ups/arm hang, shuttle run, sit and reach).  
Complete a 1/2 mile run in the gym.  
Participate in cardiovascular fitness games.

### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.  
PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.  
PE.K-12.3 ~ Participates regularly in physical activity.  
PE.K-12.4 ~ PHYSICAL FITNESS ~ Achieves and maintains a health-enhancing level of physical fitness.  
PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

**Unit(s): Physical Fitness 3**

**Content**

Physical Fitness Testing

**Skills**

Perform curl ups test for 1 minute.

Perform sit and reach test for flexibility.

Perform pull ups to exhaustion (how many), or bent arm hand to exhaustion (for time).

Perform 30 foot shuttle run test for time.

Perform 1 mile run/walk for time.

**Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.4 ~ PHYSICAL FITNESS ~ Achieves and maintains a health-enhancing level of physical fitness.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

**Unit(s): Team Sports/Group Activities**

**Content**

Flag Football Skills

**Skills**

Practice and demonstrate a spiral throw.

Practice and demonstrate catching a football.

Practice and demonstrate hiking (centering), hand off and laterals using a football.

Perform pass patterns using skills of centering, throwing and catching a football.

Create a pass pattern and show your pattern to the teacher and class.

Practice and demonstrate place kicking a football from a tee.

Practice and demonstrate punting a football.

Combine skills learned and apply them by participating in a modified flag football game.

**Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

**Content**

Soccer Skills

**Skills**

Exhibit ball control by dribbling, passing, and trapping a soccer ball

Practice and demonstrate goal tending skills.

Participate in modified soccer games, using skills learned and knowledge of rules and penalties to self referee games.

**Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

**Unit(s): Team Sports/Group Activities 2**

**Content**

Volleyball Skills

**Skills**

Practice and demonstrate underhand and an overhand serve.

Practice and demonstrate a forearm pass, to self, to wall, to partner.

Practice and demonstrate an overhead pass/set, to self, to wall, to partner.

Practice and demonstrate an overhand spike, to the floor, to the wall, and/or over the net from a box, and from a jump.

Combine skills and perform in modified volleyball games.

**Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

**Content**

Team Building Skills and Activities

**Skills**



Brainstorm team name and ways to determine leadership roles.  
Plan, discuss and experiment with possible solutions to physical challenges using team building skills.

Participate as part of a team in solving physical challenges.

Describe and evaluate team's solution to each physical challenge

### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

### **Unit(s): Team Sports/Group Activities 3**

#### **Content**

Basketball Skills

#### **Skills**

Practice and participate in drills and activities to improve the skills of dribbling, passing, shooting and ball handling.

Exhibit basic knowledge of violations of traveling, double dribble and fouls.

Show ability to utilize basketball skills through participation in small sided basketball games (3 on 3, or 4 on 4).

Create a routine using ball handling/dribbling/passing skills and perform the routine for the class.

#### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

#### **Content**

Scooter Games

#### **Skills**

Control of manipulative objects while seated on a scooter.

Participate in games modified and played on a scooter (basketball, floor hockey, soccer, and team handball)

Demonstrate knowledge of rules of various team games, while adjusting to modified rules for scooter play.

Participate in movement activities (i.e. laps, relays) to improve coordination and fitness.

**Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

**Content**

Floor Hockey Skills

**Skills**

Control of manipulative objects (hockey stick/puck)

Participate in lead up/small sided hockey games

Demonstrate knowledge of floor hockey rules

Demonstrate control and awareness of others for safety

**Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

**Unit(s): Team Sports/Group Activities 4**

**Content**

Softball Skills and Activities

**Skills**

Demonstrate proper overhand throwing and catching form.

Practice fielding ground balls and fly balls, using proper catching techniques.

Demonstrate proper underhand pitching form.

Participate in activities to practice proper batting form.

Exhibit knowledge of softball positions, rules, strategy and vocabulary through lead up game play.

Engage in lead up games and group softball games to use skills learned in the unit.

**Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

**Unit(s): Outdoor Recreational Games/Activities**

**Content**

Sledding

Snow shoeing

**Skills**

Engage in sledding activity

Recognize benefits of outdoor winter activities (exercise, sunlight, enjoyment)

Demonstrate ability to independently prepare for snow shoeing activity (dress, tighten bindings, etc.)

