



Topic	Concept/Goal	Skill	Activity/Resource
<p>PHYSICAL FITNESS, HEALTH AND SAFETY</p>	<p>Demonstrate sustained aerobic endurance</p> <p>Demonstrate improved flexibility, strength, and agility</p> <p>Learn about the human body</p> <p>Demonstrate awareness of safety issues in PE class</p> <p>Develop a greater capacity for relaxation/cooling down after vigorous activity</p>	<p>Measure and assess results of five areas of personal fitness using own goals or National standards</p> <p>Demonstrate ability to control body movements during games and activities</p> <p>Locate and take pulse; know the difference between resting and working heart rate</p> <p>Identify major muscle groups</p> <p>Demonstrate self-control and safe use of equipment</p> <p>Practice relaxation and cool down techniques after class activities and games</p> <p>Demonstrate improved strength and balance</p> <p>Identify safe use of climbing walls/equipment</p> <p>5 pt. safety check with climbing equipment</p>	<p>Participate in the President’s Fitness Challenge or a Personal Fitness Challenge in the fall and spring</p> <p>Daily aerobic games, warm-up activities that strengthen the heart, e.g. jump rope</p> <p>static poses that improve upper body strength</p> <p>Tag games: Medic, Star Wars, Footbowl, etc.</p> <p>Scatter and Connect</p> <p>Taking pulse before, during, after exercise</p> <p>Games and Relays</p> <p>Breathing Exercises, Ghost</p> <p>Introduction to Outdoor Education with a unit in climbing/kayaking</p>
<p>MOVEMENT AND GAMES</p>	<p>Demonstrate proficiency in basic locomotor and non-locomotor movements</p> <p>Demonstrate understanding of and appreciation for game rules</p> <p>Demonstrate a wide variety of transfer of weight/balance</p>	<p>Combine movements to create movement phrases and dance studies</p> <p>Demonstrate ability to work in groups/teams to accomplish a common goal</p> <p>Understand simple offensive/defensive strategies and apply in a game setting</p>	<p>New Games Activities</p> <p>Fall, Winter and Spring Olympics</p>
<p>SOCIAL-EMOTIONAL</p>	<p>View the class as a caring community of learners</p> <p>Comfortably utilize conflict resolution strategies</p> <p>Use self-control in class</p> <p>Show good sportsmanship in games and activities</p>	<p>Demonstrate tolerance and compassion</p> <p>Express anger, frustration in non-hurtful ways</p> <p>Know appropriate times to voice opinions, ideas, feelings, frustrations, etc.</p> <p>Problem solve with peers in an appropriate way</p> <p>Play “Fierce and Friendly” from the Positive Coaching Alliance</p> <p>ROOTS system of play from PCA</p> <p>Take care of the PE community</p>	<p>Cooperative Games</p> <p>Intramural competitions</p> <p>Small Group and Team Challenges and Games</p> <p>Cool down meetings</p>



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<p>PHYSICAL MOTOR AND SPORTS SKILLS</p>	<p>Demonstrate accurate throwing, catching, volleying, kicking, striking, jumping, dribbling, rolling, serving, and receiving</p>	<p>Demonstrate proper form in fundamental sports skills</p> <p>Accurately judge the speed of objects and time movement to manipulate objects</p> <p>Demonstrate ability to transfer movement concepts to sports skill acquisition</p>	<p>Partner and Small Group Manipulative activities</p> <p>Lead-up games to traditional and non-traditional sports</p> <p>Manipulative Stations</p> <p>Newcomb, Line Soccer, Goal Line Games, Race-to-the Moon, Basketball Relays, Medic, Cooperative Games, Badminton, vectorBall</p> <p>Circle Soccer and Line Basketball</p> <p>Jump rope exploration</p> <p>Instructional Units in creative movement, basketball, softball/baseball, soccer, games, and volleyball</p> <p>Olympic Competition" in various sports/activities 3x/yr</p>
<p>SWIMMING</p>	<p>Perform sustained aerobic swimming for 10 minutes</p> <p>Demonstrate familiarity with basic swimming and safety skills</p> <p>Cooperate with classmates to perform group challenges and participate in group games</p>	<p>Demonstrate ability to participate in endurance swimming for 10 minutes without tiring</p> <p>Demonstrate familiarity with basic water rescue skills, treading, floating, and bobbing</p> <p>Work cooperatively with partners/small groups to successfully complete group challenges</p>	<p>Peer Teaching/Partner Skill Work</p> <p>Swimming and diving stations</p> <p>Partner, Individual and Group Challenge Days</p> <p>Lap Swim Challenge</p> <p>Swimming Relays</p> <p>Water Volleyball</p> <p>Water Polo</p> <p>Capture the Stuff</p> <p>Tag Games (Ring tag, Marco Polo, Green River)</p>