

K-6 Physical Education Units and Instructional Objectives for Third-Sixth Grade

MISSION STATEMENT: Educate the body and mind for a healthy active future

Third/Fourth Grade

Fifth/Sixth Grade

Date	Week	Unit	Instructional Objective	Unit	Instructional Objective
Aug 24-28	1	Organization/Playground safety, activities and cooperative games	*Support specific building PBIS plan * Demonstrates safety	Organization/Playground safety, activities and cooperative games	* Support specific building PBIS plan * Demonstrates safety
Aug 31-Sept 4	2	Get Moving for Healthy Kids 5K – Aug 30 - West	*Exhibits teamwork, cooperation and communication	Get Moving for Healthy Kids 5K – Aug 30 - West	*Exhibits teamwork, cooperation and communication
Sept 8-11	3		Standards: 1,2,3,5,6,7		Standards: 1,2,3,5,6,7
Sept 14-18	4		OUTDOOR UNITS		OUTDOOR UNITS
Sept 21-25	5	Lead-up/small sided games such as: football, soccer,	* Combines basic skills in game-related activities * Uses basic offensive and defensive strategies	Lead-up/small sided games such as: football, soccer, socci, tchokball	* Combines basic skills in game-related activities * Uses basic offensive and defensive strategies that are incorporated into game situations
Sept 28-Oct 2		Healthiest State Walk,		Healthiest State Walk,	
Oct 5-9	7	Oct 7	Standards: 1-7	Oct 7	Standards: 1-7
Oct 12-16	8	FIRE SAFETY WEEK	* Demonstrates fire safety procedures	FIRE SAFETY WEEK	* Demonstrates fire safety procedures
			Standards: 5		Standards: 5
Oct 19-23	9	VOLLEYBALL	* Performs striking skills in lead-up and small sided activities	VOLLEYBALL	* Performs striking skills in lead-up and small sided activities
Oct 26-30	10	Run for the Schools, Oct 18		Run for the Schools, Oct 18	
Nov 2-6	11		Standards: 1,2,3,5,6,7		Standards: 1,2,3,5,6,7

#Fitness Concepts will be integrated throughout the program areas
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* Water safety mandated by Iowa Educational Code
updated August 2015

Nov 9-13	12	RHYTHMS Folk, multi-cultural, partner, line, mixer, party, square dance, tinikling/jump bands	* Moves to a specific rhythmical pattern Standards: 1-7	RHYTHMS Folk, multi-cultural, partner, line, mixer, party, square dance, tinikling/jump bands	* Moves to a specific rhythmical pattern * Participates in small group dances with or without a partner Standards: 1-7
Nov 16-20	13				
Nov 23-25	14	NUTRITION/FITNESS Pedometers, heart rate monitors, pulse sticks	* Understands a healthy lifestyle includes: good nutrition and physical activity Standards: 1-7	NUTRITION/FITNESS Pedometers, heart rate monitors, pulse sticks	* Understands a healthy lifestyle includes: good nutrition and physical activity * Understands the FITT concept Standards: 1-7
Nov 30- Dec 4	15	Thanksgiving Nov 26		Thanksgiving Nov 26	
Dec 7-11	16	BASKETBALL SKILLS AND LEAD-UP ACTIVITIES	* Combines basic skills in game- related activities * Use basic offensive and defensive strategies Standards: 1-7	BASKETBALL SKILLS AND LEAD-UP ACTIVITIES	* Combines basic skills in game- related activities * Use basic offensive and defensive strategies Standards: 1-7
Dec 14-18	17				
Jan 4-8	18	BODY MANAGEMENT	* Uses a variety of equipment demonstrating balance and strength * Demonstrates skills to progress through equipment Standards: 1-7	BODY MANAGEMENT	* Uses a variety of equipment demonstrating balance and strength * Displays cooperation during individual or team physical challenges Standards: 1-7
Jan 11-15	19	Tumbling, mat activities, obstacle courses, yoga, climbing apparatus		Tumbling, mat activities, obstacle courses, yoga, climbing apparatus	
Jan 18-22	20	INDIVIDUAL SKILLS Sport stacking, juggling, spin jammers, hula hoops, Yo-Yo	* Emerging basic skills with equipment Standards: 1,2,3,5,6,7	INDIVIDUAL SKILLS Sport stacking, juggling, spin jammers, hula hoops, Yo-Yo	* Exhibits mastery of basic skills * Can sequence a combination of skills using equipment Standards: 1,2,3,5,6,7
Jan 25-29	21				

