

I. Necessary Items For Phy. Ed. Class

A. Warmup jog (low intensity aerobic) and warmup activities

1. Flexability (not ballistic, gravity aided or forced) - Active in Nature
2. Loosening - Joint movement
 - a) leg swinging
 - b) hip swinging
 - c) arm circles
3. Coordination
 - a) skipping
 - b) carioca, carioca with high knee
 - c) backpedal
 - d) straight leg bounds
 - e) zig-zag run
 - f) line touches
 - g) stride work
 - h) shuffle

B. Activity to raise heartbeat

C. Skills Activity appropriate for the grade level

II. Kindergarten Units

A. First & Second Quarters - Fundamental Movement

1. Locomotor

- a) **Walking** - Maintain correct posture (shoulders back, head up, toes forward, and swinging arms in linear motion).
- b) **Running** - Body weight forward, run on the balls of the feet, keep the head up, and swing arms in a linear motion.
- c) **Jumping** - Pendulum motion with the arms, bend knees and ankles, strive for distance and height, and land softly absorbing the shock by bending knees.
- d) **Hopping** - Jumping skills but with one foot, land on same foot as pushed off of, land on the toes not the heel.
- e) **Galloping** - Keep one foot in front of the other, lead with the same foot, never have the back leg come before the front leg, make high gallops.
- f) **Leaping** - Push up with your arms and reach swinging your arms forward as you jump.
- g) **Skipping** - Skip high, swing arms, skip smoothly, stay on your toes.
- h) **Pivoting** - One foot must remain on the ground at all times, body rotates around set foot.
- i) **Stopping** - Check forward momentum and gain balance, bend the knees, and a hop may be taken.
- j) **Dodging** - Stop running, change direction of motion, drop the body weight lower, shift weight in the direction of the target.

2. Non Locomotor

- a) **Bending** - Very small bending movements exercising all body joints.
- b) **Stretching** - Carefully extend the joints of the body, stress good balance, try to stay within ones range of motion.
- c) **Push & Pull** - Broaden base of support, lower center of gravity, push or pull steadily and evenly while maintaining balance, use the

muscle not momentum.

- d) **Lifting** - Lift with the legs and not the lower back, maintain correct posture with back straight, and widen stance for heavier objects.
- e) **Rocking and Swaying** - Transfer center of gravity from one side to another, do the same for swaying but slower.
- f) **Swinging** - All body parts should be relaxed and loose, use a full range of motion swing in rhythm.
- g) **Turning** - Rotate body as a whole, maintain balance and body control, be precise with stopping.
- h) **Twisting** - Twist a body part (neck, shoulders, hips, wrists, and ankles) in a circular motion.

3. Balance Skills

- a) **One Point** - Stand on one foot while maintaining balance.
- b) **Two Point** - Stand on one hand and one foot or two hands while maintaining balance.
- c) **Three Point** - Stand on two hands and one foot or two feet and one hand while maintaining balance.
- d) **Animal Walks** - Use a variety of muscles in different configurations while maintaining balance.
- e) **Balance Walks** - Use an assortment of the fundamental movements while on a line in the gym.

B. Third Quarter - Ball Skills

1. **Rolling** - Two hands behind the ball, follow through with arms extended, concentrate on the target.
2. **Bouncing** - Push the ball down with fingertips, control each bounce with the wrist, and concentrate on consistent bounces.
3. **Underhand Throwing** - Bend the knees, as body straightens swing the arm out, release the ball at waist, and follow through.
4. **Overhand Throwing** - Feet are shoulder width apart, step forward and shift weight to forward foot, rotate throwing arm forward while twisting torso, snap the wrist on release, and follow through.
5. **Catching** - Get under the ball, use both hands, catch with fingertips, give with the ball, keep the ball away from the body.
6. **Kicking** - Use dominant foot, keep body square with the ball, keep eyes on the ball, and follow through.

C. Fourth Quarter - Games

1. This game unit is included to provide the students with an opportunity to review and practice the fundamental movement skills learned during the year.
2. It is imperative that the teacher choose a variety of activities/games for each lesson. These can be found from several sources.

