

Introduction	Educational Gymnastics	Lifetime Skill Themes (Focus on individual physical and cognitive skills)	Playground games	Social and Personal Behavior and Attitude	Sport Skill Themes
	(Body Coordination and Confidence)		(teacher selects from following:)		(Physical Activity Interest Builders)
Days: 1	Days: 4-5	Days: 13-16	Days: 2-3	Days: (each lesson)	Days:15-16
Team Builders and rules	Gymnastics- 3 days minimum	Creating games- 1 day min.	Football	Behavior	Basketball- 3 days minimum
	Juggling- 1 day min.	Bowling- 2 days min. Frisbee golf / Frisbee games- 1 day min.	Four Square	Respect	Field hockey / floor hockey- 3 days min.
		Orienteering- 2 days minimum Physical Fitness focus- 3 days min. <u>(Include in every lesson throughout the year)</u> Rythmics/ Dance- 2 days min.	Hand/wall ball Softball/ Whiffleball/ Kickball	Rules	Soccer- 3 days min.
					Track and Field events- 3 days min.
					Volleyball - 3 days min.

	Bowling	Creating games	Frisbee games	Orienteering	Physical Fitness	Rhythmics / Dance
4th grade	Keep score in modified games	Creating a throwing and catching game for 1 or 2 people	Throwing a frisbee for distance and accuracy	Basic compass skills	Finding pulse	Perform age appropriate Folk dances
	Aiming	Describing critical elements	Catching a frisbee with two hands	Finding spots with a compass	Knows what the heart rate is and why it is important to monitor	Perform dance patterns as part of a small group
	Basic approach		Basic Frisbee game	Moving to a spot	Picking a fitness component to improve	Perform simple line dance
	Basic technique			Moving through a basic course	Aerobic and muscular workout	Perform basic square dance with a partner
5th grade	Keep score using basic principles for strike and spare scoring	Making a ball and small group game	Curving a frisbee	Review compass skills	Monitor pulse	Move at correct times while performing a Folk dance
	Angles used to knock down pins in a spare	Analyzing qualities of a ball	Recognizing flight path of a frisbee	Moving through a course with a partner	Know heart rate after differing levels of activity	Perform a more complex square dance and move in unison with a partner
	What the key pin is Review basic rules of bowling		Throwing to a moving target	Finding the correct pathways	Fitness goal setting	Social etiquette while dancing
				Drawing a map of movements	Muscular and aerobic workouts	Perform a complex line dance

	Bowling	Creating games	Frisbee games	Orienteering	Physical Fitness	Rhythmics / Dance
6th grade	Keeping score using addition and scoring rules	Creating a team game	Throwing a frisbee using different angles and force during a game	Moving through a timed complex course	Monitor heart rate at carotid artery using the correct method	Move in the correct pattern and timing while performing a folk or square dance.
	Bowling etiquette	Identifying and using scientific principles that affect basic movement and skills using appropriate vocabulary (Newton's Laws of Motion, application of force, static/dynamic balance, levers, flight)	Using defensive and offensive skills while using the frisbee	Designing an orienteering course for a partner	Know target heart rate	Dance etiquette
	Field trip to bowling alley				Fitness assessment and improvement plan	Creation of a movement sequence that incorporates music and patterns
					Aerobic workout Effects of regular participation in moderate to vigorous physical activities on the body systems Factors that affect childhood physical activity preferences Applying principles of exercise to the components of health-related and skill-related fitness (cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition)	

	Gymnastics	Juggling
4th grade	Transferring weight to hands	Process of Juggling
	Balancing on apparatus	Juggling three scarves
	Forward roll from standing position to a standing position	Juggling bean bag(s)
	Four skills on all apparatus	Practice juggling
	Backward shoulder roll	
	Spotting safety	

	Gymnastics	Juggling
5th grade	Transferring weight while on apparatus Mounting and Dismounting	Juggle 3 scarves proficiently Juggle at least 2 juggle bags Attempt to juggle other objects
	Graceful movement Tumbling and other gymnastic skills in sequence Safety on equipment	

	Gymnastics	Juggling
6th grade	Routine of four tumbling skills Short routine on all available apparatus	Practice all juggling skills on various objects Create a juggling sequence for an audience Analyzing the role of individual responsibility for safety during physical activity
	Polished routine on a selected piece of equipment Analyzing the role of individual responsibility for safety during physical activity Describe the relationship between practice and skill development	Identifying factors that impact motor skill improvement
	Identifying and applying the concepts of motor skill development to a variety of basic skills	(Transfer between skills, selecting relevant cues, types of feedback, movement efficiency, product/outcome or result)

