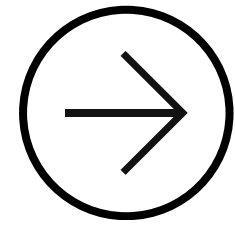




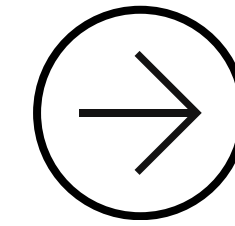
ELEMENTARY

PHYSICAL EDUCATION

08.



AUGUST



2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 X	29 X	30 X	31 X	01 X	02 X	03 X
04 X	05 X	06 X	07 X	08 X	09 X	10 X
11 X	12 Introductions & Expectations	13 Introductions & Expectations	14 Introductions & Expectations	15 Introductions & Expectations	16 Locomotors: skip, gallop, jog, run, leap, slide, walk, jump, hop.	17 X
18 X	19 Locomotors: skip, gallop, jog, run, leap, slide, walk, jump, hop.	20 Locomotors: skip, gallop, jog, run, leap, slide, walk, jump, hop.	21 Locomotors: skip, gallop, jog, run, leap, slide, walk, jump, hop.	22 Locomotors: skip, gallop, jog, run, leap, slide, walk, jump, hop.	23 Locomotors: skip, gallop, jog, run, leap, slide, walk, jump, hop.	24 X
25 X	26 Locomotors: skip, gallop, jog, run, leap, slide, walk, jump, hop.	27 Locomotors: skip, gallop, jog, run, leap, slide, walk, jump, hop.	28 Throwing - overhand/underhand	29 Throwing - overhand/underhand	30 Throwing - overhand/underhand	31 X

Step 1: plan out the activities

Standard 1: Physical Activity Skills and Movement Patterns

- **Introductions and expectations -**
 - BE SAFE - hands and feet to self, good movement footwear, watch where you are going, use equipment as intended
 - BE RESPECTFUL - allow others to participate, share equipment, encourage others, follow directions of activity
 - BE RESPONSIBLE - listen when the teacher is talking, bring materials needed (shoes/water bottle)
 - BE READY - Give 100% effort on warm up, games, mindful minute and activities.
 - Line up areas, water fountain, bathroom, emergency drills
- ACTIVITY = Tag (when tagged review one of the rules or expectations)
 - Freeze tag, toilet tag, Jurassic Park, color tag, sharks and minnows - etc.
- **Locomotors - PE.K.1.1.a Hops, gallops, jogs, runs, walks, slides, skips, and leaps while maintaining balance. (E)**
 - Skipping, galloping, jumping, hopping, leaping, walking, jogging, running, skipping, sliding, etc.
 - ACTIVITY = treasure hunt (teams will be assigned a color of equipment to collect).
 - Movement must be a locomotor chosen by teacher.
- **Throwing (overhand/underhand) PE.K.1.3.a Throws underhand with opposite foot forward. (E)**
 - ACTIVITY = Battleship (2 teams that place down 10 bowling pins)
 - Overhand throw and underhand throw rounds - can add in rolling too.
 - Throw to knock down other teams' pins.
 - Add in rules to get pins up - other variations

Step 2: Pick pieces of the other standards to incorporate into your lesson

Standard 2: Movement Concepts, Strategies, and Tactics

- PE.K.2.1.a Differentiates between movement in self-space and general space. (E)
- PE.3.2.1.a Recognizes the concept of open space in a movement context. (E)
- PE.5.2.1.a Combines spatial concepts with locomotor and manipulative skills in a variety of small-sided games and dance. (A)

Standard 3: Health-Related Physical Activity and Fitness

- PE.1.3.2.a Engages in physical activity in physical education class. (E)
- PE.2.3.2.a Engages in physical activity in physical education class in response to instruction and practice. (E)
- PE.4.3.2.a Engages in physical activity in physical education class without teacher prompting. (M)

Standard 4: Responsible Behavior

- PE.K.4.4.a Recognizes protocol for class activities. (E)
- PE.4.4.4.a Exhibits etiquette and adherence to rules in a variety of physical activities. (E)
- PE.2.4.4.a Recognizes the importance of rules and etiquette in teacher-designed physical activities. (E)

Standard 5: Physical Activity Benefits

- PE.1.5.2.a Accepts that challenge in physical activities can lead to success. (E)
- PE.3.5.2.a Discusses the challenges of learning a new physical activity. (E)
- PE.5.5.2.a Expresses the challenge of participating in a favorite physical activity. (A)

Lesson Plan Template

SAMPLE

Unit/Lesson: Throwing underhand

Standard 1 - PE.K.1.3.a Throws underhand

Std/Ind: with opposite foot forward. (E)

Date: 08/28/24

We are learning...how to underhand throw while stepping with opposite foot.