Feb 1-5	22	HEART HEALTH/JUMP ROPES	* Understands what activities build heart health	HEART HEALTH/JUMP ROPES	* Knows what activities build heart health
Feb 8-12	23	Heart health, nutrition, Jump rope short/long	* Can perform basic short/long rope skills	Heart health, nutrition, Jump rope short/long	* Review FITT concept
Feb 15-19	24	JRFH week Feb 15-19	Standards: 1-7	JRFH week Feb 15-19	Standards: 1-7
Feb 22-26	25				
Feb 29-Mar 4	26	ROTATING UNIT	* Understands lifetime activities - Performs basic skills	ROTATING UNIT	* Understands lifetime activities - Performs skills in game situations
Mar 7-11	27	Bowling, tennis, crash mats	Standards: 1,2,3,5,6,7	Bowling, tennis, crash mats	Standards: 1,2,3,5,6,7
Mar 21-25	28	SAFETY: WATER/BIKE Red Cross Longfellow Whales Tales	* Demonstrates water safety techniques * Demonstrates bike safety: Safe helmet, safe bike, rules of the road Standards: 1,2,3,5,6,7	SAFETY: WATER/BIKE Red Cross Longfellow Whales Tales	* Demonstrates water safety techniques * Demonstrates bike safety: Safe helmet, safe bike, rules of the road Standards: 1,2,3,5,6,7
Mar 28-Apr 1	29	STRUCTURED ACTIVITIES AND GAMES Scooters, noodles, parachute, etc	* Developing skills necessary to participate in team activities/games	STRUCTURED ACTIVITIES AND GAMES Scooters, noodles, parachute, etc	* Demonstrate skills necessary to participate in team activities/games
Apr 4-8	30	RECREATIONAL SKILLS AND GAMES OF LOW ORGANIZATION Frisbee, bocce balls, baggo	Standards: 1-7	TRACK AND FIELD SKILLS AND ACTIVITIES Refer to track/field booklet	Standards: 1-7
Apr 11-15	31		* Demonstrates more advanced skills * Game etiquette in basic games Standards: 1,2,3,5,6,7		* Performs track and field skills * Participation in the district track and field meet
Apr 18-22	32	TRACK AND FIELD SKILLS AND ACTIVITIES Refer to track/field booklet	* Beginning to learn track and field skills		Standards: 1-7
Apr 25-29	33				
May 2-6	34				
May 9-13	35		Standards: 1-7		Standards: 1-7

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May 16-20	36	DIAMOND ACTIVITIES Diamond skills and small sided games	* Understands diamond rules * Demonstrates fundamental skills	DIAMOND ACTIVITIES Diamond skills and small sided games	TRACK MEET MAY 16,17, 18 CITY HIGH * Understands diamond rules * Demonstrates fundamental skills * Uses basic offensive and defensive strategies that are incorporated into game situations
May 23-25	37				

Fitness

October/November: cardio/pacer testing

January: flexibility

March: strength: upper body and abdominal strength

Body composition: during the school year

Test scores are due: April 15, 2016

ICCSA Physical Education Standards

Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities. (NASPE)

Standard 2: Applies movement concepts and principles to the learning and development of motor skills. (IAHPERD)

Standard 3: Participates regularly in physical activity. (NASPE)

Standard 4: Achieves and maintains a health-enhancing level of physical fitness. (IAHPERD/NASPE/GRUNDY)

Standard 5: Demonstrates responsible personal and social behavior in physical activity settings. (IAHPERD)

Standard 6: Demonstrates understanding and respect for differences among people in physical activity settings. (IAHPERD)

Standard 7: Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction. (IAHPERD)

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