

K-6 Physical Education Units and Instructional Objectives for Kindergarten-Second Grade

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

Kindergarten

First/Second 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 *Takes turns; plays fairly in game activities	Organization/Playground safety, activities and cooperative games	*Support specific building PBIS plan *Demonstrates safety *Exhibits teamwork, cooperation and communication
Aug 31-Sept 4	2				
Sept 8-11	3				
		Get Moving for Healthy Kids 5K – Aug 3- West	Standards: 1,2,3,5,6,7	Get Moving for Healthy Kids 5K – Aug 30 - West	Standards: 1,2,3,5,6,7
Sept 14-18	4	MOVEMENT EDUCATION Fundamental movements, space awareness, body awareness, quality of movement	* Performs locomotor/non-locomotor skills while maintaining personal space * Demonstrates body and space awareness	MOVEMENT EDUCATION Fundamental movements, space awareness, body awareness, quality of movement	* Performs locomotor/non-locomotor skills while maintaining personal space * Combines shapes, levels, and pathways
Sept 21-25	5	Healthiest State Walk, Oct 7	Standards: 1-7	Healthiest State Walk, Oct 7	Standards: 1-7
Sept 28-Oct 2	6				
Oct 5-9	7				
Oct 12-16	8	FIRE SAFETY WEEK	* Demonstrates fire safety procedures Standards: 5	FIRE SAFETY WEEK	* Demonstrates fire safety procedures Standards: 5

#Fitness Concepts will be integrated throughout the program areas
Jan Grenko Lehman, Physical Education Coordinator, 688-1180

* Water safety mandated by Iowa Educational Code
updated August 2015

Oct 19-23	9	MANIPULATIVE/STRIKING ACTIVITIES Scoops, paddles, bean bags, net activities, sport stacking	* Can manipulate a variety of objects * Strikes an object with or without an implement	MANIPULATIVE/STRIKING ACTIVITIES Scoops, paddles, bean bags, net activities, sport stacking	* Can manipulate a variety of objects * Strikes an object with or without an implement
Oct 26-30	10	Run for the Schools, Oct 18	Standards: 1,2,3,5,6,7	Run for the Schools, Oct 18	Standards: 1,2,3,5,6,7
Nov 2-6	11				
Nov 9-13	12	RHYTHMS Basic, multi-cultural, party dances	* Demonstrates a steady beat with teacher cues	RHYTHMS Basic, multi-cultural, party dances	* Demonstrates a steady beat independently
Nov 16-20	13	NUTRITION/FITNESS Thanksgiving Nov 26	* Beginning to understand; MyPlate, 60 minutes activity a day, heart healthy activities Standards: 1-7	NUTRITION/FITNESS Thanksgiving Nov 26	* Beginning to understand; MyPlate, 60 minutes activity a day, heart healthy activities Standards: 1-7
Nov 23-25	14				
Nov 30- Dec 4	15	FUNDAMENTAL BALL SKILLS Beach balls, spiderballs, yarnballs, gatorballs, playground balls, etc.	* Demonstrates basic eye- hand/eye-foot coordination skills: throwing, catching, dribbling (hand/foot), rolling and kicking Standards: 1-7	FUNDAMENTAL BALL SKILLS Beach balls, spiderballs, yarnballs, gatorballs, playground balls, etc	* Demonstrates basic eye- hand/eye-foot coordination skills: throwing, catching, dribbling (hand/foot), rolling and kicking Standards: 1-7
Dec 7-11	16				
Dec 14-18	17	BODY MANAGEMENT Tumbling, mat activities , obstacle courses, yoga climbing apparatus	* Maintains static or dynamic balance on different bases of support * Performs basic tumbling and skills Standards: 1-7	BODY MANAGEMENT Tumbling, mat activities , obstacle courses, yoga climbing apparatus	* Maintains static or dynamic balance on different bases of support * Travels through a variety of obstacles at different levels Standards: 1-7
Jan 4-8	18				
Jan 11-15	19				

