

Planning and Pacing Guide: K-5th Physical Education/Fitness

The Riverview School District has a standards based curriculum. This pacing and planning guide is designed as a tool to assist you in the teaching of any content area. Below are Elementary Physical Education curriculum units commonly taught (optional units are also listed) in the Riverview School District. For questions, please contact Dr. Anthony Smith at the district office or Allison McGrath at Carnation Elementary.

Basketball						
GLEs	Unit Focus/Big Idea/Goal	Time Frame	Primary Materials (Adopted Curriculum)	Core Assignments/Activities	Supplementary Materials/Equipment	Common Assessment(s)
1.1.1 1.2.1	Ball control Shooting Defending & Guarding Passing Safety	2-3 weeks	Teacher created curriculum Basketballs (small and large) Basketball hoops	<u>Ball handling:</u> keep close to body, use finger tips <u>Dribble:</u> finger tips, waist height, one hand, look up, move around, change hands <u>Passing:</u> chest, bounce, to partner <u>Shooting:</u> base, eyes, elbow, follow-through	Cones Jerseys Hula hoops (shorter hoops for K-1 st students) Foam Balls Ball pump	Teacher observation of demonstrated skill using basketball grade level expectation rubric (K-5 th) Peer assessment

Bowling						
GLEs	Unit Focus/Big Idea	Time Frame	Primary Materials Adopted Curriculum	Core Assignments/Activities	Supplementary Materials/Equipment	Common Assessment
1.1.1 1.2.1	Bowling approach (simple or multi-step) Release of ball Aim/Accuracy Score keeping (math) Safety	2-3 weeks	Teacher created curriculum Lane signs Bowling balls Foam balls Bowling pins	<u>Bowling Approach:</u> Step, Bend knees, step with opposition, roll ball, point fingers <u>Lane Guard:</u> Return bowling ball <u>Score Keeper:</u> Use math skills (addition) to keep track of total fallen pins <u>Pin Setter:</u> Sets up 3, 6 or 10 pins for each person (depending on grade level)	Bowling for math sheets Christmas lights/music for cosmic bowling Complex scoring sheets Simple scoring sheets	Teacher observation of demonstrated skill using bowling grade level expectation rubric (K-2 nd) Student observation of demonstrated skill using bowling peer assessment grading rubric

Tag, Flee, & Dodging						
GLEs	Unit Focus/Big Idea	Time Frame	Primary Materials Adopted Curriculum	Core Assignments/Labs	Supplementary Materials	Common Assessment
1.1.1	Safe Tags	Periodically throughout the year	Teacher created curriculum	<u>Various Tag games:</u> Jurassic Park Tag Bee Hive Tag Line Tag Trees Fire, Trees, Water Messy Room Hide Out Tag Take a hike, please	Stereo	Teacher observation of safe tags and tagging concepts during game play.
1.1.5	Strategy		Jerseys		Music	
1.2.1	Agility		Tag mits		Hula hoops	
1.2.2	Chase				Cheetah tails	
1.4.1	Dodge				Small foam balls	
	Flee				Mats	

Traverse Climbing Wall (CV wall to be installed 2011)						
GLEs	Unit Focus/Big Idea/Goal	Time Frame	Primary Materials (Adopted Curriculum)	Core Assignments/Labs/Activities	Supplementary Materials/Curriculum	Common Assessment(s)
1.1.1	Safe climbing strategies	2-3 weeks	Vertical World® curriculum	<u>Rockwall safety rules</u> 3-4 point climbing (hands and feet on wall)	Hula Hoops	Teacher observation of demonstrated climbing skills (i.e. climb length of rock wall using various climbing techniques) using grade level expectation rubric.
1.1.5	Matching					
1.2.1	Rest climb		Traverse Rock Wall	<u>Climbing Challenges</u> Partner Poison	US state picture cards	
1.4.1	Friction climbing		Rockwall pads	Hula hoop challenge	US Capitol cards	
1.4.2			Hula hoop holders	Timed climb	Fitness station Cards	
2.1.1				Station rotation		
			<u>Cross-Curricular Climbing</u> K-1 st : Alphabet climb 3 rd -4 th : State climb 5 th : State capitol climb			

