

Physical Education

Grade 1: Movement Skills

<p>Essential Question: Can you name the different movement skills? When do we use them? How can movement skills aid in the development of a healthy lifestyle? How can understanding movement concepts improve my performance?</p>		
<p>Enduring Understandings: Different movement skills are essential to physical growth. By learning different movement skills, children will develop coordination and understand different body movements. Research shows that people who participate in regular physical activity, no matter what the form, are more likely to do so because they feel comfortable and competent in movement skills. Implementing movement principles such as space, speed, force, projection or tempo makes movement more effective and more interesting.</p>	<p>Materials: Cones, soft balls, hula-hoops</p> <p>Charts: Physical Education Vocabulary wall</p>	<p>Vocabulary: Hop Skip Leap Backwards Jog Gallop</p>
<p>Objectives (Students will be able to apply the following skills/strategies):</p> <ul style="list-style-type: none"> • Understand which movement skill is which • Travel different pathways using different movement skills • Differentiate why the movement skills are different • Apply the learned movement skills in game play setting 		<p>Common Core Standards: 2.5.P.A.1 2.5.2.A.2 2.5.2.A.4 2.5.2.C.2 2.5.2.B.1</p>
		<p>Authentic Assessment:</p> <ul style="list-style-type: none"> • Observation • Summative non-formal assessment • Question and answer group discussion

Physical Education

Grade 1: Team Skills

Essential Question: Can students work together to succeed? What makes an effective team?		
Enduring Understandings: Teamwork is essential to student growth. Teamwork builds personal skills, sportsmanship, and leadership skills. Teamwork builds class community. By practicing appropriate and safe behaviors while participating in and viewing games, sports, and other competitive events contributes to enjoyment of the event.	Materials: Hula-Hoops Scooters Jerseys Soft Balls	Vocabulary: Teamwork Sportsmanship Leader Team Player
Objectives (Students will be able to apply the following skills/strategies): <ul style="list-style-type: none">• Student will help each other to succeed• Understand what it means to be team player• Take leadership when asked too• Learn what mean to have good sportsmanship		Common Core Standards: 2.5.2.C.1 2.5.2.C.2 2.2.2.B.4 2.5.2.A.1 2.5.2.C.1
	Authentic Assessment: <ul style="list-style-type: none">• Observation• Summative non-formal assessment• Question and answer group discussion	

Physical Education

Grade 1: Chasing and Fleeing

Essential Question: What is the difference between personal and open space?		
<p>Enduring Understandings: Learning how to chase and flee is essential in physical growth. Students will learn how to move into open space and what personal space is. Chasing and fleeing is involved in all team sports and important to be developed at a young age.</p>	<p>Charts: Physical Education Vocabulary Wall</p> <p>Materials: Soft Balls Colored Jerseys Cones Hula-Hoops</p>	<p>Vocabulary: Juke Tag Dodge Flee Chase</p>
<p>Objectives (Students will be able to apply the following skills/strategies):</p> <ul style="list-style-type: none"> • Students will learn the difference between open and personal space • Students will learn how to juke and dodge • Students learn the difference between offense and defense • Students will respect other students personal space 		<p>Common Core Standards:</p> <p>2.5.2.A.1 2.5.2.B.1 2.5.2.A.2 2.5.P.A.1 2.5.2.C.2</p>
		<p>Authentic Assessment:</p> <ul style="list-style-type: none"> • Observation • Summative non-formal assessment • Question and answer group discussion

Physical Education

Grade 1: Using Scooters

<p>Essential Question: Can students change pathways on moving vehicles</p>		
<p>Enduring Understandings: Being able to change pathways on a vehicle is essential in physical growth. Controlling one's self on a vehicle promotes coordination versatility. Students will be able to use other previous learned skills while riding a scooter.</p>	<p>Materials: Scooters Cones Soft Balls Baskets</p> <p>Chart: Physical Education Vocabulary Wall</p>	<p>Vocabulary: Scooter Positions</p>
<p>Objectives (Students will be able to apply the following skills/strategies):</p> <ul style="list-style-type: none"> • Students will learn the different ways to ride a scooter(Knees, Stomach, Sitting) • Students will use previously learned skills while riding scooters • Students will be able to control themselves accurately while riding • Scooters will work together by connecting scooters • Students will remember and understand the safety rules of scooters 		<p>Common Core Standards:</p> <p>2.5.2.A.1 2.5.2.A.4 2.5.2.C.2 2.5.2.A.2</p>
		<p>Authentic Assessment:</p> <ul style="list-style-type: none"> • Observation • Summative non-formal assessment • Question and answer group discussion • Students must pass the scooter license test • Peer feedback

