
Pe Grade K Manipulatives curriculum

Curriculum Guide

Scranton School District

Scranton, PA



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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.

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Year-at-a-glance

Subject:	Grade Level	Date Completed:
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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.

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General Topic	Academic Standard(s)	Essential Knowledge, Skills & Vocabulary	Resources & Activities	Assessments	Suggested Time
Manipulatives	10.4.3 A Identify and engage in physical activities that promote physical fitness and health	<p>Objective: Engage in physical activities with a manipulative that promote physical fitness and health</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>Manipulative: Control of objects with body parts and implements. Action causes an object to move from one place to another.</p>	<p>Stations implementing the following manipulative movements:</p> <ul style="list-style-type: none"> ● Throwing/Catching ● Dribbling ● Stations ● Implement skills ● Bouncers ● Balance boards ● Scooters 	<p>Teacher observation</p> <p>Teacher Q&A</p> <p>Student Discussion</p>	Daily lesson plans at 40 minutes per class

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		<ul style="list-style-type: none"> ● Throw: sending an object with the hand ● Catch: Receiving an object with a hand or hands ● Kick: Striking an object with the foot. ● Dribble: Alternately using the hand/foot to control a ball ● Balance: A state in which the body remains reasonably steady in a particular position. 			
	<p>10.4.3.C: Know and recognize changes in body responses during moderate to vigorous activities</p>	<p>Objective: Engage in a manipulative 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 	<p>Stations implementing the following manipulative movements:</p> <ul style="list-style-type: none"> ● Throwing/Catching ● Striking ● Dribbling ● Stations ● Implement skills ● Bouncers ● Balance boards ● Scooters 	<p>Teacher observation</p> <p>Teacher Q&A</p> <p>Student Discussion</p>	<p>Daily lesson plans at 40 minutes per class</p>

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		<ul style="list-style-type: none"> ● Begin to sweat and get tired 			
	10.4.3. D: Identify likes and dislikes related to participation in physical activities	<p>Objective: Identify what it means to participate in fitness physical activities.</p> <ul style="list-style-type: none"> ● Physical Activity ● Participation: To take part in an event or activity. 	<p>Stations implementing the following manipulative movements:</p> <ul style="list-style-type: none"> ● Throwing/Catching ● Striking ● Dribbling ● Stations ● Implement skills ● Bouncers ● Balance boards ● Scooters 	<p>Teacher Observation Teacher Q&A Student Discussion</p>	<p>Daily lesson plans at 40 minutes per class</p>
	10.4.3.F: Recognize the positive and negative interactives of small group activities	<p>Objective: Demonstrate how many people make a small group.</p> <p>Physical Activity</p> <p>Participation:</p> <p>Small Group Activities: working during an activity with 3-5 people.</p> <p>Partner: working during an activity with just one other person.</p>	<p>Stations implementing the following manipulative movements:</p> <ul style="list-style-type: none"> ● Throwing/Catching ● Striking ● Dribbling ● Stations ● Implement skills ● Bouncers ● Balance boards ● Scooters 	<p>Teacher observation Teacher Q&A Student Discussion</p>	<p>Daily lesson plans at 40 minutes per class</p>
Manipulatives	10.5.3 A: Recognize and use basic movement	<p>Objective: Engage in manipulative movements</p> <p>Manipulative movements: Control of objects with body parts</p>	<p>Stations implementing the following manipulative movements:</p> <ul style="list-style-type: none"> ● Throwing/Catching ● Kicking ● Dribbling 	<p>Teacher observation Teacher Q&A</p>	<p>Daily lesson plans at 40 minutes per class</p>

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	skills and concepts	<p>and implements. Action causes an object to move from one place to another.</p> <ul style="list-style-type: none"> ● Throw: sending an object with the hand/hands ● Catch: Receiving an object with the hand/hands ● Kick: Striking an object with the foot ● Dribble: Alternately using each hand/foot to push an object ● Strike: Hitting an object with a hand or implement ● Volley: Consecutively striking an object with hand or implement ● Punt: Striking an object in the air with the foot so that the object travels high and far. 	<ul style="list-style-type: none"> ● Striking ● Volleying ● Punting ● Bowling 	Student Discussion	
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	10.5.3 C: Know the function of practice	Objective: Define Practice Practice: A method of learning by repetition	Stations implementing the following manipulative movements: <ul style="list-style-type: none"> ● Throwing/Catching ● Kicking ● Dribbling ● Striking ● Volleying ● Punting ● Bowling 	Teacher observation Teacher Q&A Student Discussion	Daily lesson plans at 40 minutes per class
	10.5.3. F: Recognize and describe game strategies using appropriate vocabulary	Objective: Recognize game strategy Game strategy: make use of a plan to help successfully and safely participate in a game	Stations implementing the following manipulative movements: <ul style="list-style-type: none"> ● Throwing/Catching ● Kicking ● Dribbling ● Striking ● Volleying ● Punting ● Bowling 	Teacher observation Teacher Q&A Student Discussion	Daily lesson plans at 40 minutes per class

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