

Neaut School District -- Grade/Dept

Adopted: April 2019

Concepts	Time	The students will know:	Skills	Assessment	Standards
<ul style="list-style-type: none"> • Rules • Routines • Procedures • Sportsmanship 	Classes 1, then as needed	Expectations Procedures Sportsmanship	Understanding class expectations	Teacher Observation	10.3.3 10.4.3
Spatial Awareness Cooperative Games Chasing, Fleeing and Dodging	Every Class	Define, Explain, Demonstrate: Personal space Cooperation Teamwork	Movement/Concept Skills: Locomotor skills – Non-Locomotor skills – Space awareness (patterns, directions, pathways, effort, speed, levels) Combination movements Chasing, Fleeing, and Dodging: tagging appropriately, partners, moving around objects.	Teacher Observation	10.3.3 10.4.3 10.5.3

Dribbling Shooting Throwing and Catching Passing	5	Define, Explain, Demonstrate: Boundaries Offense Defense Rules	Dribbling: Self – Partner-Stationary-Traveling - Ball Control, Shooting, Throwing and Catching, Passing Faking and Dodging Passing and Receiving Moving to be open or open space Defending space Following rules Roles: Learning sharing, cooperating, participating, sportsmanship,	Teacher Observation	10.4.3 10.5.3 E,F
Volleying Kicking Striking with implements -paddle -racquet -bats -sticks	5	Define, Explain, Demonstrate: volleying Dribbling Grip Stance Athletic position Safety	Hand eye coordination Volleying with a balloon, using different body parts, with a partner, with a group Using different implements safely: paddle, hockey stick, racquet, bat	Teacher Observation	10.4.3 10.5.3 E,F
Jump Rope Skills	5	Define, Explain, Demonstrate: Effort Time Speed	Short Rope Long Rope: on the ground, and different levels Limbo Jumping over lines on one foot Jumping at different speeds	Teacher Observation	10.4.3 F 10.5.3 E,F

<p>Types of exercises -Muscular Strength -Muscular Endurance -Cardio -Flexibility Track and Field</p>	<p>Parts of Each Class</p>	<p>Explain and or Demonstrate: 50 yard dash Standing long jump Agility (hurdles) -Muscular Strength -Muscular Endurance -Cardio -Flexibility</p>	<p>-Muscular Strength: Push ups, Resistance bands, plyo jumps -Muscular Endurance: sit ups, tire flips, Resistance bands, -Cardio: pacing your running speed -Flexibility: stretching, sit and reach Warm up and Cool down, Dynamic Stretching</p>	<p>Teacher Observation</p>	<p>10.3.3 10.4.3 E,F 10.5.3 E,F</p>
<p>Teamwork Team Building Cooperative challenges</p>	<p>10</p>	<p>Define, Explain, Demonstrate: Boundaries Offense Defense Rules</p>	<p>Roles: Learning sharing, cooperating, participating, sportsmanship, Teamwork, Respect, Communication skills</p>	<p>Teacher Observation</p>	<p>10.3.3 10.4.3 10.5.3</p>