So that... I can use the underhand throw in a variety of games

I'll know I have it when... I step with the opposite foot in game like situations

Other standards covered:

- PE.K.2.1.d Travels at different speeds in general space. (E)
- PE.K.3.2.a Participates in physical activity in physical education class. (E)
- PE.K.4.1.a Follows directions in group settings (e.g., safe behaviors, following rules, taking turns). (E)
- PE.K.5.2.a Acknowledges that some physical activities are difficult/challenging. (E)

Introduction

- Students walk in and look to the white board for their warmup.
- Skill picture and skill cues are also up for the students to see.
- Teacher quickly explains the warmup and skill for the day.
- Students begin their warmup for the announced time.
- Where do the students sit or stand when coming into the gym? Baseline, middle circle, sit in front of whiteboard, etc.

Fitness

- Students are counted by 1 or 2 to be put in groups.
- Number 1: are running/walking laps outside the volleyball court. Other options can be skipping, galloping, etc.
- Number 2: are inside the volleyball court completing the exercises that are hanging on the cones; pushups, sit ups, high knees, squats, etc.
- Time depends on how long the class is - average 3 to 5 minutes per session. Total 6 to 10 minutes.

Skill Focus

- Skill focus for this kindergarten group is to perform an underhand throw while stepping with opposite foot.
- Monitor students while the game is going on. Address each student personally or if many are not performing correctly, stop and review the cues.
- If there are students still not performing correctly, what is another way correct them? Sticker on stepping foot, poly spot in front of their foot, etc.
- Other skills that could be included: catching, dodging, blocking/guarding, striking, etc.

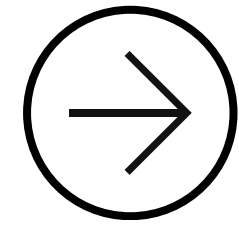
Closing

- Review the underhand throwing cues with the students.
- Connect those cues with other skills that will be taught; overhand throw, rolling, etc.
- Review other standards covered
- Review body changes with the exercise.
- Cool the body down with some stretching and breathing - mindful minute
- Line up at the door: what incentives can be provided to ensure an orderly line? Golden tickets, stickers, dojo points, etc.

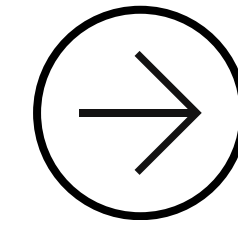
Cues:

- Face your target
- Step with opposite foot from the throwing arm
- Bring arm back like a grandfather clock
- Swing arm forward and release the object
- Use a pendulum arm motion with the arm you are throwing with (i.e., like you are bowling)

09.



SEPTEMBER



2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 <i>Labor Day</i>	02 Throwing - overhand/underhand	03 Throwing - overhand/underhand	04 Throwing - overhand/underhand	05 Throwing - overhand/underhand	06 Throwing - overhand/underhand	07 X
08 X	09 Catching	10 Catching	11 Catching	12 Catching	13 Catching	14 X
15 X	16 Catching	17 Catching	18 Catching	19 Basketball Skills	20 Basketball Skills	21 X
22 X	23 Basketball Skills	24 Basketball Skills	25 Basketball Skills	26 Basketball Skills	27 Basketball Skills	28 X
29 X	30 Basketball Skills	01 Soccer Skills	02 Soccer Skills	03 Soccer Skills	04 Soccer Skills	05 X

Step 1: plan out the activities

Standard 1: Physical Activity Skills and Movement Patterns

-

Standard 4: Responsible Behavior

-

Standard 5: Physical Activity Benefits

-

Step 2: Pick pieces of the other standards to incorporate into your lesson

Standard 2: Movement Concepts, Strategies, and Tactics

Standard 3: Health-Related Physical Activity and Fitness

-

Lesson Plan Template

Unit/Lesson:

Std/Ind:

Date:

We are learning...

So that...

I'll know I have it when...

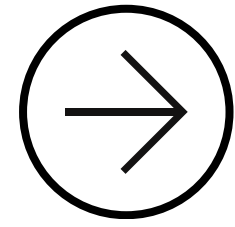
Introduction

Fitness

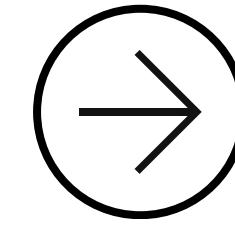
Skill Focus

Closing

10.



