

Kindergarten - Second Grade Physical Education

Physical Education Course Outline

<i>Unit &amp; Content Objectives</i>	<i>Time</i>	<i>Activities &amp; Methods</i>	<i>Books &amp; Materials</i>	<i>Evaluation Techniques</i>
<p><b>Obstacle Courses</b></p> <ul style="list-style-type: none"> <li>• Students will learn and/or review various motor skills, tumbling skills and non locomotor movements.</li> </ul>	<p>18 sessions during year</p>	<ul style="list-style-type: none"> <li>• Galloping, hopping on 1 foot, jumping, running (various pathways), sliding, skipping, leaping, balance beam, one leg balances, log roll, forward, roll, handstand against wall, backward roll lead up, animal walks.</li> </ul>	<ul style="list-style-type: none"> <li>• Tumbling mats, mini trampoline, balance beam, vinyl tape, hoops, hurdles, domes</li> </ul>	<p>Teacher observation and evaluation.</p>

Kindergarten - Second Grade Physical Education  
**Physical Education Course Outline**

<i>Unit &amp; Content Objectives</i>	<i>Time</i>	<i>Activities &amp; Methods</i>	<i>Books &amp; Materials</i>	<i>Evaluation Techniques</i>
<b>Movements &amp; Music</b> • Students will combine various movements to music.	18 sessions during year	• Teacher led movements to a variety of songs.	• CDs (Example: Kids In Motion, Kids In Action), CD Player	Teacher observation and evaluation.

Kindergarten - Second Grade Physical Education  
**Physical Education Course Outline**

<i>Unit &amp; Content Objectives</i>	<i>Time</i>	<i>Activities &amp; Methods</i>	<i>Books &amp; Materials</i>	<i>Evaluation Techniques</i>
<b>Games</b> • Students will learn a variety of games to practice personal and social development along with general motor skills.	18 sessions during year	• Age appropriate games played throughout the year.	• None	Teacher observation, evaluation, and comparison to norms.

Kindergarten - Second Grade Physical Education  
**Physical Education Course Outline**

<i>Unit &amp; Content Objectives</i>	<i>Time</i>	<i>Activities &amp; Methods</i>	<i>Books &amp; Materials</i>	<i>Evaluation Techniques</i>
<b>Basketball Skills</b> • Students will learn and/or review various skills using playground and/or basketballs.	2 weeks.	• Passing, catching, dribbling with drills and games.	• Playground balls, basketballs, pinnies, music	Teacher observation and evaluation.

Kindergarten - Second Grade Physical Education  
**Physical Education Course Outline**

<i>Unit &amp; Content Objectives</i>	<i>Time</i>	<i>Activities &amp; Methods</i>	<i>Books &amp; Materials</i>	<i>Evaluation Techniques</i>
<b>Tennis Skills</b> • Students will learn and/or review various skills for tennis.	2 weeks	• Forehand, backhand skill practice and games.	• Tennis raquets, foam tennis balls, nets.	Teacher observation and evaluation.

Kindergarten - Second Grade Physical Education  
**Physical Education Course Outline**

<i>Unit &amp; Content Objectives</i>	<i>Time</i>	<i>Activities &amp; Methods</i>	<i>Books &amp; Materials</i>	<i>Evaluation Techniques</i>
<b>Volleyball Skills</b> • Students will learn lead-up skills for volleyball.	1 week	• Rebounding and controlling balloons and beachballs in a variety of games.	• Beach balls, balloons.	Teacher observation and evaluation.

Kindergarten - Second Grade Physical Education

# Physical Education Course Outline

<i>Unit &amp; Content Objectives</i>	<i>Time</i>	<i>Activities &amp; Methods</i>	<i>Books &amp; Materials</i>	<i>Evaluation Techniques</i>
<b>Floor Hockey Skills</b> • Students will learn lead-up skills for hockey.	2 weeks.	• Dribble, fielding, and short passes with a variety of drills.	• Hockey sticks, pucks, balls.	Teacher observation and evaluation.

Kindergarten - Second Grade Physical Education  
**Physical Education Course Outline**

<i>Unit &amp; Content Objectives</i>	<i>Time</i>	<i>Activities &amp; Methods</i>	<i>Books &amp; Materials</i>	<i>Evaluation Techniques</i>
<b>Kickball Skills</b> • Students will learn skills and game.	2 weeks.	• Kick a slow moving ball, kick a ball with instep of foot, and running bases during drills and games. Introduce concept of outs.	• Kickball, bases.	Teacher observation and evaluation.

Kindergarten - Second Grade Physical Education  
**Physical Education Course Outline**

<i>Unit &amp; Content Objectives</i>	<i>Time</i>	<i>Activities &amp; Methods</i>	<i>Books &amp; Materials</i>	<i>Evaluation Techniques</i>
<b>Soccer Skills</b> • Students will learn skills for soccer.	2 weeks.	• Dribbling, passing, introduce “no hands”, shooting with games.	• Soccer balls, goals, soccer field.	Teacher observation and evaluation.

