

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 23- 24	1	Organization/Playground safety, activities and	*Support specific building PBIS plan	Organization/Playground safety, activities and	*Support specific building PBIS plan
Aug 27-31	2	cooperative games	*Demonstrates safety *Takes turns; plays fairly in game activities	cooperative games	*Demonstrates safety *Exhibits teamwork, cooperation and communication
Sept 4-7	3		Standards: 1,2,3,5,6,7		Standards: 1,2,3,5,6,7
Sept 10-14	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 17-21	5				
Sept 24-28	6				

#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 2018

Oct 1-5	7	<b>Healthiest State Walk, Oct 3</b>	Standards: 1-7	<b>Healthiest State Walk, Oct 3</b>	Standards: 1-7
Oct 8-12	8	FIRE SAFETY WEEK <b>Run for the Schools, Oct 14</b>	* Demonstrates fire safety procedures Standards: 5	FIRE SAFETY WEEK <b>Run for the Schools, Oct 14</b>	* Demonstrates fire safety procedures Standards: 5
Oct 15-19	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 22-26	10				
Oct 29-Nov 2	11		Standards: 1,2,3,5,6,7		Standards: 1,2,3,5,6,7
Nov 5-9	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 12-16	13		Standards: 1-7		Standards: 1-7
Nov 19-20	14	NUTRITION/FITNESS <b>Thanksgiving Nov 22</b>	* Beginning to understand; MyPlate, 60 minutes activity a day, heart healthy activities	NUTRITION/FITNESS <b>Thanksgiving Nov 22</b>	* Beginning to understand; MyPlate, 60 minutes activity a day, heart healthy activities
Nov 26-30	15		Standards: 1-7		Standards: 1-7

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Dec 3-7	16	FUNDAMENTAL BALL SKILLS	* Demonstrates basic eye-hand/eye-foot coordination skills: throwing, catching, dribbling (hand/foot),	FUNDAMENTAL BALL SKILLS	* Demonstrates basic eye-hand/eye-foot coordination skills: throwing, catching, dribbling (hand/foot),
Dec 10-14	17	Beach balls, spiderballs, yarnballs, gatorballs, playground balls, etc.	rolling and kicking	Beach balls, spiderballs, yarnballs, gatorballs, playground balls, etc	rolling and kicking
Dec 17-21	18		Standards: 1-7		Standards: 1-7
Jan 7-11	19	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	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
Jan 14-18	20		Standards: 1-7		Standards: 1-7
Jan 21-25	21	MANIPULATIVES	* Shows beginning skills with equipment	MANIPULATIVES	* Demonstrates several skills with equipment
Jan 28-Feb 1	22	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 4-8	23	Jump ropes	* Recognize the relationship between exercise and heart health	Jump ropes	* Recognize the relationship between exercise and heart health

Feb 11-15	24	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 18-22	25				
Feb 25-Mar 1	26		Standards: 1-7		Standards: 1-7
Mar 4-8	27	ROTATING UNIT Bowling, tennis, crash mats	* Starting to understand lifetime activities - beginning racket skills - basic bowling concepts	ROTATING UNIT Bowling, tennis, crash mats	* Starting to understand lifetime activities - beginning racket skills - basic bowling concepts
Mar 11-15	28		Standards: 1,2,3,5,6,7		Standards: 1,2,3,5,6,7
Mar 25-29	29	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	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
Apr 1-5	30	STRUCTURED ACTIVITIES AND GAMES Scooters, noodles, parachute, etc	* Exploring skills necessary to participate in group activities	STRUCTURED ACTIVITIES AND GAMES Scooters, noodles, parachute, etc	* Exploring skills necessary to participate in group activities
Apr 8-12	31		Standards: 1-7		Standards: 1-7
Apr 15-19	32	LOCOMOTOR ACTIVITIES	* Performs a variety of locomotor skills in activity	LOCOMOTOR ACTIVITIES	* Performs a variety of locomotor skills in activity

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Apr 22-26	33	(indoor/outdoor)	Standards: 1-7	indoor/outdoor)	Standards: 1-7
Apr 29- May 3	34	RECREATIONAL SKILLS AND GAMES OF LOW ORGANIZATION	* Participates in basic games * Takes turns; plays fairly in game activities	RECREATIONAL SKILLS AND GAMES OF LOW ORGANIZATION	* Participates in basic games * Takes turns; plays fairly in game activities
May 6-10	35	Frisbee, bocce balls, baggo	Standards: 1,2,3,5,6,7	Frisbee, bocce balls, baggo	Standards: 1,2,3,5,6,7
May 13-17	36	DIAMOND ACTIVITIES	* Demonstrates basic fundamental skills	DIAMOND ACTIVITIES	* Demonstrates basic fundamental skills
May 20-24	37	Diamond skills and lead-up games		Diamond skills and games	
May 27-30	38				
	39		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)

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