

PHYSICAL EDUCATION GRADE K-3

8/06

Topic: Rhythm and Dance				
Essential Questions: 1. Why does an individual need to move to the tempo of the music? 2. In what ways can you express your emotions through dance? 3. How does dance help getting along with other classmates?				
Performance Indicators	Guided Statements	Essential Knowledge and Skills	Classroom Ideas	Assessment Ideas
<ul style="list-style-type: none"> • Demonstrates an understanding of the beat to the music • Demonstrates creativity through movement • Demonstrates cooperation and enjoyment while dancing with classmates 	<ul style="list-style-type: none"> • What dance movements would you use for each dance? • What is the best way to stay on the beat of the music? • In what ways can you show enjoyment of dance? • Where else can you enjoy dance? 	<p>Locomotor Movements</p> <ul style="list-style-type: none"> • walking, running, hopping, leaping, jumping, marching, trotting, stamping, twirling, skipping, galloping, sliding <p>Non/locomotor Movements</p> <ul style="list-style-type: none"> • bending, swaying, twisting, swinging, raising, lowering, circling, rotating <p>Object Handling</p> <ul style="list-style-type: none"> • ball skills, hoops, scarfs <p>Virginia Reel</p> <ul style="list-style-type: none"> • do-si-do, right/left/both hands around, cast-off, bridge, head couple, honor/bow to partner <p>Safety</p>	<p>Dances</p> <ul style="list-style-type: none"> • twist • limbo rock • Virginia Reel • chicken dance • electric slide • hokey pokey • locomotion • bunny hop • YMCA • conga • hora • Mexican Hat Dance • hands-up • copy dance • Macarena • cha-cha slide 	<ul style="list-style-type: none"> • teacher observation • rubric • verbal assessment (lesson closure)

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Topic: Games and Activities				
Essential Questions: 1. How is teamwork important in games and activities? 2. Why is sportsmanship important in games and activities? 3. Why is it important to listen and follow rules?				
Performance Indicators	Guided Statements	Essential Knowledge and Skills	Classroom Ideas	Assessment Ideas
<ul style="list-style-type: none"> • Demonstrates body control while sharing general space • Controlling and managing emotions while participating • Listening skills • Follow rules and directions 	<ul style="list-style-type: none"> • What skills are needed to play each game? • In what ways can sportsmanship be improved while participating in games and activities? • How did teamwork help with the success of the game? • Why was that activity enjoyable? 	<p>Locomotor Movements</p> <ul style="list-style-type: none"> • walking, running, maneuver, dodge, start, stop, catch, throw, jump <p>Non-locomotor Movements</p> <ul style="list-style-type: none"> • bending, swaying, swinging, lowering, rotating, twisting, raising, circling <p>Self-Control Sportsmanship Following Rules Safety Game Etiquette Effort and Attitude</p>	<p>Relays</p> <ul style="list-style-type: none"> • touch & run, beanbag, basketball dribble, hoop, scooter, zig-zag, horse, golf ball, balloon, hockey push <p>Parachutes</p> <ul style="list-style-type: none"> • ripples, waves, umbrella, cross-under umbrella, mountain, inside mountain, cross-under mountain, climb the mountain, popcorn, merry-go-round, floating cloud, mushrooms, cat & mouse, sharks, pop the balls, ostrich, interlocking gears <p>Bean-bag Activities</p> <p>Various Activities</p> <ul style="list-style-type: none"> • Simon Says, Angels in the Snow, Ready-Set-Go, Mash the Trash, team ball pass, hot potato, Roly-Poly <p>Imaginative Games</p> <ul style="list-style-type: none"> • puppy dog, elevator, pizza dough, cloud, ghost, inch-worm, bear, crab, donkey, duck, camel 	<ul style="list-style-type: none"> • teacher observation • rubric • verbal assessment (lesson closure)