Kindergarten - Second Grade Physical Education  
**Physical Education Course Outline**

<i>Unit &amp; Content Objectives</i>	<i>Time</i>	<i>Activities &amp; Methods</i>	<i>Books &amp; Materials</i>	<i>Evaluation Techniques</i>
<b>Stunts &amp; Tumbling Activities</b> • Students will learn and/or review skills.	2 weeks.	• Rotations with teacher practicing skills such as log roll, forward roll, wheelbarrow, handstands against wall.	• Tumbling mats, music.	Teacher observation and evaluation.

Kindergarten - Second Grade Physical Education

**Physical Education Course Outline**

<i>Unit &amp; Content Objectives</i>	<i>Time</i>	<i>Activities &amp; Methods</i>	<i>Books &amp; Materials</i>	<i>Evaluation Techniques</i>
<b>Jump Rope Skills</b> • Students will learn equipment (kindergarten) and begin skills with 1st & 2nd grade.	2 weeks.	• Play games using rope as a straight line and circle on ground, make various shapes / letters with jump rope, introduce self-turning jump rope, and practice continuous jumping (1st and 2nd grade)	• Jump ropes, music.	Teacher observation and evaluation.

Kindergarten - Second Grade Physical Education  
**Physical Education Course Outline**

<i>Unit &amp; Content Objectives</i>	<i>Time</i>	<i>Activities &amp; Methods</i>	<i>Books &amp; Materials</i>	<i>Evaluation Techniques</i>
<b>Speed Stacking</b> • Students will learn the sport of speed stacking, proper handling, proper placement, and basic stacks.	2 weeks.	• Demonstrate and show video of speed stacking. Practice proper handling, placement and the basic 3 stack. Introduce the 3-3-3 stack.	• Speedstack cups for each student, video	Teacher observation and evaluation.

Kindergarten - Second Grade Physical Education  
**Physical Education Course Outline**

<i>Unit &amp; Content Objectives</i>	<i>Time</i>	<i>Activities &amp; Methods</i>	<i>Books &amp; Materials</i>	<i>Evaluation Techniques</i>
<b>President's Fitness Testing</b> • Students will comprehend health related components of fitness & identify appropriate exercises for development of each component: muscular strength, muscular endurance, flexibility, and cardiovascular endurance.(Testing with 1st/2nd grades only).	2 weeks.	• Practice and perform various tests. Discuss with students exercises that we do that would help each area.	• Standards for testing, mats, pull-up bar, stopwatch, blocks for shuttle run.	Teacher observation and evaluation.

Third Grade - Fifth Grade Physical Education  
**Physical Education Course Outline**

<i>Unit &amp; Content Objectives</i>	<i>Time</i>	<i>Activities &amp; Methods</i>	<i>Books &amp; Materials</i>	<i>Evaluation Techniques</i>
<b>Movements &amp; Music</b> • Students will combine various movements to music.	18 sessions during year	• Teacher led movements to a variety of songs.	• CDs (Example: Kids In Motion, Kids In Action), CD Player	Teacher observation and evaluation.

Third Grade - Fifth Grade Physical Education  
**Physical Education Course Outline**

<i>Unit &amp; Content Objectives</i>	<i>Time</i>	<i>Activities &amp; Methods</i>	<i>Books &amp; Materials</i>	<i>Evaluation Techniques</i>
<b>Games</b> • Students will learn a variety of games to practice personal and social development along with general motor skills.	18 sessions during year	• Age appropriate games played throughout the year.	• None	Teacher observation, evaluation, and comparison to norms.

Third Grade - Fifth Grade Physical Education

**Physical Education Course Outline**

<i>Unit &amp; Content Objectives</i>	<i>Time</i>	<i>Activities &amp; Methods</i>	<i>Books &amp; Materials</i>	<i>Evaluation Techniques</i>
<b>Basketball Skills</b> • Students will learn and/or review various skills using playground and/or basketballs.	2 weeks.	• Passing, catching, dribbling with drills and games.	• Playground balls, basketballs, pinnies, music	Teacher observation and evaluation.

Third Grade - Fifth Grade Physical Education

# Physical Education Course Outline

<i>Unit &amp; Content Objectives</i>	<i>Time</i>	<i>Activities &amp; Methods</i>	<i>Books &amp; Materials</i>	<i>Evaluation Techniques</i>
<b>Tennis Skills</b> • Students will learn and/or review various skills for tennis.	2 weeks	• Forehand, backhand skill practice and games.	• Tennis raquets, foam tennis balls, nets.	Teacher observation and evaluation.