III. First Grade Units

A. First Quarter (A) - Fundamental Movement

1. **Locomotor** - Review and extend upon skills listed for kindergarten.
2. **Non Locomotor** - Review and extend upon skills listed for kindergarten.

B. First Quarter (B) - Physical Fitness Test

1. **One-Mile Run/Walk** - Timed run/walk for a distance of one mile.
 2. **Sit-Ups** - The number of sit-ups in a one minute period of time.
 3. **V-Sit** - Sit with legs in front shoulder width apart, bend down towards knees and reach past feet.
 4. **Arm Hang / Pull-Ups** - Overhand grip on bar for both, one is timed (hang) and the other is how many can be accomplished (pull-ups). Students can choose which one they wish to do.
 5. **Shuttle Run** - Timed run back and forth twice on a 30 foot course.
 6. **Skin Fold** - Test for percentage of body fat.
- C. **Second Quarter - Ball Skills (Intro. to Kickball)**
1. **Ball Skills** - Review and extend upon skills listed for kindergarten.
 2. **Base Running** - Location, order, and names of the bases.
 3. **Teamwork** - Allow everyone to play, don't try to play every position. Pass the ball to make the out.
 4. **Sportsmanship** - Don't argue with calls. Encourage your teammates.
- D. **Third Quarter (A) - Balance Movement**
1. Review balance activities on the lines. These will review the kindergarten skills.
 2. Move to small balance beam with fundamental movement exercises.
- E. **Third Quarter (B) - Rope Jumping**
1. **Jumping** - Will review the fundamentals of jumping and landing in one spot.
 2. **Turning the Rope** - Stress use of wrist not the whole arm and keeping the rotation in rhythm.
 3. **Short Rope Activities** - Develop individual jumping skills and encourage the students to extend themselves.
 4. **Long Rope Activities** - Everyone must try the activity, and encourage the students to extend themselves.
- F. **Fourth Quarter (A) - T-Ball**
1. **Striking** - Develop proper stance, maintain eye contact with the ball, maintain balance through swing, and follow through.
 2. **Fielding** - Review basic catching skills, keep the body behind the ball, and back each other up.
 3. **Base Running** - Review base running rules and introduce tag up rule.
 4. Continue to work on teamwork and sportsmanship.
- G. **Fourth Quarter (B) - Physical Fitness Test**

IV. Second Grade Units

- A. **First Quarter (A) - Fundamental Movement**
1. **Locomotor** - Review and extend upon skills learned in previous years.
 2. **Non Locomotor** - Review and extend upon skills learned in previous years.
- B. **First Quarter (B) - Physical Fitness Test**
- C. **Second Quarter - Indoor Soccer**

1. **Field Layout** - Includes positions, boundaries, lines, goals, and equipment used.
2. **Kicking** - Used for scoring. Kick is with the instep.
3. **Passing** - Use the instep and move the ball with control.
4. **Trapping** - Using body to give with the ball and keep it under your control.
5. **Dribbling** - Using feet to maintain control and advance the ball.

D. Third Quarter (A) - Balance Skills

1. Use the large balance beam to review fundamental movements.
2. Extend movements to include a variety of leg movements.

E. Third Quarter (B) - Rope Jumping

1. **Short Rope Activities** - Review mechanics of rope jumping and expand on their individual abilities.
2. **Long Rope Activities** - Review mechanics of rope jumping and expand on their individual abilities.

F. Fourth Quarter (A) - Track & Field

1. **Dashes** - Review basic running skills, introduce concept of sprinting, use correct breathing techniques. Have students participate in various dashes.
2. **Distance Runs** - Introduce strategies for longer distances. Have students participate in various runs.
3. **Relays** - Stress hand off communication and techniques.
4. **Long Jump** - Review jumping and leaping skills. Work for distance.