OCTOBER



2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 X	30 Soccer Skills	01 Soccer Skills	02 Soccer Skills	03 Soccer Skills	04 Volleyball Skills	05 X
06 X	07 Volleyball Skills	08 Volleyball Skills	09 Volleyball Skills	10 Volleyball Skills	11 Volleyball Skills	12 X
13 X	14 Columbus Day	15 Volleyball Skills	16 Volleyball Skills	17 Short Handled Implements - Tennis	18 Short Handled Implements - Tennis	19 X
20 X	21 Short Handled Implements - Tennis	22 Short Handled Implements - Tennis	23 Short Handled Implements - Tennis	24 Short Handled Implements - Tennis	25 Short Handled Implements - Tennis	26 X
27 X	28 Short Handled Implements - Tennis	29 Jumping Rope	30 Jumping Rope	31 Halloween	01 Jumping Rope	02 X

Step 1: plan out the activities

Standard 1: Physical Activity Skills and Movement Patterns

-

Standard 4: Responsible Behavior

-

Standard 5: Physical Activity Benefits

-

Step 2: Pick pieces of the other standards to incorporate into your lesson

Standard 2: Movement Concepts, Strategies, and Tactics

Standard 3: Health-Related Physical Activity and Fitness

-

Lesson Plan Template

Unit/Lesson:

Std/Ind:

Date:

We are learning...

So that...

I'll know I have it when...

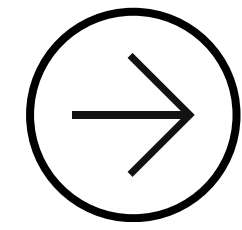
Introduction

Fitness

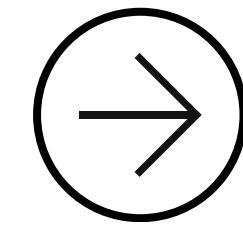
Skill Focus

Closing

11.



NOVEMBER



2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27 X	28 Jumping Rope	29 Jumping Rope	30 Jumping Rope	31 Jumping Rope	01 Jumping Rope	02 X
03 X	04 PACER TEST	05 PACER TEST	06 PACER TEST	07 PACER TEST	08 PACER TEST	09 X
10 X	11 <i>Veteran's Day</i>	12 PACER TEST	13 PACER TEST	14 PACER TEST	15 Long Handled implements - Hockey	16 X
17 X	18 Long Handled implements- Hockey	19 Long Handled implements- Hockey	20 Long Handled implements- Hockey	21 Long Handled implements - Hockey	22 Long Handled implements - Hockey	23 X
24 X	25 Long Handled implements - Hockey	26 Long Handled implements - Hockey	27 Tumbling/Gymnastics	28 <i>Thanksgiving</i>	29	30 X

Step 1: plan out the activities

Standard 1: Physical Activity Skills and Movement Patterns

-

Standard 4: Responsible Behavior

-

Standard 5: Physical Activity Benefits

-

Step 2: Pick pieces of the other standards to incorporate into your lesson

Standard 2: Movement Concepts, Strategies, and Tactics

Standard 3: Health-Related Physical Activity and Fitness

-

Lesson Plan Template

Unit/Lesson:

Std/Ind:

Date:

We are learning...

So that...

I'll know I have it when...

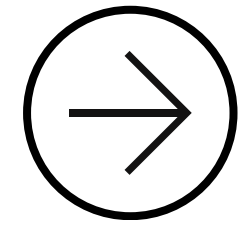
Introduction

Fitness

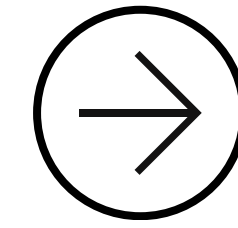
Skill Focus

Closing

12.



DECEMBER



2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 X	02 Tumbling/Gymnastics	03 Tumbling/Gymnastics	04 Tumbling/Gymnastics	05 Tumbling/Gymnastics	06 Tumbling/Gymnastics	07 X
08 X	09 Tumbling/Gymnastics	10 Tumbling/Gymnastics	11 Dance/Rhythm	12 Dance/Rhythm	13 Dance/Rhythm	14 X
15 X	16 Dance/Rhythm	17 Dance/Rhythm	18 Dance/Rhythm	19 Dance/Rhythm	20 Dance/Rhythm	21 X
22 X	23	24	25	26	27	28 X
29 X	30	31	Merry Christmas			X

Step 1: plan out the activities

Standard 1: Physical Activity Skills and Movement Patterns

-

Standard 4: Responsible Behavior

-

Standard 5: Physical Activity Benefits

-

Step 2: Pick pieces of the other standards to incorporate into your lesson

Standard 2: Movement Concepts, Strategies, and Tactics

Standard 3: Health-Related Physical Activity and Fitness

-

Lesson Plan Template

Unit/Lesson:

Std/Ind:

Date:

We are learning...

