

# Physical Education Year At A Glance

Teacher: Patty Jayne

|                     | September                                                                                          | October                                                                | November                                                      | December                                                  | January                             | February                                            | March | April                                                                               | May                          | June              |
|---------------------|----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|---------------------------------------------------------------|-----------------------------------------------------------|-------------------------------------|-----------------------------------------------------|-------|-------------------------------------------------------------------------------------|------------------------------|-------------------|
| <b>Kindergarten</b> | Movement, Directions and Cooperative Activities                                                    | Locomotor Movements Manipulative Skills - kicking, catching dribbling  |                                                               |                                                           | Team Game concepts<br>Team Handball | Creative as well as Rhythmic Movement and Nutrition |       | Manipulative Skills - using Implements: paddle and swinging skills, Fitness Testing |                              | Large Group Games |
| <b>1st Grade</b>    | Movement, Direction and Cooperative Activities                                                     | Locomotor Movements Manipulative Skills - kicking, catching dribbling  |                                                               |                                                           | Team Game concepts<br>Team Handball | Creative as well as Rhythmic Movement and Nutrition |       | Manipulative Skills - using Implements: paddle and swinging skills, Fitness Testing |                              | Large Group Games |
| <b>2nd Grade</b>    | Review throwing & Catching<br>Cooperative/Competitive Activities & Games<br>Fitness Testing        | Locomotor Movements Manipulative Skills - kicking, catching dribbling  |                                                               |                                                           | Team Game concepts<br>Team Handball | Creative as well as Rhythmic Movement and Nutrition |       | Manipulative Skills - using Implements: paddle and swinging skills, Fitness Testing |                              | Large Group Games |
| <b>3rd Grade</b>    | Review throwing & Catching<br>Cooperative/Competitive Activities & Games<br>Fitness Testing        | Locomotor Movements Manipulative Skills - kicking, catching dribbling  |                                                               |                                                           | Team Game concepts<br>Team Handball | Creative as well as Rhythmic Movement and Nutrition |       | Manipulative Skills - using Implements: paddle and swinging skills, Fitness Testing |                              | Large Group Games |
| <b>4th Grade</b>    | Teamwork/cooperative activities<br>Volleyball Intro to Components of Fitness/Testing - Flexibility | Football Components of Fitness/Testing - Muscular Strength & Endurance | Soccer Components of Fitness/Testing-Cardiovascular Endurance | Components of Fitness - Body Composition<br>Holiday Games | Basketball<br>Juggling              | Square Dance and Nutrition                          |       | Pickleball and Softball                                                             | Lacrosse and Fitness Testing | Large Group Games |
| <b>5th Grade</b>    | Teamwork/cooperative activities<br>Volleyball Intro to Components of Fitness/Testing - Flexibility | Football Components of Fitness/Testing - Muscular Strength & Endurance | Soccer Components of Fitness/Testing-Cardiovascular Endurance | Components of Fitness - Body Composition<br>Holiday Games | Basketball<br>Juggling              | Folk Dance and Nutrition                            |       | Pickleball and Softball                                                             | Lacrosse and Fitness Testing | Large Group Games |

|                         |                                                                                                    |                                                                        |                                                                |                                                           |            |                                           |                                                       |                              |                   |
|-------------------------|----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|----------------------------------------------------------------|-----------------------------------------------------------|------------|-------------------------------------------|-------------------------------------------------------|------------------------------|-------------------|
| <b>6th Grade</b>        | Teamwork/cooperative activities<br>Volleyball Intro to Components of Fitness/Testing - Flexibility | Football Components of Fitness/Testing - Muscular Strength & Endurance | Soccer Components of Fitness/Testing- Cardiovascular Endurance | Components of Fitness - Body Composition<br>Holiday Games | Basketball | Line & Aerobic Dance and Nutrition        | Pickleball, Golf, or Softball                         | Lacrosse and Fitness Testing | Large Group Games |
| <b>7th Grade</b>        | Teamwork/cooperative activities<br>Volleyball Intro to Components of Fitness/Testing - Flexibility | Football Components of Fitness/Testing - Muscular Strength & Endurance | Soccer Components of Fitness/Testing- Cardiovascular Endurance | Components of Fitness - Body Composition<br>Holiday Games | Basketball | Line/Aerobic/Ballroom Dance and Nutrition | Pickleball, Golf, or Softball                         | Lacrosse and Fitness Testing | Large Group Games |
| <b>8th Grade</b>        | Teamwork/cooperative activities<br>Volleyball Intro to Components of Fitness/Testing - Flexibility | Football Components of Fitness/Testing - Muscular Strength & Endurance | Soccer Components of Fitness/Testing- Cardiovascular Endurance | Components of Fitness - Body Composition<br>Holiday Games | Basketball | Ballroom/Swing Dance, Nutrition           | Field Day Planning Fitness & Games<br>Drugs & Alcohol |                              | Field Day         |
| <b>Service Projects</b> |                                                                                                    |                                                                        |                                                                |                                                           |            |                                           |                                                       |                              |                   |
| <b>Field Trips</b>      |                                                                                                    |                                                                        |                                                                |                                                           |            | 8th grade Rock Climbing                   |                                                       |                              |                   |