

# TK/Kindergarten PE

## Standard 1.1

Travel within a large group, without bumping into others or falling, while using locomotor skills.

### Example Rigor

Move through space without bumping or falling.

### Sample Activity

**Animal Kingdom Musical Spots:** travel around poly spots while performing various animal movements.

**Colors:** Students run around a large circle with falling or bumping into other students

**Cookie Monster:** a listening and following directions locomotor activity.

## Standard 1.13

Toss a ball to oneself, using the underhand throw pattern, and catch it before it bounces twice.

### Example Rigor

Tossing a ball (object) to one's self

### Sample Activity

**Toss and Catch:** display proper hand position for tossing, throwing, and catching a manipulative.

**Bean Bag Challenges:** Students stand on polyspot while manipulating a bean bag.

**Juggling scarf challenges.** Students go through a variety of tossing and catching challenges, choosing one or two carves to work with.

## Standard 4.2

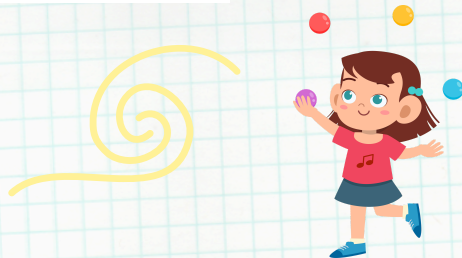
Describe the role of water as an essential nutrient for the body

### Example Rigor

Understanding the role and importance of water as an essential nutrient.

### Sample Activity

Explain that water is necessary and must be a part of physical activity.



# First Grade - PE

## Standard 1.1

Demonstrate an awareness of personal space, general space, and boundaries while moving in different directions and at high, medium, and low levels in space

## Example Rigor

Controlling personal space, boundaries, and pace.

## Sample Activity

Super Mario Brothers Tag: students move from zone to zone avoiding the opposition team.

Cone Drills: Students run from cone to cone while maintaining personal space.

Monkey see, Monkey do: Dancing and moving throughout the activity area then returning to own spot.

## Standards 1.10 & 1.11

Demonstrate the underhand movement (throw) & overhand movement (throw) pattern

## Example Rigor

Demonstrate the underhand and overhand pattern.

## Sample Activity

Toss and Catch: display proper hand position for tossing, throwing, and catching a manipulative.

Bowling Pin Knockdown: Students underhand roll and overhand throw at bowling pins.

Carnival toss: Students attempt to toss bean bags into different or the same hoop, or can attempt to knock wiffle balls off of cones.

## Standard 1.14

Catch a self-tossed ball.

## Example Rigor

Catch a self-tossed ball.

## Sample Activity

Toss and Catch: display proper hand position for tossing, catching a ball.

Fleece Ball Challenges: Students toss and catch a fleece ball while standing on a polypot.



## Standards 1.16 & 1.17

- Kick a rolled ball from a stationary position
- Kick a stationary ball, using a smooth, continuous running approach.

## Example Rigor

Kick a rolled and stationary ball

## Sample Activity

15 Ball Kickball: kick a ball using proper form and scoring runs in a team game.

Kick a rolled and stationary ball with a partner



## Standard 1.20 & 1.21

- Dribble a ball in a forward direction, using the inside of the foot.
- Dribble a ball continuously with one hand.

## Example Rigor

Hand and foot dribbling

## Sample Activity

Basketball Handling and dribbling drills. Students go through an abundance of basketball handling skills challenges leading up to a game of keep away.

Fleece Ball Challenges: Students toss and catch a fleece ball while standing on a polypot.

## Standard 1.7

Roll smoothly in a forward direction, without stopping or hesitating, emphasizing a rounded form.

## Example Rigor

Roll smoothly in forward direction

## Sample Activity

Stunts and tumbling: Students perform a variety of rolls on cushioned mats.



# Second Grade - PE

## Standard 1.1

Move to open spaces within boundaries while traveling at increasing rates of speed.

## Example Rigor

Move to open spaces within boundaries while traveling at increasing rates of speed.

## Sample Activity

Top Dog: students travel within boundaries avoiding the opposition using pool noodles

Helicopter Tag: Students fly from helipad to helipad avoiding the taggers.

## Standard 1.13

Strike a ball with a bat from a tee or cone, using correct grip and side orientation.

## Example Rigor

Strike a ball with a bat from a tee.

## Sample Activity

Batting practice: Students take turns hitting and fielding baseballs off of a batting T.



## Standard 1.18

Perform rhythmic sequences related to simple folk dance or ribbon routines

## Example Rigor

Perform rhythmic sequences.

## Sample Activity

Rhythm and Beats: Students move in different ways to the sounds of a musical instrument. Drum, tambourine, whistle, sticks.

Folk Dances: The Bunny Hop, Mexican hat dance, Chicken dance, Hawaiian roller coaster ride.