So that...

I'll know I have it when...

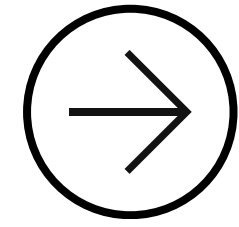
Introduction

Fitness

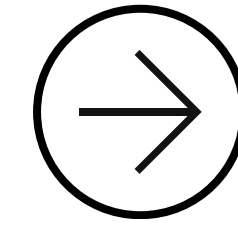
Skill Focus

Closing

01.



JANUARY



2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
X			01 <i>Happy New Year</i>	02	03	04 X
05 X	06 Cup Stacking	07 Cup Stacking	08 Cup Stacking	09 Cup Stacking	10 Cup Stacking	11 X
12 X	13 Cup Stacking	14 Cup Stacking	15 Cup Stacking	16 Juggling	17 Juggling	18 X
19 X	20 <i>Mlk Day</i>	21 Juggling	22 Juggling	23 Juggling	24 Juggling	25 X
26 X	27 Juggling	28 Juggling	29 Bowling/Rolling	30 Bowling/Rolling	31 Bowling/Rolling	X

Step 1: plan out the activities

Standard 1: Physical Activity Skills and Movement Patterns

-

Standard 4: Responsible Behavior

-

Standard 5: Physical Activity Benefits

-

Step 2: Pick pieces of the other standards to incorporate into your lesson

Standard 2: Movement Concepts, Strategies, and Tactics

Standard 3: Health-Related Physical Activity and Fitness

-

Lesson Plan Template

Unit/Lesson:

Std/Ind:

Date:

We are learning...

So that...

I'll know I have it when...

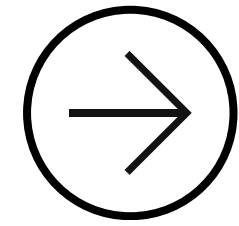
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Fitness

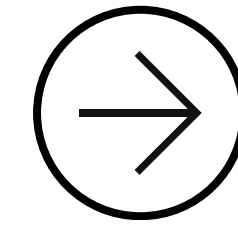
Skill Focus

Closing

02.



FEBRUARY



2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
X	Bowling/Rolling	Bowling/Rolling	Bowling/Rolling	Bowling/Rolling	Bowling/Rolling	01 X
02 X	03 Short Handled Implements - Ping Pong	04 Short Handled Implements - Ping Pong	05 Short Handled Implements - Ping Pong	06 Short Handled Implements - Ping Pong	07 Short Handled Implements - Ping Pong	08 X
09 X	10 Short Handled Implements - Ping Pong	11 Short Handled Implements - Ping Pong	12 Short Handled Implements - Ping Pong	13 Long Handled implements - Baseball	14 Valentines Day	15 X
16 X	17 President's Day	18 Long Handled implements - Baseball	19 Long Handled implements - Baseball	20 Long Handled implements - Baseball	21 Long Handled implements - Baseball	22 X
23 X	24 Long Handled implements - Baseball	25 Long Handled implements - Baseball	26 Long Handled implements - Baseball	27 Striking with hand - 4 square	28 Striking with hand - 4 square	X

Step 1: plan out the activities

Standard 1: Physical Activity Skills and Movement Patterns

-

Standard 4: Responsible Behavior

-

Standard 5: Physical Activity Benefits

-

Step 2: Pick pieces of the other standards to incorporate into your lesson

Standard 2: Movement Concepts, Strategies, and Tactics

Standard 3: Health-Related Physical Activity and Fitness

-

Lesson Plan Template

Unit/Lesson:

Std/Ind:

Date:

We are learning...

So that...

I'll know I have it when...

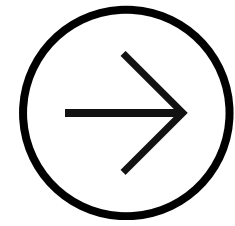
Introduction

Fitness

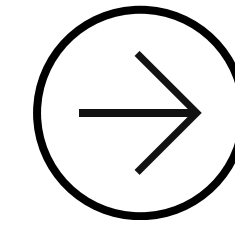
Skill Focus

Closing

03.



