

Teacher: CORE P.E. Grade K

Year: 2010-11

Course: P.E. Grade K

Month: All Months

September

BASIC MOVEMENTS

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources
	SPATIAL AWARENESS / SAFETY STARTING AND STOPPING WALKING/JOGGING/RUNNING SKIPPING/GALLOPING CHASING/FLEEING BASIC TAG GAMES	stopping on command - either verbal or other (whistle, clap, etc) begin step/hop pattern (skipping) increase speed of locomotor activities while moving in space choose a partner and walk, run, skip together with a partner, have one chase the other while jogging/skipping/running tag partner, switch and have partner chase you	personal space skipping galloping jogging dodging			

PERSONAL PERFORMANCE I

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources
Do our students have a working knowlegde of how to catch and	Social: Teamwork/Sportsmanship/Communication skills Fitness: Cardiovascular/ Flexibility/ Muscular endurance Skills: Imparting a force/ Absorption of a	Demonstrate ball releasing skills (fast, slow)				

throw
properly?

force/ Eye hand coordination

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	<p>Skill: Eye Hand Coordination/ Pathways/ Directionality/ Imparting a force/ Absorption of a force</p> <p>Skills: Imparting a force/ Absorption of a force/ Eye hand Coordination</p>	<p>Perform stepping with opposite foot, hand to ear(telephone), follow through</p> <p>Demonstrate throwing without a ball (practice with the cues)</p> <p>Practice throwing with a partner</p> <p>Execute throwing through a hanging hula hoop</p> <p>Practice catching with a partner</p>				

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SAFETY

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources
	Rules	Stop commands, spatial				

		awareness commands, safe environment,				
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FITNESS AND FLEXIBILITY

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources
	FLEXIBILITY UPPER BODY STRENGTH CARDIOVASCULAR FITNESS	Students spread out in the gym and begin jogging stop on command, begin light stretching routine led by instructor while laying on the gym floor, students will pull themselves on the floor using their hands while feet are in the air also while on the floor,				

students will push themselves backwards using their arms only students will be instructed to move for a 3 minute time frame, changing locomotor skills on command while they move continuously for that time period. after a brief rest period spent walking around the gym, students will engage in various tag games. upon being tagged, students will move near a wall and do 3 push-ups, re-entering the game upon completion

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throwing & catching

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources
	<p>THROWING</p> <p>CATCHING</p> <p>JUGGLING</p>	<p>students toss and catch to themselves</p> <p>catching with hands only</p> <p>throwing straight up</p> <p>catch and throw (underhand) with 2 hands</p> <p>throw underhand with one hand, catch with two hands</p> <p>use "point, step, and throw" method to teach oppositional overhand throwing</p> <p>throwing against a wall - catch on return</p> <p>Juggle one object, (ball or bean bag), having object cross the midline, successfully catching side to side toss</p>	<p>point, step, throw</p> <p>(commands for teaching throwing with opposition)</p> <p>hand eye coordination</p> <p>tracking</p> <p>midline</p> <p>juggling</p>			

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Ball Handling K

Essential	Content	Skills	Vocabulary	Assessments	Lessons	Resources
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Questions						
	Students will be able to manipulate and dribble a basketball.	dribble right/left hand self practice with a basketball using dominant and non-dominant hands in static and dynamic movement various dribbling relays	dribble finger pads wrist waist	Ball handling K 10/1/2010		

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DRIBBLING & KICKING

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources
	DRIBBLING WITH FEET KICKING WITH DIFFERENT PARTS OF THE FOOT KICKING TO A TARGET KICKING FOR DISTANCE	Kick objects using 4 parts of foot -Inside -Outside -Toe -Top (punt) Kick objects at least 30 feet Kick objects aimed at target for accuracy				

striking

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources
	Striking: --Stationary Objects --Hand/Eye Coordination --Moving Objects	Strike objects using striking forces (e.g., teeball bat, hand, hockey stick)	striking pushing hand-eye hand-foot			

		<p>Hit ball off tee emphasizing eye on ball and seeing ball and stick contact</p> <p>Toss ball with self by striking upward with 1 and 2 hands to keep ball in the air</p>				
	Rolling	<p>Rolling-Execute point, step, bend, roll</p> <p>Roll ball for distance and maximum contact with floor</p> <p>Roll ball at target for accuracy</p>				

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PARACHUTE

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources
	<p>UPPER BODY STRENGTH</p> <p>COOPERATION</p> <p>SPATIAL AWARENESS</p>	<p>Students will spread out around the parachute, listening for</p>	<p>Hand Placement</p> <p>Movement</p> <p>Fast/Slow</p> <p>Low/High</p>			

		<p>directions on proper grip and spacing. students will be instructed to vigorously shake parachute using arms students will be instructed to work together for various group activities such as walking together in one direction, swithching directions together, holding on with one hand while using various locomotor movements students will be instructed to differetiate between colors on the parachute as the parachute is being shaken, students will be instructed to let go and go under the parachute. avoiding other students and finding their way back to their original position in a</p>	<p>Step In/Step Out</p>			
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		<p>specific amount of time students will be instructed in various group activities with the parachute such as making a "bigtop tent", a "mushroom", a "mountain", "climbing the mountain", etc. students will be instructed in a tag game of "cat and mouse"</p>				
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February

COOPERATIVE GAMES

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources
	<p>Obstacle/scooter relays Parachute</p>	<p>Obstacle/scooter activities with partners and large groups Parachute activities</p>				

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TUMBLING

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources
	BODY AWARENESS/SPATIAL AWARENESS	Students will spread out on tumbling mats				

BALANCE
FLEXIBILITY
GROSS MOTOR
MOVEMENT

spaced through out the gym - no more than 2 on a mat students will be instructed to create different letters and numbers with their body while lying on a mat students will be instructed in different body positions such as tuck, pike, straddle, etc. students will be taught various tumbling activities such as a forward roll, log roll, pencil roll, egg roll, mule kick, and into to a cartwheel students will practice various balance positions involving 2,3, and 4 different support positions students will work on increasing their

		flexibility through a series of various stretching exercises				
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RYTHMIC ACTIVITIES

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources
	Tumbling, tinikiling, jump rope	Tumbling: Forward roll, cartwheels, mule kick, log/egg roll, bridges Tinikiling: lummmi, keeping time and rythme with sticks Jump rope : poetic rythme and music				

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May

indoor stations

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources
	culminating activities in short time segments to help re-teach and reinforce skills taught the previous 8 months	throwing catching juggling kicking dribbling (foot) dribbling (hand) rolling shooting				

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outdoor stations

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources
	culminating activities in short time	throwing catching juggling				

	segments to help re-teach and reinforce skills taught the previous months	kicking dribbling (foot) dribbling (hand) rolling shooting				
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