Dance: Hand Jive, Cha Cha Slide, Cupid Shuffle

## Standard 1.4

Create a routine that includes two types of body rolls (e.g., log roll, egg roll, shoulder roll, forward roll) and a stationary balance position after each roll.

## Example Rigor

Create routines combining rolls

## Sample Activity

Stunts and tumbling: Students perform and master a variety of rolls then combine the rolls, ending in a balanced position.



## Standard 1.7

Roll a ball for distance, using proper form

## Example Rigor

Roll a ball for distance using proper form

## Sample Activity

Bowlers and Rollers: roll a ball to a stationary target while using proper form.

## Standard 1.8

Throw a ball for distance, using proper form.

## Example Rigor

Overhand throw using proper form.

## Sample Activity

Star Wars: Overhand throw to teammate in a stationary position.

Castle ball: Students throw dodgeballs at the opponent's hula hoop castles to knock them down



# Third Grade - PE

## Standard 1.1

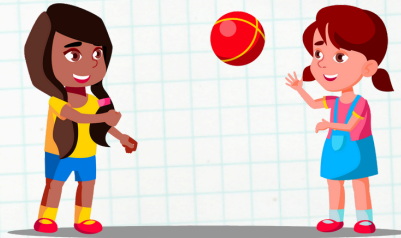
Chase, flee, and move away from others in a constantly changing environment

### Example Rigor

Chase, flee, and move away from others in a constantly changing environment.

### Sample Activity

Chain Tag: tagging team moves towards opponents while staying together and working together.



## Standard 1.0

Throw and catch an object with a partner, increasing the distance from the partner and maintaining an accurate throw that can be easily caught.

### Example Rigor

Throw and catch an object with a partner

### Sample Activity

Star Wars: Overhand throw to teammate in a stationary position

Scoops and Balls: Students play catch with a partner using a scoop and wiffle ball.

Ring Toss: Students throw and catch a foam ring with a partner.

## Standard 1.3 & 1.4

- Hand-dribble a ball continuously while moving around obstacles
- Foot-dribble a ball continuously while traveling and changing direction.

### Example Rigor

Hand/foot dribbling continuously

### Sample Activity

Basketball handling and dribbling challenges.

Soccer footwork challenges.

## Standard 1.8

Roll a ball for accuracy toward a target

### Example Rigor

Roll a ball for accuracy toward a target

### Sample Activity

Bowlers and Rollers: roll a ball to a stationary target while using proper form

Bowling Pin Knockdown: Students roll a ball at opposing team pins.

## Standard 5.3

List the benefits of following and the risks of not following safety procedures and rules associated with physical activity.

### Example Rigor

Benefits and risks of following safety procedures

### Sample Activity

Explain the benefits of being mindful of surroundings to avoid risks.

Explain the importance of always looking before changing directions. Consequences



# Fourth Grade - PE

## Standard 1.2

Change direction quickly to maintain the spacing between two players.

## Example Rigor

Punt a ball dropped from the hands.

## Sample Activity

15 Ball Kickball: punt a ball using proper form and scoring runs in a team game.

Knockout: Students drop and punt a ball at the opposing teams bowling pins.

## Standard 1.3

Strike, with a paddle or racket, a lightweight object that has been tossed by a partner.

## Example Rigor

Paddle striking with partners.

## Sample Activity

Partner paddle striking: Students take turns as tossers and strikers using paddles and fluff balls

2 square: Using tennis balls and paddles, students strike the ball under control, over a line for as long as possible.



## Standard 1.5

Jump a self-turned rope

## Example Rigor

Jump a self-turned rope.

## Sample Activity

Jump rope challenges: Students are presented with various individual rope jumping challenges and attempt to master as many as they can.

Fitness stations: Jumping rope continuously for cardiovascular health

## Standard 1.8

Throw a flying disc for distance, using the backhand movement pattern.

## Example Rigor

Throw a flying disc.

## Sample Activity

Throw and catch with a partner

Frisbee golf: Students throw a disc to a hula hoop target

## Standard 2.7

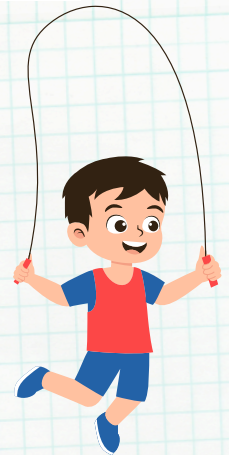
Compare and contrast dribbling a ball without a defender and with a defender

## Example Rigor

Compare dribbling with and without a defender.

## Sample Activity

Basketball dribbling and handling challenges which lead up to a game of keep away.



## Standard 5.4

Respond to winning and losing with dignity and respect.

## Example Rigor

Respond to winning and losing with dignity and respect

## Sample Activity

"What do we say after every game?" Good Game/GG

## Standard 5.5

Include others in physical activities and respect individual differences in skill and motivation.