PHYSICAL EDUCATION GRADE K-3

8/06

Topic: Physical Fitness				
Essential Questions: 1. What is a physically active lifestyle? 2. How can you improve your level of physical fitness? 3. Why is it important to be physically active?				
Performance Indicators	Guided Statements	Essential Knowledge and Skills	Classroom Ideas	Assessment Ideas
<ul style="list-style-type: none"> • Demonstrates vigorous physical activity • Understands the benefits of physical activity • Recognizes the positive experiences of being physically fit 	<ul style="list-style-type: none"> • What is the first thing you should do before starting a physical fitness plan? • What is the first thing you do before working out? • What are the four parts of a fitness workout? • What does Target Heart Rate (THR) mean? (3rd grade) • Give an example of each part of a fitness workout 	<p>Benefits of Exercise</p> <ul style="list-style-type: none"> • healthy lifestyle • positive experience/feeling • social/emotional <p>Four Components of Physical Fitness</p> <ul style="list-style-type: none"> • warm-up • stretch • aerobic exercise/"hard work" • cool down <p>Target Heart Rate</p> <ul style="list-style-type: none"> • resting pulse • active pulse • recovery/"cool down" <p>Examples of Fitness Skills</p> <ul style="list-style-type: none"> • warm-up • stretch • aerobic exercise/"hard work" • cool down <p>Safety</p>	<p>Warm-up</p> <ul style="list-style-type: none"> • jogging • tag games • builders & bulldozers • jog & dribble <p>Stretching</p> <ul style="list-style-type: none"> • head circles • arm circles • shoulder stretch • trunk twists • toe touches • butterfly • calf stretch • squats • jumping jacks <p>Aerobic Exercise/"Hard Work"</p> <ul style="list-style-type: none"> • beat the cones • garbage can • hoop tag • obstacle course • relay races • hockey hoop tag • knock the cones <p>Cool Down</p> <ul style="list-style-type: none"> • angels in the snow • snake • slow walking • stretching 	<ul style="list-style-type: none"> • Fitnessgram • teacher observation • rubric • verbal assessment (lesson closure)

PHYSICAL EDUCATION GRADE K-3

8/06

Topic: Movement Education – Basic and Creative Movement					
Essential Questions: 1. How do you move safely in the gym? 2. What are the different ways to move in the gym? 3. How do you properly use equipment and treat fellow classmates and teachers?					
Performance Indicators	Guided Statements		Essential Knowledge and Skills	Classroom Ideas	Assessment Ideas
<p>Demonstrate competency in a variety of basic and creative movements</p> <ul style="list-style-type: none"> body management space awareness effort relationships 	<ul style="list-style-type: none"> What is an empty space? How do you move in an empty space? If you fall in the gym, what should you do? Why is a safety roll important? When should you use a safety roll? How can you have a positive effect on your fellow classmates? 		<p>Understand, relate, and demonstrate the following body management skills:</p> <ul style="list-style-type: none"> shifting weight balance body actions body parts stressed basic functions (jump, land, stretch, twist) equipment (specific tasks & creative movement) <p>Space Awareness</p> <ul style="list-style-type: none"> directional skills (forwards, backwards, etc.) levels (high, low, etc.) movement in empty spaces <p>Effort</p> <ul style="list-style-type: none"> flow speed direction <p>Relationships</p> <ul style="list-style-type: none"> proper/safe play (equipment & classmates) respect (rules & teacher) sportsmanship & teamwork <p>Safety</p>	<ul style="list-style-type: none"> Movement Walk, jog, run, balance forwards, backwards, sideways, zig-zag, skip gallop, lunge, fast, medium, slow, stretch, jump, land, curl, up, down, high, low, stop, start, bounce, throw, catch Rolls: safety, forward, backward, log Equipment Music, hoops, cargo net, rope, bean bags, balls, jump ropes, steagle, pillo-polo sticks, mats, trapezoids, skip its, scooters, pitch back, Frisbees, balance beam, tunnel, pinnies, cones, hurdles, hippity hops Games Obstacle course, tails, builders & bulldozers, bridges, hoop tag, hoop game, tag, partner move, pillo-polo tag 	<ul style="list-style-type: none"> teacher observation rubric verbal assessment (lesson closure)