#Fitness Concepts will be integrated throughout the program areas
Jan Grenko Lehman, Physical Education Coordinator, 688-1180

* Water safety mandated by Iowa Educational Code
updated August 2015

Jan 18-22	20	MANIPULATIVES	* Shows beginning skills with equipment	MANIPULATIVES	* Demonstrates several skills with equipment
Jan 25-29	21	Sport stacking, juggling, spin jammers, hula hoops	Standards: 1,2,3,5,6,7	Sport stacking, juggling, spin jammers, hula hoops	Standards: 1,2,3,5,6,7
Feb 1-5	22	HEART HEALTH/JUMP ROPES	* Recognize the relationship between exercise and heart health	HEART HEALTH/JUMP ROPES	* Recognize the relationship between exercise and heart health
Feb 8-12	23	Heart health, nutrition review, jump rope short/long	* Demonstrates pre-jumping skills	Heart health, nutrition review, jump rope short/long	* Emerging basic rope jumping skills for short and long ropes
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	* Starting to understand lifetime activities	ROTATING UNIT	* Starting to understand lifetime activities
		Bowling, tennis, crash mats	- beginning racket skills - basic bowling concepts	Bowling, tennis, crash mats	- beginning racket skills - basic bowling concepts
Mar 7-11	27		Standards: 1,2,3,5,6,7		Standards: 1,2,3,5,6,7
Mar 21-25	28	SAFETY: water/bike Red Cross Longfellow Whales Tales	* Beginning to understand the basic concepts of water safety * Beginning to understand bike safety	SAFETY: WATER/BIKE Red Cross Longfellow Whales Tales	* Beginning to understand the basic concepts of water safety * Beginning to understand bike safety
			Standards: ,2,3,5,6,7		Standards: ,2,3,5,6,7
Mar 28-Apr 1	29	STRUCTURED ACTIVITIES AND GAMES	* Exploring skills necessary to participate in group activities	STRUCTURED ACTIVITIES AND GAMES	* Exploring skills necessary to participate in group activities
		Scooters, noodles, parachute, etc		Scooters, noodles, parachute, etc	
Apr 4-8	30		Standards: 1-7		Standards: 1-7
Apr 11-15	31	LOCOMOTOR ACTIVITIES	* Performs a variety of locomotor skills in activity	LOCOMOTOR ACTIVITIES	* Performs a variety of locomotor skills in activity
Apr 18-22	32	(indoor/outdoor)	Standards: 1-7	(indoor/outdoor)	Standards: 1-7

#Fitness Concepts will be integrated throughout the program areas
Jan Grenko Lehman, Physical Education Coordinator, 688-1180

* Water safety mandated by Iowa Educational Code
updated August 2015

Apr 25- Apr 29	33	RECREATIONAL SKILLS AND GAMES OF LOW ORGANIZATION	* Participates in basic games *Takes turns; plays fairly in game activities Standards: 1,2,3,5,6,7	RECREATIONAL SKILLS AND GAMES OF LOW ORGANIZATION	* Participates in basic games *Takes turns; plays fairly in game activities Standards: 1,2,3,5,6,7
May 2-6	34	Frisbee, bocce balls, baggo		Frisbee, bocce balls, baggo	
May 9-13	35	DIAMOND ACTIVITIES	* Demonstrates basic fundamental skills	DIAMOND ACTIVITIES	* Demonstrates basic fundamental skills
May 16- 20	36	Diamond skills and lead-up games		Diamond skills and games	
May 23- 25	37		Standards: 1,2,3,5,6,7		Standards: 1,2,3,5,6,7

ICCSO 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)

#Fitness Concepts will be integrated throughout the program areas
Jan Grenko Lehman, Physical Education Coordinator, 688-1180

* Water safety mandated by Iowa Educational Code
updated August 2015