

PHYSICAL EDUCATION CURRICULUM GUIDE

MONTH	WEEK	CONCEPT	K-2 ACTIVITIES	3-4 ACTIVITIES
August/ September (Respect)	1	<u>Establishing a Learning Environment</u> (Rules/Procedures/Safety Concerns/Respect/ Playground safety)	<p>Introductory Activities</p> <ul style="list-style-type: none"> - Teacher Introduction / Seating - Create rules chart with each class <p style="text-align: center;">Review all procedures</p> <ol style="list-style-type: none"> 1. Entering and exiting the gym 2. Drinks/Bathroom 3. Rules/Consequences 4. Problem solving 5. Proper attire 6. Warm ups 7. Freeze Position: What does it mean? Why? What if I have equipment in my hand? <ul style="list-style-type: none"> - Use remaining time to play basic tag games: Practice freeze position (stuck in mud, crazy chickens) 	<p>Introductory Activities</p> <ul style="list-style-type: none"> - Teacher Introduction / Seating - Create rules chart with each class <p style="text-align: center;">Review all procedures</p> <ol style="list-style-type: none"> 1. Entering and exiting the gym 2. Drinks/Bathroom 3. Rules/Consequences 4. Problem solving 5. Proper attire 6. Warm ups 7. Freeze Position: What does it mean? Why? What if I have equipment in my hand? <ul style="list-style-type: none"> - Use remaining time to play basic tag games
	2	Personal/General Space (spatial awareness) & Teamwork	<p>Review of Rules and Problem Solving</p> <p style="text-align: center;">LOG 1: Personal Space vs. General Space</p> <p style="text-align: center;">Lily Pad Tag / Toy Story Tag / Table/Turtle Tag</p>	<p>Review of Rules and Problem Solving</p> <p style="text-align: center;">LOG 1: Personal Space vs. General Space</p> <p style="text-align: center;">Teambuilding/Cooperation Activities</p> <ul style="list-style-type: none"> - Secret Handshake - Hoopla (circle formation with hoops passing through all members)
	3	<p>Locomotor movements / Moving in Space / Tagging</p> <p style="text-align: center;">Fitness concepts / Teamwork</p>	<p>Review of Personal / General Space</p> <p>Warm up: Introduce levels (High, medium, slow, fast, medium, slow)</p> <p style="text-align: center;">LOG 2: Dodging / Stopping</p> <ul style="list-style-type: none"> - Dog pound - Back to back light switch tag 	<p>LOG 2 (Dodging/Stopping & Bases/Tagging)</p> <p style="text-align: center;">Team Building:</p> <ul style="list-style-type: none"> - ShipWrek or Leap Frog (4 teams, each student has a hoop, scatter all sorts of balls around the gym, must collect the most balls to win)
	4	<p>Relationships (objects, people) directions/levels/pathways/</p>	<p>LOG 3 (Combing bases and pathways)</p> <ul style="list-style-type: none"> - Junk yard Dog Tag - Sailors and Sharks - Alligator Ally - Food Attack 	<p>Review teamwork and building concepts</p> <p style="text-align: center;">Fitness testing practice stations</p>
	5	<p>Moving around the gym safely And Cooperation / Teamwork</p>	<p>LOG 5: Road Block</p> <p>Parachute activities (teamwork)</p>	<p>Fitness testing #1</p>

Word Wall: Respect, Warm-up, Dodge, Walk, Skip, Jog, Run, Tag, Teamwork, Cooperate