
Pe Grade K Adventure Activities curriculum

Curriculum Guide

Scranton School District

Scranton, PA



Scranton School District
Curriculum Guide

PE/Health Grade K curriculum

Prerequisite :

Course Description Here

Kindergarten Physical Education will be taught by a certified Health & Physical Education Teacher. It will provide student opportunities to learn and practice skills and behaviors critical to being physically active. The First Grade student will practice motor skills and movement patterns needed to perform a variety of Physical Activities. The student will participate in regular activities and achieve a health-enhancing level of physical fitness. Each child will exhibit personal and social behavior that respects self and others in physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Scranton School District
Curriculum Guide

Year-at-a-glance

Subject:	Grade Level	Date Completed:
-----------------	--------------------	------------------------

1st Quarter, 2nd Quarter, 3rd Quarter, 4th Quarter

Topic	Resources	CCSS

1st Quarter, 2nd Quarter, 3rd Quarter, 4th Quarter:

Students will actively participate and engage in physical activities that promote lifelong fitness. Units and lessons will be dependent on facilities (indoor/outdoor), equipment, and seasons. Teachers will plan lessons based on multiple standards.

**Scranton School District
Curriculum Guide**

General Topic	Academic Standard(s)	Essential Knowledge, Skills & Vocabulary	Resources & Activities	Assessments	Suggested Time
Adventure Activities	10.4.3 A Identify and engage in physical activities that promote physical fitness and health	<p>Objective: Engage in an adventure activity that promotes physical fitness.</p> <p>Physical Activity: Bodily movement that is produced by the contraction of skeletal muscle and which substantially increases energy expenditure.</p> <p>Physical Fitness: A set of attributes that people have or achieve and that relate to their ability to perform physical activity. Generally accepted to consist of health-related fitness and skill-related fitness.</p> <p>Adventure Activity: The participation or willingness to participate in activities that involve uncertainty and risk.</p>	<ul style="list-style-type: none"> ● Traversing Wall ● Cooperative Games ● New Games ● Parachute 	<p>Teacher observation</p> <p>Teacher Q&A</p> <p>Student Discussion</p>	Daily lesson plans at 40 minutes per class

**Scranton School District
Curriculum Guide**

	<p>10.4.3.C: Know and recognize changes in body responses during moderate to vigorous activities</p>	<p>Objective: Engage in an adventure activity that produces different changes in the body.</p> <p>Physical Activity</p> <p>Changes in your Body during activity.</p> <ul style="list-style-type: none"> ● Heart beats faster ● Breath faster ● Breath Louder(heavier) ● Body gets warm ● Begin to sweat and get tired 	<ul style="list-style-type: none"> ● Traversing Wall ● Cooperative Games ● New Games ● Parachute 	<p>Teacher observation</p> <p>Teacher Q&A</p> <p>Student Discussion</p>	<p>Daily lesson plans at 40 minutes per class</p>
	<p>10.4.3. D: Identify likes and dislikes related to participation in physical activities</p>	<p>Objective: Identify what it means to participate in adventure physical activities.</p> <ul style="list-style-type: none"> ● Physical Activity ● Participation: To take part in an event or activity. 	<ul style="list-style-type: none"> ● Traversing Wall ● Cooperative Games ● New Games ● Parachute 	<p>Teacher Observation</p> <p>Teacher Q&A</p> <p>Student Discussion</p>	<p>Daily lesson plans at 40 minutes per class</p>
	<p>10.4.3.F: Recognize the positive and negative interactives of small</p>	<p>Objective: Demonstrate how many people make a small group.</p> <p>Physical Activity</p> <p>Participation</p>	<ul style="list-style-type: none"> ● Traversing Wall ● Cooperative Games ● New Games ● Parachute 	<p>Teacher observation</p> <p>Teacher Q&A</p> <p>Student Discussion</p>	<p>Daily lesson plans at 40 minutes per class</p>

Scranton School District
Curriculum Guide

	group activities	Small Group Activities: working during an activity with 3-5 people. Partner: working during an activity with just one other person.			

Scranton School District
Curriculum Guide