MARCH



2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Striking with hand - 4 square	Striking with hand - 4 square	Striking with hand - 4 square	Striking with hand - 4 square	Striking with hand - 4 square	01
02	03 Striking with hand - 4 square	04 Striking with hand - gaga ball	05 Striking with hand - gaga ball	06 Striking with hand - gaga ball	07 Striking with hand - gaga ball	08
09	10 Striking with hand - gaga ball	11 Striking with hand - gaga ball	12 Striking with hand - gaga ball	13 Striking with hand - gaga ball	14 PACER TEST	15
16	17 <i>Saint Patrick's Day</i>	18 PACER TEST	19 PACER TEST	20 PACER TEST	21 PACER TEST	22
23	24 PACER TEST	25 PACER TEST	26 PACER TEST	27 Parachute	28 Parachute	29
30	31 Parachute					

Step 1: plan out the activities

Standard 1: Physical Activity Skills and Movement Patterns

-

Standard 4: Responsible Behavior

-

Standard 5: Physical Activity Benefits

-

Step 2: Pick pieces of the other standards to incorporate into your lesson

Standard 2: Movement Concepts, Strategies, and Tactics

Standard 3: Health-Related Physical Activity and Fitness

-

Lesson Plan Template

Unit/Lesson:

Std/Ind:

Date:

We are learning...

So that...

I'll know I have it when...

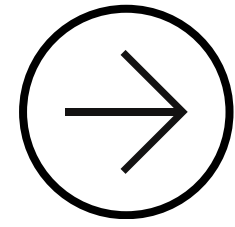
Introduction

Fitness

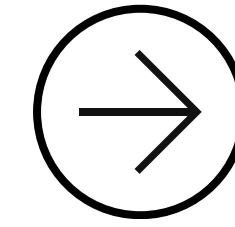
Skill Focus

Closing

04.



APRIL



2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		01 Parachute	02 Parachute	03 Parachute	04 Parachute	05 X
06 X	07 Parachute	08 Frisbee	09 Frisbee	10 Frisbee	11 Frisbee	12 X
13 X	14 Frisbee	15 Frisbee	16 Frisbee	17 Frisbee	18 Handball/Football	19 X
20 Easter X	21 Handball/Football	22 Handball/Football	23 Handball/Football	24 Handball/Football	25 Handball/Football	26 X
27 X	28 Handball/Football	29 Handball/Football	30 Long Handled implements - Badminton			

Step 1: plan out the activities

Standard 1: Physical Activity Skills and Movement Patterns

-

Standard 4: Responsible Behavior

-

Standard 5: Physical Activity Benefits

-

Step 2: Pick pieces of the other standards to incorporate into your lesson

Standard 2: Movement Concepts, Strategies, and Tactics

Standard 3: Health-Related Physical Activity and Fitness

-

Lesson Plan Template

Unit/Lesson:

Std/Ind:

Date:

We are learning...

So that...

I'll know I have it when...

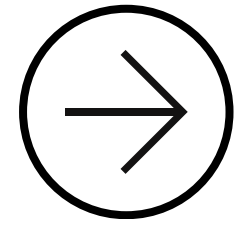
Introduction

Fitness

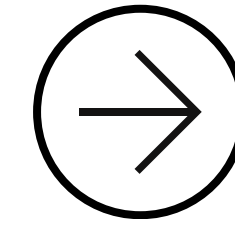
Skill Focus

Closing

05.



MAY



2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				01 Long Handled implements - Badminton	02 Long Handled implements - Badminton	03 X
04 X	05 Long Handled implements - Badminton	06 Long Handled implements - Badminton	07 Long Handled implements - Badminton	08 Long Handled implements - Badminton	09 Cup Stacking - Speed Races	10 X
11 X	12 Long Handled implements - Badminton	13 Cup Stacking - Speed Races	14 Cup Stacking - Speed Races	15 Cup Stacking - Speed Races	16 Cup Stacking - Speed Races	17 X
18 X	19 Cup Stacking - Speed Races	20 Cup Stacking - Speed Races	21 Cup Stacking - Speed Races	22 Last Day	23	24 X
25 X	26 Memorial Day	27	28	29	30	31 X

Step 1: plan out the activities

Standard 1: Physical Activity Skills and Movement Patterns

-

Standard 4: Responsible Behavior

-

Standard 5: Physical Activity Benefits

-

Step 2: Pick pieces of the other standards to incorporate into your lesson

Standard 2: Movement Concepts, Strategies, and Tactics

Standard 3: Health-Related Physical Activity and Fitness

-

Lesson Plan Template

Unit/Lesson:

Std/Ind:

Date:

We are learning...

So that...

I'll know I have it when...

Introduction

Fitness

Skill Focus

Closing