G. Fourth Quarter (B) - Physical Fitness Test

V. Third Grade Units

A. First Quarter (A) - Flag Football

1. **Position** - Maintain correct body stance, remembering safety first.
2. **Tackling** - Can only grasp the flag, any other contact is illegal.
3. **Moving the Ball** - Introduce hand offs, pitches, and four downs to move the ball.
4. Play several games at the end of the unit.

B. First Quarter (B) - Physical Fitness Test

C. Second Quarter - Gymnastics Skills

1. **Balance Beam** - Review and expand upon experiences.
2. **Rope Climbing** - Attempt to climb using hand-over-hand. Will also swing from their own momentum. Use the blue mats for these activities.
3. **Basic Tumbling** - Forward, backward, and log rolls. Attempt to rest in an inverted tripod.

D. Third Quarter - Basketball

1. **Body Positions** - Stress maintaining balance and posture. Keep the head up and hands out.
2. **Passing** - Two-handed chest, bounce, and overhead passes.
3. **Dribbling** - Fingertip control, head up to see the floor, keep the ball close to the body, and keep the dribble low to the ground.
4. **Ball Handling** - Pass the ball around the body. Dribble the ball around the body.
5. **Shooting** - Set shot stressing proper form and release. Will use

the adjustable hoop for this.

6. **Rules** - Number of players, traveling, double-dribble, and fouls.

7. Will attempt to play a complete game.

E. Fourth Quarter (A) - Softball

1. **Throwing** - Review skills and extend on accuracy and distance.

2. **Fielding** - Review skills and extend on positioning and relays.

3. **Striking** - Review skills and stance and stress elbow positioning.

4. **Rules** - Stress tag up rule and review others.

F. Fourth Quarter (B) - Physical Fitness Test

VI. Fourth Grade Units

A. First Quarter (A) - Volleyball

1. **Bumping** - Fist in palm, thumbs together and pointing down, step into the bump with your body, do not swing at the ball.

2. **Setting** - Wrists locked, fingers extend with thumb and index fingers touching, give briefly with the ball and push straight up. Do not catch the ball.

3. **Underhand Serving** - Hold the ball in the recessive hand in front of the body with the arm fully extended. Use the pendulum motion with the dominant arm to hit the ball. Do not toss the ball into the air. Use the flat side of the fist to contact the ball.

4. **Rules** - Player rotation, boundaries, and service box.

B. First Quarter (B) - Physical Fitness Test

C. Second Quarter - Basketball

1. **Body Positions** - Review skills taught in third grade and extend the individual's abilities.

2. **Passing** - Review skills taught in third grade and extend the individual's abilities.

3. **Ball Handling** - Review skills taught in third grade and extend the individual's abilities.

4. **Dribbling** - Review skills taught in third grade and extend the individual's abilities.

5. **Shooting** - Will work on the ten foot hoop. Review the set shot and introduce the lay-up and jump shot.

6. **Rules** - Review and reinforce play with rules.

7. Unit will finish with several games.

D. Third Quarter (A) - Rope Jumping

1. **Short Rope** - Review and extend.

2. **Long Rope** - Review and extend.

E. Third Quarter (B) - Gymnastics Skills

1. **Balance Beam** - Review and expand upon experiences.

2. **Rope Climbing** - Attempt to climb using hand-over-hand. Will also swing from their own momentum. Use the blue mats for these activities.

3. **Tumbling** - Review forward, backward, and log rolls. Review the tripod. Move from the tripod to the headstand.

F. Fourth Quarter (A) - Soccer

1. **Rules** - Review basic rules and introduce off sides, penalty kicks, and in-bounding rules.

2. **Positions** - Stress spacing between players. Name the offensive and defensive positions. Introduce the goalies responsibilities.

3. **Kicking** - Review and extend on distance and accuracy.
4. **Passing** - Review basic passing and receiving.
5. **Ball Movement** - Incorporate a variety of passing and dribbling techniques. Using the body to shield the ball.