Physical Education

Grade 1: Throwing and Catching

Essential Question: What are the steps when throwing and catching a ball?		
<p>Enduring Understandings: Throwing and catching is evident in majority of physical activities. It is important for students to learn how to throw and catch correctly with the proper steps. In order to throw for power and accuracy students must have correct form.</p>	<p>Materials & Resources: Soft Balls Hula-Hoops Poly Spots Large Mats Chart: Physical Education Vocabulary Wall</p>	<p>Vocabulary: Throw Catch Toss Grab</p>
<p>Objectives (Students will be able to apply the following skills/strategies):</p> <ul style="list-style-type: none"> • Students will know the and remember the 5 steps of throwing • Students will use the 2 c's to catch the ball • Students will used their skills in game play settings 		<p>Common Core Standards:</p> <p>2.5.P.A.3 2.5.2.A.1 2.5.2.A.4 2.5.2.C.2 2.5.2.A.2</p>
		<p>Authentic Assessment:</p> <ul style="list-style-type: none"> • Observation • Summative non-formal assessment • Question and answer group discussion • Students must pass the scooter license test • Peer feedback

Physical Education

Grade 1: Kicking and Punting

Essential Question: What are the proper techniques when kicking and punting a ball?		
<p>Enduring Understandings: Kicking and foot-eye coordination is essential for physical growth. Foot-eye coordination allows students to develop other important motor skills.</p>	<p>Materials & Resources: Balloons, Beach Balls, larger soft balls, 2 small goals, low volleyball net</p> <p>Charts: Physical Education Vocabulary wall</p>	<p>Vocabulary: Punt Kick Strike</p>
<p>Objectives (Students will be able to apply the following skills/strategies):</p> <ul style="list-style-type: none"> • Students will be able to develop foot-eye coordination through first being able to punt balloons • Students will further develop foot-eye coordination through punting beach balls • Students will kick a stationary ball using the correct form and correct area of the foot • Students will be able to kick a ball for power and distance. • Students will be able to kick a ball for accuracy 		<p>Common Core Standards:</p> <p>2.5.2.A.1 2.5.2.A.4 2.5.2.C.2 2.5.2.A.2</p>
		<p>Authentic Assessment:</p> <ul style="list-style-type: none"> • Observation • Summative non-formal assessment • Question and answer group discussion • Peer feedback

Physical Education

Grade 1: Fitness Testing

Essential Question: How much have students progressed physically throughout the year?		
<p>Enduring Understandings: It is important to track student progression at such a young age. Fitness testing data must be tracked in the beginning of the year and at the end of the year. This will act as a formative assessment for the teacher to see what they must continue to work on.</p>	<p>Materials & Resources: Stopwatch, baseball, cones, beanbags, mat, tape measure. Charts: Physical Education Vocabulary Chart</p>	<p>Vocabulary: Fitness Test</p>
<p>Objectives (Students will be able to apply the following skills/strategies):</p> <ul style="list-style-type: none"> • Students will be able to complete the exact same skill in the beginning of the year as the end • Students will be tested on sprinting speed, throwing distance, long distance speed, and muscular endurance (push up test) • Students will be able to see if they progressed or digressed throughout the year. 		<p>Common Core Standards:</p> <p>2.5.2.C.1 2.5.2.C.2 2.2.2.B.4 2.5.2.A.1 2.5.2.C.1</p>
		<p>Authentic Assessment:</p> <ul style="list-style-type: none"> • Summative and formative assessment • Data sheets of different fitness test • Graph of total student achievement

Physical Education

Grade 2: Throwing and Catching

Essential Question: Can students throw for accuracy? Can students catch from further distances?		
<p>Enduring Understandings: Throwing and catching is a very important movement skill for children of younger ages. Throwing and catching helps students progress in other motor skills. Since this is review of a first grade unit, students are expected to further their understanding.</p>	<p>Materials: Small and large soft balls, footballs, Bowling Pins</p> <p>Charts: Physical Education Vocabulary Wall</p>	<p>Vocabulary: Throw Catch Toss Accuracy</p>
<p>Objectives (Students will be able to apply the following skills/strategies):</p> <ul style="list-style-type: none"> • Students will review the steps of throwing a ball • Students will begin to try and throw for accuracy • Students will practice throwing with different shaped balls • Students will be able catch from different distances • Students will be able to catch different shaped balls 		<p>Common Core Standards:</p> <p>2.5.P.A.3 2.5.2.A.1 2.5.2.A.4 2.5.2.C.2 2.5.2.A.2</p>
		<p>Authentic Assessment:</p> <ul style="list-style-type: none"> • Teacher Observation • Summative non-formal assessment • Question and answer group discussion • Peer feedback