Fine Motor Unit: Jump Rope/Juggling/Cup Stacking						
GLEs	Unit Focus/Big Idea	Time Frame	Primary Materials Adopted Curriculum	Core Assignments/Activities	Supplementary Materials/Equipment	Common Assessment
1.1.1 1.2.1	Rhythm & timing Hand/Eye/Foot coordination Toss & Catch using both hands Cross Lateral Movement	2-3 weeks OR On-going throughout the year (2-3x per month)	Speed Stack® video with teacher created curriculum Jump Ropes (various lengths) Juggle bean bags Cup stacking mats Timing Mats	<u>JUMP ROPE:</u> Individual skill practice Jump Rope challenges Figure 8 Partner & Group Skills Group demonstrations “show time” <u>JUGGLING:</u> One, two, three items: (Scarves, bean bags, rings, and clubs) <u>CUP STACKING:</u> Formations: 3-6-3,6-6, 1-10-1 Challenge cards Cycle Battle Stack	Speed Ropes Beaded ropes Fabric Ropes Music Hand counters Small Basketballs Yellow Balls Tennis Balls Battle Stack Poly Spots	Teacher observation of demonstrated juggle, jump rope and cup stacking skills (i.e. cup stacking formations, timed jump rope, juggle two items) using K-5 th grade level expectation rubric: AND/ OR Self-Assess by counting number of catches Showtime (perform for peers) Task Challenges: Check off list

Fitnessgram® Fitness Assessment						
GLEs	Unit Focus/Big Idea	Time Frame	Primary Materials Adopted Curriculum	Core Assignments/Labs	Supplementary Materials	Common Assessment
1.1.1 1.2.1 1.3.1 1.4.1 1.4.2 4.2.1	Measuring components of fitness: Pacer Run, Curl-ups, Push-ups, Sit and Reach Person fitness goal setting Target Heart Rate & Resting Heart Rate	2-3 times per year (fall, winter & spring) Practice assessments on-going throughout the year	Fitnessgram Curriculum® Testing Protocol Manual Stereo Fitnessgram® CD Fitness folders for all 3 rd -5 th grade Fitness sheets for push-up, sit-ups and pacer run	<u>Practice and successful completion of:</u> Pacer run, Curl-ups Push-ups, Sit-and-reach Reaching “Healthy Fitness Zone” for age and gender K-2 nd students practice and learn testing protocol	Hand Counters Clip board pencils Pedometers	Student scores (4 th -5 th) sent home in PE progress report (twice yearly- CE) Written student self reflection

Throwing: Frisbee/Foxtail						
GLEs	Unit Focus/Big Idea	Time Frame	Primary Materials Adopted Curriculum	Core Assignments/Labs	Supplementary Materials	Common Assessment
1.1.1 1.1.5 1.2.1 1.2.2	Throw to target Catching Throwing accuracy during game play Safety	2-3 Weeks Periodically throughout the year	Teacher created curriculum Foam Frisbees Fox-tails Hard Frisbees (outside)	<u>Throwing & Catching Activities:</u> Throw to a target Throw to a partner Throw in small sided game Partner Step-back Frisbee Golf	CD Player Stereo Pinnies	Teacher observation of demonstrated throwing and catching skills using grade level expectation rubric (K-5 th).

Floor Hockey						
GLEs	Unit Focus/Big Idea	Time Frame	Primary Materials Adopted Curriculum	Core Assignments/Labs	Supplementary Materials	Common Assessment
1.1.1	Safety	2-3 Weeks	Teacher created curriculum	Safety Rules- no high sticking	Hockey Goals	Teacher observation of demonstrated floor hockey skills (i.e. obstacle dribble, passing accuracy to a goal) using grade level expectation rubric (K-5 th).
1.1.5	Passing		Hockey sticks (long and short)	Pass to partner, target	Cones	
1.2.1	Dribbling		Foam balls	Dribble around obstacle with control	Station signs	
1.2.2	Shooting		Small foam balls			
1.4.1			Hockey Pucks	Small sided-game		

Football						
GLEs	Unit Focus/Big Idea	Time Frame	Primary Materials Adopted Curriculum	Core Assignments/Labs	Supplementary Materials	Common Assessment
1.1.1	Throwing and catching	2-3 Weeks	Teacher created curriculum	Throw to partner	Poly spots	Teacher observation of demonstrated football skill; Peer assessment using throwing assessment form.
1.1.5	Safety	Or periodically throughout the year	Small foam footballs	Catching- hands together	Targets posted on wall	
1.2.1			Hula hoops (for targets)	Throwing & catching games		
1.2.2						

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Volleyball/Omnikin Ball						
GLEs	Unit Focus/Big Idea/Goal	Time Frame	Primary Materials (Adopted Curriculum)	Core Assignments/Labs/Activities	Supplementary Materials/Curriculum	Common Assessment(s)
1.1.1	Setting	2-3 weeks	Trainer Volleyballs	<u>Bump Pass</u> - bend knees, hands connected, lift with legs not arms <u>Serve</u> - hold in opposite hand, hit with wrist, straight arm <u>Setting</u> - make a window, elbows out, push up with finger tips Work with self, partner, small game	Poly spots Beach Balls	Teacher observation of demonstrated volleyball skills (i.e. bump, set, serve) using 3 rd -5 th grade level expectation rubric:
1.1.5	Serving		Omnikin Balls			
1.2.1	Bump Pass		Volleyball Standards			
1.4.1	Strategy Safety		Volleyball nets			