G. Fourth Quarter (B) - Physical Fitness Test

VII. Fifth Grade Units

A. First Quarter (A) - Volleyball

1. **Bumping** - Review and extend on the individual's skill level.
2. **Setting** - Review and extend on the individual's skill level.
3. **Underhand Serving** - Review and extend on the individual's skill level.
4. **Passing** - Maintain control of the ball. Call the name of the recipient. Work for bump, set, spike.
5. **Rules** - Review boundaries and rotation and add substitution rules. Introduce net violations.

B. First Quarter (B) - Physical Fitness Test

C. Second Quarter - Basketball

1. **Body Positions** - Review skills taught and extend on the individual's skill level.
2. **Passing** - Review skills taught and extend on the individual's skill level. Introduce strategic passing. Don't telegraph the passes.
3. **Ball Handling** - Review skills taught and extend on the individual's skill level.
4. **Dribbling** - Review skills taught and extend on the individual's skill level.
5. **Shooting** - Review skills taught and extend on the individual's skill level. Introduce the freethrow and right and left-handed lay-ups.
6. **Rules** - Lane violations, back court violations, and types of fouls.

D. Third Quarter - Indoor Hockey

1. **Positions** - Centers, offensive and defensive players, and goalies.
2. **Puck Movement** - Skills of stick handling, dribbling, and passing.
3. **Strategies** - Teamwork, stay spaced, use passing to score, and power plays.
4. **Rules** - High sticking, checking, boundaries, and off sides.

E. Fourth Quarter (A) - Track & Field

1. **Dashes** - Review fundamentals of sprinting. Provide conditioning for the runners. These are 60m and 100m.
2. **Distance Runs** - Review fundamentals of longer runs. Develop strategies for the runner. Provide conditioning for the runners. These are 200m, 400m, 800m.
3. **Relays** - Review fundamentals of sprinting and hand offs. Work on hand off zones, develop a communication system for the runners.
4. **Throws** - Stress form to prevent injury. Work on approach and delivery.
5. **Jumps** - Discuss form for high jump. Practice if possible. Work

on approach and timing for both jumps. Do jumping activities for long jump.

F. Fourth Quarter (B) - Physical Fitness Test

VIII. Sixth Grade Units

A. First Quarter (A) - Softball

1. **Throwing** - Review skills and extend on accuracy and distance.
2. **Fielding** - Review skills and extend on positioning, relays, backup, and base runner throws.
3. **Striking** - Review skills and stance and stress elbow positioning.
4. **Pitching** - Work on body position, stepping through, following through, proper arc, and strike zone.
5. **Rules** - Review rules.

B. First Quarter (B) - Physical Fitness Test

C. Second Quarter - Tumbling

1. Review the rolls. Reinforce the correct body position.
2. Review the tripod and tripod to headstand.
3. **Handsprings** - Hand position, correct neck and shoulder position, and use a rolled mat for backup.
4. Review skills on the balance beam.

D. Third Quarter - Track & Field

1. **Dashes** - Review fundamentals of sprinting. Provide conditioning for the runners. These are 60m and 100m.
2. **Distance Runs** - Review fundamentals of longer runs. Develop strategies for the runner. Provide conditioning for the runners. These are 200m, 400m, 800m.
3. **Relays** - Review fundamentals of sprinting and hand offs. Work on hand off zones, develop a communication system for the runners.
4. **Throws** - Stress form to prevent injury. Work on approach and delivery.
5. **Jumps** - Discuss form for high jump. Practice if possible. Work on approach and timing for both jumps. Do jumping activities for long jump.

E. Fourth Quarter (A) - Frisbee Golf

1. **Frisbee Control** - Stress proper grip and release. Don't try to overpower the frisbee. Always follow through.
2. **Rules** - Each throw is a stroke. Regular golf rules apply.
3. **Strategies** - Play to get the fewest strokes. Take into consideration surface and wind speed when deciding type of throw.
4. **Golf Etiquette** - Same as regular golf.

F. Fourth Quarter (B) - Physical Fitness Test

IX. Seventh Grade Units

A. First Quarter - Flag Football

1. **Positions** - Identify all of the different positions and responsibilities of each.
2. **Offensive & Defensive Formations** - Identify man-to-man vs. zone defenses and slot, split, and power formations for offense.