## Example Rigor

Responsibility for Personal Performance. Working effectively with Classmates.

## Sample Activity

Cooperative Activities: Octopus- joining hands with 6-9 students and attempt to untangle. Teamwork

Hoodini hoops: Students work in groups to complete a variety of hula hoop challenges.

Egg Hunt: In small groups, students work together to locate team's hidden eggs.

# Fifth Grade - PE

## Standard 1.11

Hit a softly tossed ball backhanded with a paddle or racket

## Example Rigor

Hit a softly tossed ball backhanded with or without manipulatives

## Sample Activity

Scoops and Balls: Students use the backhand of the scoop to bounce and catch wiffle ball.

Paddle striking challenges: Students work in pairs to develop controlled paddle striking skills.

## Standard 1.12

Strike a tossed ball, with different implements, from a side orientation.

## Example Rigor

Strike a tossed ball with side orientation.

## Sample Activity

4 v 4 Baseball: Students hit and catch tennis balls in a modified version of baseball.

## Standard 1.17

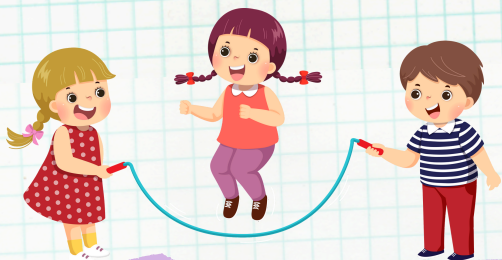
Volley a tossed ball to an intended location

## Example Rigor

Volley a tossed ball to an intended location.

## Sample Activity

Volleyball Skills and Drills



## Standard 1.14 & 1.15

- Dribble a ball (by hand or foot) while preventing another person from stealing the ball.
- Dribble a ball and kick it toward a goal while being guarded.

## Example Rigor

Hand/foot dribbling while being guarded.

## Sample Activity

Soccer and Basketball Skills and Drills. Modified Games

## Standard 1.4

Enter, jump, and leave a long rope turned by others

## Example Rigor

Enter, jump and leave a turning rope

## Sample Activity

Long Rope jump rope challenges: Students work in groups to perform different rope swinging and jumping challenges

Jump Bands: In groups students master a modified version of the "Tininking" Dance. Teams work together to perform a variety of jump band dancing skills and routines.

## Standard 5.7

Accommodate individual differences in others' physical abilities in small-group activities

## Example Rigor

Teamwork, Audible and Visual Signs of Encouragement.

## Sample Activity

Encourage others within the activity.

Intrinsically motivate self to give best effort.

# Sixth Grade - PE

## Standard 1.11

Hit a softly tossed ball backhanded with a paddle or racket

## Example Rigor

Hit a softly tossed ball backhanded with or without manipulatives

## Sample Activity

Scoops and Balls: Students use the backhand of the scoop to bounce and catch wiffle ball.

Paddle striking challenges: Students work in pairs to develop controlled paddle striking skills.



## Standard 1.12

Strike a tossed ball, with different implements, from a side orientation.

## Example Rigor

Strike a tossed ball with side orientation.

## Sample Activity

4 v 4 Baseball: Students hit and catch tennis balls in a modified version of baseball.



## Standard 1.17

Volley a tossed ball to an intended location

## Example Rigor

Volley a tossed ball to an intended location.

## Sample Activity

Volleyball Skills and Drills

## Standard 1.14 & 1.15

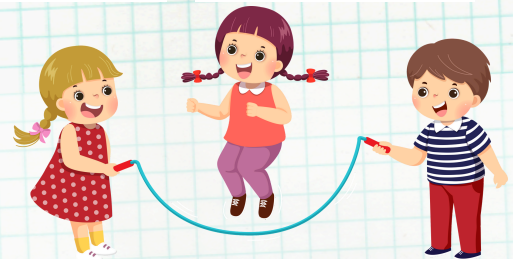
-Dribble a ball (by hand or foot) while preventing another person from stealing the ball.  
-Dribble a ball and kick it toward a goal while being guarded.

## Example Rigor

Hand/foot dribbling while being guarded.

## Sample Activity

Soccer and Basketball Skills and Drills. Modified Games



## Standard 1.4

Enter, jump, and leave a long rope turned by others

## Example Rigor

Enter, jump and leave a turning rope

## Sample Activity

Long Rope jump rope challenges: Students work in groups to perform different rope swinging and jumping challenges

Jump Bands: In groups students master a modified version of the "Tininkling" Dance. Teams work together to perform a variety of jump band dancing skills and routines.

## Standard 5.7

Accommodate individual differences in others' physical abilities in small-group activities

## Example Rigor

Teamwork, Audible and Visual Signs of Encouragement.

## Sample Activity

Encourage others within the activity.

Intrinsically motivate self to give best effort.