

Elementary Physical Education

<u>Grade(s)</u> 3-5	<u>Title</u>	<u>Description</u>	<u>Link to Resources</u>
Unit 1 - September	Soccer	In this unit your child will: -Dribble -Pass -Trap -Shoot - Understand defensive and offensive strategies for game play. -Small sided games	
Unit 2 - September	Football	In this unit your child will: -Throw -Catch -Punt -Kick -Run routes -Understand defensive and offensive strategies for game play. -Small sided games	
Unit 3 - October	Fitness	In this unit your child will: -Perform a variety of fitness exercises and monitor student progress throughout the year.	
Unit 4 - November	Omnikin	In this unit your child will: -Play cooperative team games with Omnikin ball -Using teamwork and communication skills	

		to strategize the game.	
Unit 5 - November	Obstacle Course	In this unit your child will: -climb a traverse rock wall -climb up and over cargo nets -using upper body strength to swing and from the rings. -using coordination and timing to follow certain dance routines	
Unit 6- December	Holiday Themed Games	In this unit your child will: -play cooperative tag games -use strategy, speed, and teamwork to complete relay activities.	
Unit 7 - January	Volleyball	In this unit your child will: -serve (underhand and overhand) -pass (bump and sett) -use attack options -learn defensive skills -use teamwork and communication	
Unit 8 - January	Scooter Boards	In this unit your child will: -learn about scooter board safety -ride on belly, bottom, and knees -use creativity and teamwork to design a "city" and navigate	

		through it	
Unit 9 - February	Pillow Pillow	In this unit your child will: -learn how to strike a ball using a pillow polo stick (shooting and passing) -learn how stickhandle -use teamwork and communication to achieve a common goal -learn offensive and defensive game strategies	
Unit 10 - March	Bowling	In this unit your child will: -learn the different techniques to roll a ball towards a target -learn terminology related to bowling (strike,spare, foul, turkey, etc.) -learn to compute their bowling score.	
Unit 11 - March	Basketball	In this unit your child will: -learn how to dribble (dominant/non-dominant hand and crossover) -learn how to pass (chest, bounce, and overhead) -learn how shoot -play small sided games using teamwork -learn offensive and defensive strategies	
Unit 12 - April	Frisbee Games	In this unit your child	

		will: -learn how to grip a frisbee -learn how to throw to a target area (body position) -play Frisbee Golf and Slam Jam -demonstrate teamwork and sportsmanship skills	
Unit 13 - April	Paddle/Racquet Sports	In this unit your child will: -learn how to grip a paddle/racquet -strike a "birdie"/ball using forehand and backhand -learn game terminology (volley, lob, overhand smash, set, match, game, etc. -play small sided games demonstrating skills, teamwork, and demonstrating sportsmanship	
Unit 14 - May	Golf/Field Hockey	In this unit your child will: <u>FIELD HOCKEY</u> -learn how to stick handle -learn how to pass -learn how to shoot Play small sided games using teamwork and demonstrating sportsmanship <u>GOLF</u> -learn how to grip a club -learn feet and body	

		positioning -learn how to strike a golf ball	
Unit 15 - May	Lawn Games Intro to Unified sports	In this unit your child will: -learn how to play Cornhole, Slam Jam, Bocce, Horseshoes, and Croquet -demonstrate cooperation, teamwork, and sportsmanship	
Unit 16 - June	Lacrosse	In this unit your child will: -learn how to cradle -learn how to scoop -learn how to pass -learn how to shoot -demonstrate teamwork and sportsmanship -play small sided games	
Unit 17 - June	Field Day Activities/Cooperative Games	In this unit your child will: -demonstrate teamwork, cooperation, and sportsmanship -play relay race activities using objects and manipulatives	
<u>Grades K-2</u>	<u>Title</u>	<u>Description</u>	<u>Link to Resources</u>
	Building A Foundation	-Spatial Awareness -Tagging Safely -Moving/Stopping Appropriately -Locomotors	

	Soccer Skills	-Dribbling -Passing -Stopping (Trapping)	
	Manipulatives	-Scarves -Bean Bags -Hand Eye Coordination	
	Cooperative Games	-Team Activities -Problem Solving -Sportsmanship -Honesty/Trusting	
	Scooter Boards	-Relay Races -Riding Safely -Riding on knees, bottom, partner, etc.	
	Fitness	-Stations -Jump Rope for Heart -Healthy Eating	
	Bowling	-Rolling Skills -Speed Bowling -Team Bowling	
	Paddles/Racquets	-Hand Eye Coordination -Balancing Ball -Individual Volley -Serving -Forehand/Backhand Hits -Partner/Teamwork	
	Obstacle Course	-Climbing -Balance Beam -Rock Wall	
	Basketball Skills	-Ball Bouncing -Passing -Shooting	
	Field Day	-Demonstrate teamwork, cooperation, and sportsmanship	

		-play relay race activities using objects and manipulatives	
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