3. **Moving the Ball** - Identify the hand off, pitch, and pass. Develop skills for each. Develop hiking skills.
4. **Tackling** - Reinforce flag only tackling along with sportsmanship if an inadvertent tackle takes place.
5. **Strategies** - Misdirection plays, monster defenses, etc.
6. **Rules** - Review all rules and make sure students know them.

B. Second Quarter - Basketball

1. **Body Positions** - Review skills taught and extend on the individual's skill level.
2. **Passing** - Review skills taught and extend on the individual's skill level. Review strategic passing. Don't telegraph the passes.
3. **Ball Handling** - Review skills taught and extend on the individual's skill level.
4. **Dribbling** - Review skills taught and extend on the individual's skill level.
5. **Shooting** - Review skills taught and extend on the individual's skill level. Review the freethrow and right and left-handed lay-ups.
6. **Rules** - Lane violations, back court violations, and types of fouls.
7. Introduce the different types of offensives & defenses.

C. Third Quarter - Handball

1. **Rules** - Hit the wall with the ball. Boundaries, service lines, and number of hits.
2. **Striking** - Correct hand position, keep the eyes on the ball, and follow through.

D. Track & Field (Fourth Quarter-A)

1. **Dashes** - Review fundamentals of sprinting. Provide conditioning for the runners. These are 60m and 100m.
2. **Distance Runs** - Review fundamentals of longer runs. Develop strategies for the runner. Provide conditioning for the runners. These are 200m, 400m, 800m.
3. **Relays** - Review fundamentals of sprinting and hand offs. Work on hand off zones, develop a communication system for the runners.
4. **Throws** - Stress form to prevent injury. Work on approach and delivery.
5. **Jumps** - Discuss form for high jump. Practice if possible. Work on approach and timing for both jumps. Do jumping activities for long jump.

E. Fourth Quarter (B) - Physical Fitness Test

X. Eighth Grade Units

A. First Quarter - Volleyball

1. **Bumping** - Review and extend on the individual's skill level.
2. **Setting** - Review and extend on the individual's skill level.
3. **Underhand Serving** - Review and extend on the individual's skill level.
4. **Overhand Serving** - Hold ball in front of body, toss it straight up, swing through the ball at just above the head, and follow through.
5. **Passing** - Maintain control of the ball. Call the name of the recipient. Work for bump, set, spike.

6. Rules - Review boundaries, rotation, substitution rules, and net violations.

B. Second Quarter - Basketball

- 1. Body Positions** - Review skills taught and extend on the individual's skill level.
- 2. Passing** - Review skills taught and extend on the individual's skill level. Review strategic passing. Don't telegraph the passes.
- 3. Ball Handling** - Review skills taught and extend on the individual's skill level.
- 4. Dribbling** - Review skills taught and extend on the individual's skill level.
- 5. Shooting** - Review skills taught and extend on the individual's skill level.
- 6. Rules** - Review all rules.

C. Third Quarter - Gymnastic Skills

1. Review rolls.
2. Review headstand and introduce handstands.
3. Review balance beam activities.
- 4. Parallel Bars** - Walking, swinging, and change directions.

D. Track & Field (Fourth Quarter-A)

- 1. Dashes** - Review fundamentals of sprinting. Provide conditioning for the runners. These are 60m and 100m.
- 2. Distance Runs** - Review fundamentals of longer runs. Develop strategies for the runner. Provide conditioning for the runners. These are 200m, 400m, 800m.
- 3. Relays** - Review fundamentals of sprinting and hand offs. Work on hand off zones, develop a communication system for the runners.
- 4. Throws** - Stress form to prevent injury. Work on approach and delivery.
- 5. Jumps** - Discuss form for high jump. Practice if possible. Work on approach and timing for both jumps. Do jumping activities for long jump.

E. Fourth Quarter (B) - Physical Fitness Test