Demonstrate ability to ambulate (walking, running, sidestepping up/down hills) using snowshoes

Participate in games while on snow shoes (races, tag, softball)

**Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

**Content**

Outdoor Recreational/Yard Games

**Skills**

Participate in Bocci Ball games to introduce lifetime outdoor recreational activity.

Participate in Shuffleboard to introduce lifetime outdoor recreational activity.

Participate in various outdoor recreational/yard games to introduce lifetime outdoor recreational activity.

**Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-

expression, and/or social interaction.

**Content**

Biking

**Skills**

Participate and enjoy biking as a recreational experience.

Participate in biking on the bike trail.

Learn and follow safety and etiquette on the bike trail.

**Unit(s): Water Exploration/Water Activities**

**Content**

Swimming Skills

**Skills**

Participate in and demonstrate swimming strokes (front crawl, back crawl, elementary backstroke, breaststroke, and side stroke)

Show knowledge and demonstrate ability to enter water safely at both shallow and deep ends of the pool

Participate in and demonstrate ability to dive, both from the pool deck and from in the water, feet first and head first

Participate in various water game activities

Explore use of scuba gear (masks, snorkels and fins) in deep or shallow water, according to individual swimming ability

Participate in lap swimming activities (using strokes and/or kick boards) for fitness development.

**Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.4 ~ PHYSICAL FITNESS ~ Achieves and maintains a health-enhancing level of physical fitness.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

**Course: Physical Education Grade 6**

**Unit(s): Rhythms and Dance**

**Content**

Aerobic Dance

**Skills**

Engage in rhythms activities that raise the heart rate to target level for at least 5 minutes

Create aerobic moves and lead the class during a warm up aerobic rhythms activity

**Standards**

1.1 ~ Students demonstrate the following movement skills and explain the

underlying principles: alignment, balance,  
initiation of movement, articulation of isolated body parts, weight shift,  
elevation and landing, fall and recovery

1.3 ~ Students accurately transfer a spatial pattern from the visual to the kinesthetic

1.4 ~ Students accurately transfer a rhythmic pattern from the aural to the kinesthetic

1.5 ~ Students identify and clearly demonstrate a range of dynamics / movement qualities

1.6 ~ Students demonstrate increasing kinesthetic awareness, concentration, and focus in performing movement skills

1.7 ~ Students demonstrate accurate memorization and reproduction of movement sequences

6.3 ~ Students create their own warmup and discuss how that warmup prepares the body and mind for expressive purposes

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.4 ~ PHYSICAL FITNESS ~ Achieves and maintains a health-enhancing level of physical fitness.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

### **Content**

Choreographed Dance

Line Dance

Folk Dance

Square Dance

### **Skills**

Participate in and perform dances taught by the teacher

Demonstrate through performance various loco motor and non-loco motor movements to music

Demonstrate through performance the ability to count out and stay on beat (4 and 8 count movements)

### **Standards**

1.1 ~ Students demonstrate the following movement skills and explain the underlying principles: alignment, balance, initiation of movement, articulation of isolated body parts, weight shift, elevation and landing, fall and recovery

1.2 ~ Students accurately identify and demonstrate basic dance steps, positions, and patterns for dance from two different styles or traditions (e.g., ballet, square, Ghanasian, Middle Eastern, modern)

1.3 ~ Students accurately transfer a spatial pattern from the visual to the kinesthetic

- 1.4 ~ Students accurately transfer a rhythmic pattern from the aural to the kinesthetic
- 1.5 ~ Students identify and clearly demonstrate a range of dynamics / movement qualities
- 1.6 ~ Students demonstrate increasing kinesthetic awareness, concentration, and focus in performing movement skills
- 1.7 ~ Students demonstrate accurate memorization and reproduction of movement sequences
- 1.8 ~ Students describe the action and movement elements observed in a dance, using appropriate movement/dance vocabulary
- 2.1 ~ Students clearly demonstrate the principles of contrast and transition
- 2.2 ~ Students effectively demonstrate the processes of reordering and chance
- 2.3 ~ Students successfully demonstrate the structures or forms of AB, ABA, canon, call and response, and narrative
- 5.1 ~ Students competently perform folk and/or classical dances from various cultures; describe similarities and differences in steps and movement styles
- 5.2 ~ Students competently perform folk, social, and/or theatrical dances from a broad spectrum of twentieth- century America
- PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
- PE.K-12.3 ~ Participates regularly in physical activity.