Physical Education

Grade 2: Gymnastics

Essential Question: Can students perform the presented gymnastic moves?		
Enduring Understandings: Gymnastics is an essential part of student physical growth. Learning gymnastics moves will help students in all motor skill activities. It will teach students how to fall correctly to avoid injury.	Materials: Mats, Hula-Hoops Charts: Physical Education Vocabulary Chart	Vocabulary: Forward roll Backwards roll Cartwheel Balance Headstand Handstand Spotting
Objectives (Students will be able to apply the following skills/strategies): <ul style="list-style-type: none">• Students will be able to perform a forward roll.• Students will be able to perform a backwards roll.• Students learn the steps to perform a cartwheel.• Students will learn the steps to a headstand and handstand• Students will what it means to spot another student		Common Core Standards: 2.5.P.A.3 2.5.2.A.1 2.5.2.A.4 2.5.2.C.2 2.5.2.A.2 2.6.2.A.1
	Authentic Assessment: <ul style="list-style-type: none">• Teacher observation• Summative non-formal assessment• Question and answer group discussion• Peer Feedback	

Physical Education

Grade 2: Line Dancing

Essential Question: Can students learn the designed dances? Can students move on the beat and dance to the tempo?		
Enduring Understandings: Line dancing helps students in variety of different aspects in education. Line dancing test students' memory while allowing them to develop rhythm and tempo. Line Dancing also develops class community by having the students perform the same dance.	Materials: Cd with music Charts: Physical Education Vocabulary Chart	Vocabulary: Beat Tempo Rhythm Dance
Objectives (Students will be able to apply the following skills/strategies): <ul style="list-style-type: none">• Students will learn and remember the presented songs• Students will apply the correct dance moves at the correct tempo and beat• Students will be able develop class community		Common Core Standards: 2.5.P.A.1 2.5.P.A.2 2.5.2.A.2 2.5.2.A.4 2.5.2.C.2
	Authentic Assessment: <ul style="list-style-type: none">• Teacher observation• Summative non-formal assessment• Question and answer group discussion• Peer Feedback	

Physical Education

Grade 2: Basketball Skills

Essential Question: Can students perform the applied basketball skills with the correct form?			
<p>Enduring Understandings: Basketball is a team sport which develops many useful motor skills presented in the growth of physical development in a child. The motor skills presented in basketball are shown in a variety of different sports and activities influential to a child's development.</p>	<p>Materials: Basketballs, cones, hula-hoops Charts: Physical Education Vocabulary wall</p>	<p>Vocabulary: Dribble Shoot Bounce Pass Chest Pass Travel Rebound</p>	
<p>Objectives (Students will be able to apply the following skills/strategies):</p> <ul style="list-style-type: none"> • Student will be able to dribble using the correct form • Students will learn what a chest pass is and how to perform it correctly • Students will learn what a bounce pass is and how to perform it correctly • Students will be able to shoot a basketball using correct form • Students will put their applied skills into a gameplay setting 		<p>Common Core Standards: 2.5.2.A.1 2.6.2.A.2 2.5.2.A.4</p>	
		<p>Authentic Assessment:</p> <ul style="list-style-type: none"> • Teacher observation • Summative non-formal assessment • Question and answer group discussion • Peer Feedback 	

Physical Education

Grade 2: Baseball Skills

Essential Question: What are the basic rules of baseball? What other sports does one use baseball skills in			
Enduring Understandings: Baseball is a team sport which develops many useful motor skills presented in the growth of physical development in a child. The motor skills presented in baseball are shown in a variety of different sports and activities influential to child's development.		Materials: Baseball Bat, soft balls, baseball gloves, Charts: Physical Education Word Wall	
		Vocabulary: Strike Ball 1 st , 2 nd , 3 rd , base Swing Pitcher Catcher	
Objectives (Students will be able to apply the following skills/strategies): <ul style="list-style-type: none"> • Students will learn how to swing the bat correctly • Students will learn how wear a glove • Students will learn the basic rules of baseball • Students will correctly throw and catch 		Common Core Standards: 2.5.P.A.3 2.5.2.C.2 2.5.2.A.1	
		Authentic Assessment: <ul style="list-style-type: none"> • Teacher observation • Summative non-formal assessment • Question and answer group discussion • Peer Feedback 	