Third Grade - Fifth Grade Physical Education  
**Physical Education Course Outline**

<i>Unit &amp; Content Objectives</i>	<i>Time</i>	<i>Activities &amp; Methods</i>	<i>Books &amp; Materials</i>	<i>Evaluation Techniques</i>
<b>Volleyball Skills</b> • Students will learn lead-up skills for volleyball.	1 week	• Rebounding and controlling balloons and beachballs in a variety of games.	• Beach balls, balloons.	Teacher observation and evaluation.

Third Grade - Fifth Grade Physical Education

# Physical Education Course Outline

<i>Unit &amp; Content Objectives</i>	<i>Time</i>	<i>Activities &amp; Methods</i>	<i>Books &amp; Materials</i>	<i>Evaluation Techniques</i>
<b>Floor Hockey Skills</b> • Students will learn lead-up skills for hockey.	2 weeks.	• Dribble, fielding, and short passes with a variety of drills.	• Hockey sticks, pucks, balls.	Teacher observation and evaluation.

Third Grade - Fifth Grade Physical Education  
**Physical Education Course Outline**

<i>Unit &amp; Content Objectives</i>	<i>Time</i>	<i>Activities &amp; Methods</i>	<i>Books &amp; Materials</i>	<i>Evaluation Techniques</i>
<b>Kickball Skills</b> • Students will learn skills and game.	2 weeks.	• Kick a slow moving ball, kick a ball with instep of foot, and running bases during drills and games. Introduce concept of outs.	• Kickball, bases.	Teacher observation and evaluation.

Third Grade - Fifth Grade Physical Education  
**Physical Education Course Outline**

<i>Unit &amp; Content Objectives</i>	<i>Time</i>	<i>Activities &amp; Methods</i>	<i>Books &amp; Materials</i>	<i>Evaluation Techniques</i>
<b>Soccer Skills</b> • Students will learn skills for soccer.	2 weeks.	• Dribbling, passing, introduce “no hands”, shooting with games.	• Soccer balls, goals, soccer field.	Teacher observation and evaluation.

Third Grade - Fifth Grade Physical Education

**Physical Education Course Outline**

<i>Unit &amp; Content Objectives</i>	<i>Time</i>	<i>Activities &amp; Methods</i>	<i>Books &amp; Materials</i>	<i>Evaluation Techniques</i>
<b>Stunts &amp; Tumbling Activities</b> • Students will learn and/or review skills.	2 weeks.	• Rotations with teacher practicing skills such as log roll, forward roll, wheelbarrow, handstands against wall.	• Tumbling mats, music.	Teacher observation and evaluation.

Third Grade - Fifth Grade Physical Education

**Physical Education Course Outline**

<i>Unit &amp; Content Objectives</i>	<i>Time</i>	<i>Activities &amp; Methods</i>	<i>Books &amp; Materials</i>	<i>Evaluation Techniques</i>
<b>Jump Rope Skills</b> • Students will learn equipment (kindergarten) and begin skills with 1st & 2nd grade.	2 weeks.	• Play games using rope as a straight line and circle on ground, make various shapes / letters with jump rope, introduce self-turning jump rope, and practice continuous jumping (1st and 2nd grade)	• Jump ropes, music.	Teacher observation and evaluation.

Third Grade - Fifth Grade Physical Education

**Physical Education Course Outline**

<i>Unit &amp; Content Objectives</i>	<i>Time</i>	<i>Activities &amp; Methods</i>	<i>Books &amp; Materials</i>	<i>Evaluation Techniques</i>
<b>Speed Stacking</b> • Students will learn the sport of speed stacking, proper handling, proper placement, and basic stacks.	2 weeks.	• Demonstrate and show video of speed stacking. Practice proper handling, placement and the basic 3 stack. Introduce the 3-3-3 stack.	• Speedstack cups for each student, video	Teacher observation and evaluation.

Third Grade - Fifth Grade Physical Education

**Physical Education Course Outline**

<i>Unit &amp; Content Objectives</i>	<i>Time</i>	<i>Activities &amp; Methods</i>	<i>Books &amp; Materials</i>	<i>Evaluation Techniques</i>
<p><b>President's Fitness Testing</b></p> <ul style="list-style-type: none"> <li>• Students will comprehend health related components of fitness &amp; identify appropriate exercises for development of each component: muscular strength, muscular endurance, flexibility, and cardiovascular endurance.(Testing with 1st/2nd grades only).</li> </ul>	<p>2 weeks.</p>	<ul style="list-style-type: none"> <li>• Practice and perform various tests. Discuss with students exercises that we do that would help each area.</li> </ul>	<ul style="list-style-type: none"> <li>• Standards for testing, mats, pull-up bar, stopwatch, blocks for shuttle run.</li> </ul>	<p>Teacher observation and evaluation.</p>