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- PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
- PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

### **Content**

Creative Rhythms/Dance

### **Skills**

Create a rhythms/dance routine, in a small group, with or without manipulative objects (i.e. ribbons, balls, etc.), using student or teacher choice of music.

Perform student created rhythms/dance routine for the class or for the teacher.

### **Standards**

- 1.1 ~ Students demonstrate the following movement skills and explain the underlying principles: alignment, balance, initiation of movement, articulation of isolated body parts, weight shift, elevation and landing, fall and recovery
- 1.3 ~ Students accurately transfer a spatial pattern from the visual to the kinesthetic
- 1.4 ~ Students accurately transfer a rhythmic pattern from the aural to the kinesthetic
- 1.5 ~ Students identify and clearly demonstrate a range of dynamics / movement qualities
- 1.6 ~ Students demonstrate increasing kinesthetic awareness, concentration,

and focus in performing movement skills

1.7 ~ Students demonstrate accurate memorization and reproduction of movement sequences

1.8 ~ Students describe the action and movement elements observed in a dance, using appropriate movement/dance vocabulary

2.1 ~ Students clearly demonstrate the principles of contrast and transition

2.2 ~ Students effectively demonstrate the processes of reordering and chance

2.3 ~ Students successfully demonstrate the structures or forms of AB, ABA, canon, call and response, and narrative

2.4 ~ Students demonstrate the ability to work cooperatively in a small group during the choreographic process

2.5 ~ Students demonstrate the following partner skills in a visually interesting way: creating contrasting and complementary shapes, taking and supporting weight

4.2 ~ Students demonstrate appropriate audience behavior in watching dance performances; discuss their opinions about the dances with their peers in a supportive and constructive way

4.4 ~ Students identify possible aesthetic criteria for evaluating dance (such as skill of performers, originality, visual and/or emotional impact, variety and contrast)

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### **Units(s): Individual Sports/Recreational Activities**

#### **Content**

Tumbling and Stunts

Combative Activities

#### **Skills**

Practice and perform individual falls and tumbling (rolling over the head) activities

Practice and perform inverted balances (weight on the hands or head)

Participate in balance activities

Participate in individual, partner and group stunts and poses and support stunts (controlling the body with movement and/or flexibility).

Participate in tug of war activities

Participate in pushing/pulling challenges.

Participate in simple wrestling activities; hand/arm wrestling; strength activities

#### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles,

strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

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### **Content**

Long Jump Rope Skills

#### **Skills**

Practice and demonstrate ability to enter and exit jump rope from the corner, both front door and back door.

Demonstrate the ability to jump the rope continuously

Practice novelty jump rope forms (Double Dutch, Triangle, Eggbeater, 30 Foot Rope)

#### **Standards**

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PE.K-12.3 ~ Participates regularly in physical activity.

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### **Unit(s): Individual Sports/Recreational Activities 2**

#### **Content**

Juggling Skills

#### **Skills**

Practice and exhibit various juggling patterns with 2 and 3 scarves. (cascade, elevator, columns, showers, splits)

Participate in juggling activities and/or stations to practice juggling patterns with various equipment. (bean bags, balls, rings, and clubs, cup stacking, devil sticks, diablo, boxes). Follow a progression using each manipulative object to practice juggling/stacking.

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#### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

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expression, and/or social interaction.

### **Unit(s): Individual Sports/Recreational Activities 3**

#### **Content**

Bowling Skills and Activities

#### **Skills**

Practice and demonstrate a 3 to 5 step approach (both footwork and arm swing)

Practice and demonstrate proper hand position and release point of the bowling ball. (Delivery).

Exhibit knowledge of regulation scorekeeping for bowling

Participate in 1, 2 and 3 pin bowling activities to improve delivery and practice pocket bowling.

Demonstrate proper form while participating in bowling game.

#### **Standards**

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PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

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#### **Content**

Individual Jump Rope Skills

#### **Skills**

Continuous Jumping. Students will engage in a 2 minute jump daily, with a goal of as few misses as possible.

Practice and perform a series of jumps. (Beginner, Intermediate, and Advanced level jumps).