Physical Education

Grade 2: Track and Field

Essential Question: What are the different events in track? How can you improve your score?			
Enduring Understandings: Track and field is great sport to measure athletic ability compared to other students in their grade. The different events measure the different types of athletic ability.	Materials: Track, light medicine ball Charts: Physical Education Word Wall		Vocabulary: Sprint Long Jump Mile Cardiovascular
Objectives (Students will be able to apply the following skills/strategies):		Common Core Standards: 2.5.2.C.1 2.5.2.C.2 2.2.2.B.4 2.5.2.A.1 2.5.2.C.1	
<ul style="list-style-type: none"> • Students will learn the different events in track • Students will see how they measure up to other students • Students will see how well their cardiovascular endurance is 			
		Authentic Assessment:	
		<ul style="list-style-type: none"> • Teacher observation • Summative non-formal assessment • Question and answer group discussion • Peer Feedback 	

Physical Education

Grade 3: Soccer

Essential Question: What are the different types of strategies used in soccer? Can students use teamwork to succeed?			
Enduring Understandings: Soccer is a team sport which develops many useful motor skills presented in the growth of physical development in a child. The motor skills presented in Soccer are shown in a variety of different sports and activities influential to child's development. Soccer also present team unity which important for young children to grow.	Materials: Soccer balls, cones, small nets Charts: Physical Education Word Wall	Vocabulary: Dribble Shoot Pass Goalie Offense Defense	
		Objectives (Students will be able to apply the following skills/strategies): <ul style="list-style-type: none"> • Students will be shown the correct form to shoot, pass, dribble • Students will put their previously learned skills into a live game play setting • Students will understand the difference between offense and defense • Students will use teamwork to succeed • Students will act as good team players and show good sportsmanship 	Common Core Standards: 2.5.4.A.1 2.5.4.A.2 2.5.6.A.1 2.6.6.A.2
	Authentic Assessment: <ul style="list-style-type: none"> • Teacher observation • Summative non-formal assessment • Question and answer group discussion • Peer Feedback 		

Physical Education

Grade 3: Hockey

Essential Question: How is hockey different from soccer? Does using a striking stick make the sport easier or more difficult?			
Enduring Understandings: Hockey is a team sport which develops many useful motor skills presented in the growth of physical development in a child. The motor skills presented in Hockey are shown in a variety of different sports and activities influential to child’s development. Hockey also presents team unity and improves hand-eye coordination with the striking implement, which important for young children to grow.	Materials: Soft Hockey sticks, 2 small goals, cones, soft little balls Chart: Physical Education Word Wall		Vocabulary: Hockey Stick Backhand Front hand Slap shot Wrist shot
	Objectives (Students will be able to apply the following skills/strategies): <ul style="list-style-type: none"> • Students will be shown how to correctly dribble, pass, shoot • Students will used previously learned skills in a live game setting • Students will come up with their own strategies to succeed • Students will understand the difference between offense and defense • Students will use teamwork to succeed • Students will act as good team players and show good sportsmanship 		Common Core Standards: 2.5.4.A.1 2.5.4.A.2 2.5.6.A.1 2.6.6.A.2
	Authentic Assessment: <ul style="list-style-type: none"> • Teacher observation • Summative non-formal assessment • Question and answer group discussion • Peer Feedback 		

Physical Education

Grade 3: Football Skills

Essential Question: What football skills are used in other sports?			
<p>Enduring Understandings: Football is a team sport which develops many useful motor skills presented in the growth of physical development in a child. The motor skills presented in Football are shown in a variety of different sports and activities influential to child's development.</p>	<p>Materials: Footballs, Hula-hoops, cones, giant bounce ball Charts: Physical Education Word Wall</p>	<p>Vocabulary: Spiral Quarterback Running Back Wide Receiver</p>	
<p>Objectives (Students will be able to apply the following skills/strategies):</p> <ul style="list-style-type: none"> • Students will learn how to throw and catch a ball correctly • Students will learn the different football positions • Students will learn how to correctly hold a football • Students will use teamwork to succeed • Students will act as good team players and show good sportsmanship 		<p>Common Core Standards: 2.5.4.A.1 2.5.4.A.2 2.5.6.A.1 2.6.6.A.2</p>	
		<p>Authentic Assessment:</p> <ul style="list-style-type: none"> • Teacher observation • Summative non-formal assessment • Question and answer group discussion • Peer Feedback 	