	Basketball	Field Hockey	Soccer	Track and Field Events	Volleyball
4th grade	Basic rules Dribble with either hand under control Modified lay-up Jump shot Set shot Various passing techniques Lead-up basketball games	Basic hockey rules and fouls Holding a hockey stick Dribbling a ball with a stick Driving a hockey ball Stopping a moving ball Passing a ball with the stick Modified game	Basic rules Shooting while using different parts of the foot Throw-in Kicking the ball forward and into the air Passing to a partner at an angle Basic traps Modified soccer games	Run/walk a mile in under 15 minutes High jump- jumping over a low bar off of one foot Putting a shot Running long jump basics Hurdling form Passing a baton Sprinting form Event safety rules Warmup and cooldown basics	Set ball high into air Bump ball high into air Volley a ball with a partner Serve over very low net Return serve some of the time in a modified game Rotation Scoring

	Basketball	Field Hockey	Soccer	Track and Field Events	Volleyball
5th grade	Review rules, add some new ones Dribble with either hand while avoiding defenders Lay-up off of one foot Give and go to partner Pivot Jump shot in a game situation Set shot review Pass while moving in a modified game Man-vs-Man defense Getting open	Review basic rules and stick fouls Holding a stick correctly at all times Changing direction while dribbling Shooting Stopping a ball while moving Passing on the move More complex modified game Goalie play Stealing a ball	Review rules Kick a soccer ball in a desired direction Throw-in soccer ball during a game Punt a soccer ball in the desired direction in the air. Pass a soccerball at an angle to a partner who is moving Stealing a soccerball Basic positions Heading a soccerball into the air goalie stance trapping a soccer ball out of the air	Run/walk a mile in under 12 minutes Practicing each way to high jump Review putting a shot Review long jump and increase distance Hurdling over hurdles successfully Pass a baton while moving Practice at each event Create and monitor safety rules as a class Self directed warm-up and cool-down	Set review, control Bump review, control Volley a volleyball in a group for longer than 3 hits Serve a volleyball correctly to an area one the court Return a serve as a team over the net Rotate during a game without direction from teacher Server expectations Rules of hitting, scoring, boundaries Calling for a ball Basic game of volleyball

6th
grade

Modified game

More complex modified
game

Basketball

Analyzing the role of individual responsibility for safety during physical activity

Positive and negative interactions of group members in physical activities (leading, following, teamwork, etiquette, adherence to rules)

Dribbling to an open space with head up using either hand

Lay-up review and practice

Give and go during a game

Pivot on one foot while defended

Score using one of the previously learned shots
Offensive and defensive strategy

Playing a slightly modified game

Field Hockey

Analyzing the role of individual responsibility for safety during physical activity

Positive and negative interactions of group members in physical activities (leading, following, teamwork, etiquette, adherence to rules)

Review basic rules of field hockey and hockey
Dribbling with speed and control while changing directions

Shooting off a pass

Stopping a ball and passing quickly

Give and go

Create hockey-like game
Play goalie correctly in a game

Poke check and sweep check

Participate in a game of modified rules

Soccer

Analyzing the role of individual responsibility for safety during physical activity

Positive and negative interactions of group members in physical activities (leading, following, teamwork, etiquette, adherence to rules)

Use previously learned rules to design a soccer-like game

Shooting at the corners of a goal

Throw-in a soccerball to a teammate so he or she has a chance control it
Punt a soccer ball accurately to a teammate

Pass with a teammate using the give and go

Steal the ball from an opponent and control it.

Positioning in, and defending, open space

Head the soccer ball to a teammate during a game

Cutting off angles as a goalkeeper

Trap a soccerball during a game

Play a game of soccer using basic rules

Track and Field Events

Analyzing the role of individual responsibility for safety during physical activity

Positive and negative interactions of group members in physical activities (leading, following, teamwork, etiquette, adherence to rules)

Improving mile time

Performing modified track events independently

Performing modified field events independently

Practicing performances in selected events

Stretching independently

Explains and follows warm-up and cool-down

Volleyball

Analyzing the role of individual responsibility for safety during physical activity

Positive and negative interactions of group members in physical activities (leading, following, teamwork, etiquette, adherence to rules)

Direct the volleyball to a teammate using a set or bump

Hitting the ball over a high net

Volley the ball with another team using at least two hits each time

Serving to an open position on the court

Positioning team for best return

Keeping score correctly as a group

Review of rules

Competitive game

Social and Personal Behavior and Attitude

4th grade

Activity specific rules, procedures, and etiquette
Safety principles
Working cooperatively and productively with others
Working independently on-task
Recognizing attributes of others
Being accepting of others

5th grade

Accepting the teacher's decisions
Using practice time wisely
Showing concern for others' safety
Working with others with differing skills
Remaining on task in a group activity
Choosing productive partners
Showing respect

6th grade

Acting responsibly
Including safety concerns in self designed games
Working cooperatively and productively in a group to accomplish a set goal in cooperative and competitive activities
Staying on-task without supervision
Seeking out partners with like and different abilities
Describing the role of games, sports, and dance in getting to know and understand others