



Topic	Concept/Goal	Skill	Activity/Resource
<p>PHYSICAL FITNESS, HEALTH AND SAFETY</p>	<p>Demonstrate improved aerobic endurance, flexibility, strength and agility</p> <p>Begin to identify major muscle groups and to understand simple functions of the heart and circulatory system</p> <p>Develop an understanding of the importance of personal safety</p> <p>Continue to develop a capacity to relax and cool down after exercise</p>	<p>Participate in sustained vigorous activity for 4-5 minutes without tiring</p> <p>Cross the monkey bars with ease</p> <p>Participate in flexibility exercises/challenges</p> <p>Touch chin to bar for 10 seconds</p> <p>Begin to identify muscle groups and bony structures of the body</p> <p>Identify the simple functions of heart and blood vessels</p> <p>Participate in group cool down and relaxation activities following strenuous activity</p>	<p>Tag Games and Activities</p> <p>Fitness Centers</p> <p>Obstacle Courses on playground and in gym</p> <p>Rope Jumping</p> <p>Stretching Exercises</p> <p>Climbing on the traverse wall</p> <p>Anatomy Scatter and Connect</p> <p>"Ghost" cool down</p> <p>Breathing and Creative Visualization Exercises</p> <p>Simple Yoga stretches and postures</p>
<p>MOVEMENT AND GAMES</p>	<p>Develop awareness of movement fundamentals to include body awareness, locomotor and non-locomotor movements, space, time, weight and flow</p> <p>Demonstrate coordination in stopping and moving</p> <p>Develop awareness of movement as a vehicle for expressing feelings and ideas</p>	<p>Perform basic locomotor and non-locomotor movements using various movement qualities</p> <p>Combine movements into short phrases and combinations</p> <p>Travel through general space without colliding with another person or object</p> <p>Express feelings and ideas through movement</p> <p>Explore simple balances and rolling stunts</p>	<p>I-See</p> <p>Follow the Leader</p> <p>Simon Says</p> <p>Scatter and Connect</p> <p>Stop and Go</p> <p>Statues and Group Sculptures</p> <p>Red Light</p> <p>"Excuse Me Please"</p> <p>Fastest Tag at USN</p> <p>Line Tag</p> <p>Movement Mirroring</p> <p>Jump the Brook</p> <p>Empty Nest Tag</p> <p>Tumbling Activities</p>



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SOCIAL/EMOTIONAL DEVELOPMENT	<p>Develop an ability to share, take turns, lead and follow</p> <p>Take care of self, others and space</p> <p>Play fair and cooperate with others</p>	<p>Share space and equipment with others in partner, small and large group activities</p> <p>Honor PE class rules Include others during free time/group activities</p> <p>Follow directions and rules in simple games, take turns and cooperate with teammates</p>	<p>Cooperative and New Games Stations and Centers</p> <p>Free Choice Days</p> <p>Football, Trees and Star Wars</p> <p>Cooperative Movement Experiences</p>
PHYSICAL MOTOR AND SPORTS SKILLS	<p>Continue to explore manipulative activities and fundamental sports skills</p> <p>Begin to apply simple sports skills in cooperative games and activities with partners and in small and large groups</p> <p>Combine locomotor and non-locomotor skills in game settings and lessons</p> <p>Explore and perform simple educational gymnastics concepts and movement experiences</p>	<p>Demonstrate improved eye-hand and eye-foot coordination with simple throwing, catching, kicking and striking</p> <p>Demonstrate opposition in throwing and proper catching techniques</p> <p>Demonstrate tossing to targets</p> <p>Play games that involve simple sports skills in a cooperative manner</p> <p>Demonstrate various tumbling stunts that involve transfer of weight, jumping, landing and balance</p>	<p>Tossing, Throwing and Catching Stations</p> <p>Throwing and catching using different sized balls, bean bags, etc.</p> <p>Striking balloons and fluff balls with a paddle</p> <p>Kicking, striking, volleying, dribbling and passing different sized balls (soccer balls, basketballs, balloons, four square balls, etc.)</p> <p>Simple games and lead-up activities to team sports (Line Soccer, Soccer Tag, Bull in the Ring, etc.)</p> <p>Educational Gymnastics Exploration activities</p>
SWIMMING	<p>Knowledge of basic water safety and water adjustment</p> <p>Beginning strokes on front and back</p>	<p>Demonstrate comfort easing and jumping into the water and competence in breath holding, floating and breath control</p> <p>Demonstrate comfort traveling through the water using various locomotor movements</p>	<p>Use of kick boards and other floatation devices</p> <p>Bobbing to safety</p> <p>Whale's Tales Water Safety rules</p> <p>Group Lap Swim Challenges</p> <p>Various games and activities that encourage floating, moving through the water and submerging</p>



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SWIMMING (cont)		Demonstrate beginning swimming stroke skills of supported kicking on front and back and alternating arm action	