Physical Education

Grade 3: Volleyball

Essential Question: What are the different skills used in playing volleyball?			
Enduring Understandings: Volleyball is a team sport which develops many useful motor skills presented in the growth of physical development in a child. The motor skills presented in Volleyball are shown in a variety of different sports and activities influential to child's development. Volleyball also promotes team unity and working together.		Materials: Beach Balls, Large Net Chart: Physical Education Word Wall	
		Vocabulary: Bump Set Spike Rotate Serve Volley	
Objectives (Students will be able to apply the following skills/strategies): <ul style="list-style-type: none"> • Students will learn the different types of strikes(Bump, set, spike) • Students will learn how to rotate • Students will work well together to succeed • Students will used previously learned skills in a real game play setting • Students will act as good team players and show good sportsmanship 		Common Core Standards: 2.5.4.A.1 2.5.4.A.2 2.5.6.A.1 2.6.6.A.2	
		Authentic Assessment: <ul style="list-style-type: none"> • Teacher observation • Summative non-formal assessment • Question and answer group discussion • Peer Feedback 	

Physical Education

Grade 3: Badminton

Essential Question: How is Badminton similar to volleyball? Is easier or harder to hit with the racquet?			
<p>Enduring Understandings: Badminton is a team sport which develops many useful motor skills presented in the growth of physical development in a child. The motor skills presented in Badminton are shown in a variety of different sports and activities influential to child's development. Badminton also presents team unity and improves hand-eye coordination with the striking implement, which important for young children to grow.</p>	<p>Materials: Racquets, Birdies, Balloons, Low nets Charts: Physical Education Word Wall</p>	<p>Vocabulary: Racquet Birdie Drop Shot Overhand Clear</p>	
<p>Objectives (Students will be able to apply the following skills/strategies):</p> <ul style="list-style-type: none"> • Students will learn the different skill shots (Drop Shot, volley, Overhand Clear) • Students will develop better hand-eye coordination • Students will use previously learned skill in a game play setting • Students will create their own strategies while playing with partners or as individuals 		<p>Common Core Standards:</p> <p>2.5.4.A.1 2.5.4.A.2 2.5.6.A.1 2.6.6.A.2</p>	
		<p>Authentic Assessment:</p> <ul style="list-style-type: none"> • Teacher observation • Summative non-formal assessment • Question and answer group discussion • Peer Feedback 	

Physical Education

Grade 3: Kickball

Essential Question: What are the rules in kickball? In what ways are they similar and different from baseball?			
<p>Enduring Understandings Kickball is a team sport which develops many useful motor skills presented in the growth of physical development in a child. The motor skills presented in kickball are shown in a variety of different sports and activities influential to child's development. Kickball is also a pre-requisite.</p>	<p>Materials: Kickball, Bases Chart: Physical Education Word Wall</p>	<p>Vocabulary: Base Path 1st, 2nd, 3rd, Home Plate Pitcher Short Stop Outfield High Pop Grounder</p>	
<p>Objectives (Students will be able to apply the following skills/strategies):</p> <ul style="list-style-type: none"> • Students will learn the different rules of kickball and compare them to baseball • Students will learn running the base path • Students will learn the different positions of baseball/kickball • Students will develop better foot-eye coordination 		<p>Common Core Standards:</p> <p>2.5.4.A.1 2.5.4.A.2 2.5.6.A.1 2.6.6.A.2</p>	
		<p>Authentic Assessment:</p> <ul style="list-style-type: none"> • Teacher observation • Summative non-formal assessment • Question and answer group discussion • Peer Feedback 	

Physical Education

Grade 3: Fitness Testing

Essential Question: How much have students progressed physically throughout the year			
Enduring Understandings: It is important to track student progression at such a young age. Fitness testing data must be tracked in the beginning of the year and at the end of the year. This will act as a formative assessment for the teacher to see what they must continue to work on.		Materials & Resources: Stopwatch, baseball, cones, beanbags, mat, tape measure. Charts: Physical Education Vocabulary	
Objectives (Students will be able to apply the following skills/strategies):		Vocabulary: Fitness Test	
<ul style="list-style-type: none"> • Students will be able to complete the exact same skill in the beginning of the year as the end • Students will be tested on sprinting speed, throwing distance, long distance speed, and muscular endurance (push up test) • Students will be able to see if they progressed or digressed throughout the year. 		2.5.4.A.1 2.5.4.A.2 2.5.6.A.1 2.6.6.A.2	
		Authentic Assessment:	
		<ul style="list-style-type: none"> • Summative and formative assessment • Data sheets of different fitness test • Graph of total student achievement 	