Practice and perform a series of partner jumps

#### **Standards**

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PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.4 ~ PHYSICAL FITNESS ~ Achieves and maintains a health-enhancing level of physical fitness.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

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## **Unit(s): Individual Sports/Recreational Activities 4**

### **Content**

Floor Tennis Activities

### **Skills**

Practice, participate and evaluate individual "pop-ups", using both forehand and backhand grips, with pic-a-paddles, and 2 types of balls (foam and wiffle).

Practice, participate and evaluate individual "pop-ups", using both forehand and backhand grips, with tennis rackets, and 2 types of balls (foam and wiffle).

Practice and participate in partner volleying (cooperative) with both pic-a-paddles and tennis rackets, and 2 types of balls (foam and wiffle).

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Practice and participate in doubles volleying (cooperative) with both pic-a-paddles and tennis rackets, and 2 types of balls (foam and wiffle).

Demonstrate ability to use skills to play competitive singles and doubles floor tennis matches.

### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

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### **Content**

Frisbee Skills and Activities

### **Skills**

Practice and demonstrate the grip and throw for a backhand frisbee throw.

Practice and demonstrate the grip and throw for an underhand frisbee throw.

Practice and demonstrate a bounce throw.

Practice and demonstrate catching the frisbee with both or one hand.

Demonstrate accuracy by throwing and catching frisbees with partners at various distances.

Participate in frisbee games; frisbee golf and ultimate frisbee.

### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

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### **Content**

## Roller Skating

### **Skills**

Practice techniques for starting on skates, both forward and backward.

Practice techniques for stopping on skates, both forward and backward.

Learn and Practice safe ways to fall on roller skates.

Learn and practice techniques for turning on skates.

Practice safe speed control techniques on skates.

Learn and follow safety procedures when skating.

### **Standards**

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PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

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## **Unit(s): Individual Sports/Recreational Activities 5**

### **Content**

Track and Field Activities

### **Skills**

Participate in various track running events (100m, 200m, 400m runs)

Participate in various field events (long jump, throwing, high jump)

Participate in relay running events (400m relay, possibly others)

Compete in a track and field day meet with other classes from grade level.

### **Standards**

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## **Unit(s): Physical Fitness**

### **Content**

Fitness Components

### **Skills**

Participate in movement warm up activities to raise heart rate.  
Select stretching exercises to improve flexibility.  
Perform abdominal exercises.  
Perform arm strength exercises.  
Learn and show the ability to pace in an aerobic running activity.  
Practice and demonstrate agility and speed in a shuttle run activity.

### **Standards**

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### **Content**

Physical Fitness Testing

### **Skills**

Perform curl ups test for 1 minute.  
Perform sit and reach flexibility test.  
Perform pull ups to exhaustion (how many), or bent arm hang to exhaustion (for time).  
Perform 30 foot shuttle run for time.  
Perform 1 mile run/walk for time.

### **Unit(s): Physical Fitness 2**

### **Content**

Self testing stations of fitness testing items.  
Cardiovascular fitness games/activities.

### **Skills**

Complete self testing stations (curl ups, pull ups/arm hang, shuttle run, sit and reach).  
Complete a 1/2 mile run in the gym.  
Participate in cardiovascular fitness games.

### **Standards**

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### **Unit(s): Physical Fitness 3**

#### **Content**

Physical Fitness Testing

#### **Skills**

Perform curl ups test for 1 minute.

Perform sit and reach test for flexibility.

Perform pull ups to exhaustion (how many), or bent arm hand to exhaustion (for time).

Perform 30 foot shuttle run test for time.

Perform 1 mile run/walk for time.

#### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

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### **Unit(s): Team Sports/Group Activities**

#### **Content**

Flag Football Skills

#### **Skills**

Practice and demonstrate a spiral throw.

Practice and demonstrate catching a football.

Practice and demonstrate hiking (centering), hand off and laterals using a football.

Perform pass patterns using skills of centering, throwing and catching a football.

Create a pass pattern and show your pattern to the teacher and class.

Practice and demonstrate place kicking a football from a tee.

Practice and demonstrate punting a football.

Combine skills learned and apply them by participating in a modified flag football game.

#### **Standards**

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### **Content**

Soccer Skills

### **Skills**

Exhibit ball control by dribbling, passing, and trapping a soccer ball

Practice and demonstrate goal tending skills.

Participate in modified soccer games, using skills learned and knowledge of rules and penalties to self referee games.

### **Standards**

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### **Unit(s): Team Sports/Group Activities 2**

### **Content**

Volleyball Skills

### **Skills**

Practice and demonstrate underhand and an overhand serve.

Practice and demonstrate a forearm pass, to self, to wall, to partner.

Practice and demonstrate an overhead pass/set, to self, to wall, to partner.

Practice and demonstrate an overhand spike, to the floor, to the wall, and/or over the net from a box, and from a jump.

Combine skills and perform in modified volleyball games.

### **Standards**

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### **Content**

## Team Building Skills and Activities

### **Skills**

Brainstorm team name and ways to determine leadership roles.  
Plan, discuss and experiment with possible solutions to physical challenges using team building skills.

Participate as part of a team in solving physical challenges.

Describe and evaluate team's solution to each physical challenge

### **Standards**

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## **Unit(s): Team Sports/Group Activities 3**

### **Content**

#### Basketball Skills

### **Skills**

Practice and participate in drills and activities to improve the skills of dribbling, passing, shooting and ball handling.

Exhibit basic knowledge of violations of traveling, double dribble and fouls.

Create/Design a basketball drill relating to the skill of dribbling/ball handling, passing or shooting, and Teach that drill to the class.

Show ability to utilize basketball skills through participation in small sided basketball games (3 on 3, or 4 on 4).

### **Standards**

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### **Content**

#### Scooter Games

### **Skills**

Control of manipulative objects while seated on a scooter.

Participate in games modified and played on a scooter (basketball, floor hockey, soccer, and team handball)

Demonstrate knowledge of rules of various team games, while adjusting to modified rules for scooter play.

Participate in movement activities (i.e. laps, relays) to improve coordination and fitness.

### **Standards**

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### **Content**

Floor Hockey Skills

#### **Skills**

Control of manipulative objects (hockey stick/puck)

Participate in lead up/small sided hockey games

Demonstrate knowledge of floor hockey rules

Demonstrate control and awareness of others for safety

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### **Standards**

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### **Unit(s): Team Sports/Group Activities 4**

#### **Content**

Softball Skills and Activities

#### **Skills**

Demonstrate proper overhand throwing and catching form.

Practice fielding ground balls and fly balls, using proper catching techniques.

Demonstrate proper underhand pitching form.

Participate in activities to practice proper batting form.

Exhibit knowledge of softball positions, rules, strategy and vocabulary through lead up game play.

Engage in lead up games and group softball games to use skills learned in the



unit.

**Standards**

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**Unit(s): Outdoor Recreational Games/Activities**

**Content**

Sledding

Snow shoeing

**Skills**

Engage in sledding activity

Recognize benefits of outdoor winter activities (exercise, sunlight, enjoyment)

Demonstrate ability to independently prepare for snow shoeing activity (dress, tighten bindings, etc.)

Demonstrate ability to ambulate (walking, running, sidestepping up/down hills) using snowshoes

Participate in games while on snow shoes (races, tag, softball)

**Standards**

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**Content**

Outdoor Recreational/Yard Games

**Skills**

Participate in Bocci Ball games to introduce lifetime outdoor recreational activity.

Participate in Shuffleboard to introduce lifetime outdoor recreational activity.

Participate in various outdoor recreational/yard games to introduce lifetime outdoor recreational activity.

**Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

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PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of

physical activities.

PE.K-12.3 ~ Participates regularly in physical activity.

PE.K-12.5 ~ Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

PE.K-12.6 ~ Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

### **Content**

Biking

### **Skills**

Participate in and enjoy biking as a recreational experience.

Participate in biking on the bike trail.

Learn and follow safety and etiquette on the bike trail.

### **Unit(s): Water Exploration/Water Activities**

### **Content**

Swimming Skills

### **Skills**

Participate in and demonstrate swimming strokes (front crawl, back crawl, elementary backstroke, breaststroke, and side stroke)

Show knowledge and demonstrate ability to enter water safely at both shallow and deep ends of the pool

Participate in and demonstrate ability to dive, both from the pool deck and from in the water, feet first and head first

Participate in various water game activities

Explore use of scuba gear (masks, snorkels and fins) in deep or shallow water, according to individual swimming ability

Participate in lap swimming activities (using strokes and/or kick boards) for fitness development.

### **Standards**

PE.K-12.1 ~ Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

PE.K-12.2 ~ Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

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