Racquet Sports: Badminton & Pickle Ball						
GLEs	Unit Focus/Big Idea	Time Frame	Primary Materials Adopted Curriculum	Core Assignments/Labs	Supplementary Materials	Common Assessment
1.1.1	Using racquets:	2-4 weeks	Teacher Created Curriculum	<u>Striking Object:</u> Hit Birdie to self <u>Serve:</u> Hold birdie by the feather, racquet back, step with opposite foot <u>Group or Partner:</u> Rally back and forth with a partner Over net serve game (1v1, 2v2)	Bean Bags Small foam balls Tennis Balls	Teacher observation of demonstrated racquet skill during game play
1.2.1	Grip on racquet & paddle		Racquet or paddle for each student			
1.2.2	Striking		Birdie for each student			
	Serve Safety/personal space Safety		Low nets			

Cooperative Games and Activities						
GLEs	Unit Focus/Big Idea	Time Frame	Primary Materials Adopted Curriculum	Core Assignments/Labs	Supplementary Materials	Common Assessment
1.1.1 1.1.5 1.2.1 1.2.2 3.3.1	Team work Cooperation Strategy Communication Safety	Beginning of the year (2 weeks) Periodically throughout the year.	Teacher Created Curriculum Variety of equipment used: Poly Spots Mats Small ropes Scooters	<u>Various team building games:</u> Height line Birthday line Challenge Cards Parachute Hula Hoop 5 Mat challenge Survivor	Equipment continued: Parachute Scooters Ropes Mats Bean Bags Hula hoops Stereo Music Timer	Successful completion of task or goal Safety rules and directions followed

Soccer (Optional Unit)						
GLEs	Unit Focus/Big Idea	Time Frame	Primary Materials Adopted Curriculum	Core Assignments/Activities	Supplementary Materials/Equipment	Common Assessment
1.1.1 1.1.5 1.2.1 1.2.2	Ball control Dribbling Passing Strategy/defense Shooting Safety	2-3 weeks	Teacher created curriculum Foam soccer balls Cones Small Goals	<u>Dribble:</u> general space, around obstacles, with defender <u>Shooting:</u> to target, with goalie <u>Trapping:</u> stop the ball, control <u>Strategy:</u> body between ball and defender, keep moving, harder to guard	Field Jerseys CD Stereo Pedometers	Teacher observation of demonstrated soccer skill (i.e. passing, trapping, and dribbling with control) using a grade level expectation rubric (K-5 th)

Tumbling/Gymnastics (Optional Unit)						
GLEs	Unit Focus/Big Idea/Goal	Time Frame	Primary Materials (Adopted Curriculum)	Core Assignments/Activities	Supplementary Materials/Equipment	Common Assessment(s)
1.1.1 1.2.1	Balance (still and dynamic) Safety Flexibility Strength	3 weeks	KiDnastics© curriculum Modified K-2 nd teacher created curriculum	<u>Still (static) balances:</u> yoga poses, airplane, Y scale <u>Inverted (upside down) balances:</u> tip up, tripod, donkey kick <u>Rolls (dynamic balances):</u> Safety roll, log roll, egg roll <u>Jumps & Landing:</u> Pike, seat kickers, straddle, tuck	Accordion mats (small and large) Wedge mats Posters Balance beam Balance Masters Bean bags Task Cards My Tumbling Routine Sheets Pencils	Teacher observation of student created tumbling routines (i.e. memorize routine including a jump, roll and balance with smooth transitions.) using grade level expectation rubrics.

Dance (3rd-5th Core; K-2nd optional)						
GLEs	Unit Focus/Big Idea	Time Frame	Primary Materials Adopted Curriculum	Core Assignments/Labs	Supplementary Materials	Common Assessment
1.1.1 1.1.5 1.2.1 1.2.2	Timing Rhythm Cooperation with a dance partner Spacing	2-3 weeks	Learning for Life© (5 th Grade Camp Dance Curriculum) Kimbo Educational Curriculum© (Folk Dances) Get Ready to Square Dance© curriculum Teacher created curriculum	<u>Dances Learned:</u> <u>3rd-5th:</u> Oh Johnny Oh Virginia Reel Patty Cake Polka Electric Slide <u>K-2nd:</u> Cha-Cha Slide Various Folk Dances Hokey Pokey Bunny Hop La Raspa	Stereo Music CD Folk Dance CD Step aerobic boxes Rhythm Sticks Drum (coffee can)	Teacher observation of the dance skills(i.e. perform dance correctly with cooperation and rhythm) using K-5 th grading rubric: