

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 23-24	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 27-31	2		*Exhibits teamwork, cooperation and communication		*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	OUTDOOR UNITS	* Combines basic skills in game-related activities	OUTDOOR UNITS	* Combines basic skills in game-related activities
Sept 17-21	5	Lead-up/small sided games such as: football, soccer,	* Uses basic offensive and defensive strategies	Lead-up/small sided games such as: football, soccer,	* Uses basic offensive and defensive strategies that are incorporated into game situations
Sept 24-28	6	socci, tchokball  <b>Healthiest State Walk,</b>		socci, tchokball, speedball <b>Healthiest State Walk,</b>	
Oct 1-5	7	<b>Oct 3</b>	Standards: 1-7	<b>Oct 3</b>	Standards: 1-7

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updated August 2018

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	VOLLEYBALL	* Performs striking skills in lead-up and small sided activities	VOLLEYBALL	* Performs striking skills in lead-up and small sided activities
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 Folk, multi-cultural, partner, line, mixer, party, square dance, tinikling/jump bands	* Moves to a specific rhythmical pattern	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
Nov 12-16	13		Standards: 1-7		Standards: 1-7
Nov 19-20	14	NUTRITION/FITNESS  Pedometers, heart rate monitors, pulse sticks	* Understands a healthy lifestyle includes: good nutrition and physical activity	NUTRITION/FITNESS  Pedometers, heart rate monitors, pulse sticks	* Understands a healthy lifestyle includes: good nutrition and physical activity * Understands the FITT concept
Nov 26-30	15	<b>Thanksgiving Nov 22</b>	Standards: 1-7	<b>Thanksgiving Nov 22</b>	Standards: 1-7
Dec 3-7	16	BASKETBALL SKILLS AND LEAD-UP ACTIVITIES	* Combines basic skills in game-related activities	BASKETBALL SKILLS AND LEAD-UP ACTIVITIES	* Combines basic skills in game-related activities

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Dec 10-14	17		* Use basic offensive and defensive strategies		* Use basic offensive and defensive strategies
Dec 17-21	18		Standards: 1-7		Standards: 1-7
Jan 7-11	19	BODY MANAGEMENT	* Uses a variety of equipment demonstrating balance and strength	BODY MANAGEMENT	* Uses a variety of equipment demonstrating balance and strength
Jan 14-18	20	Tumbling, mat activities, obstacle courses, yoga, climbing apparatus	* Demonstrates skills to progress through equipment Standards: 1-7	Tumbling, mat activities, obstacle courses, yoga, climbing apparatus	* Displays cooperation during individual or team physical challenges Standards: 1-7
Jan 21-25	21	INDIVIDUAL SKILLS Sport stacking, juggling, spin jammers, hula hoops, Yo-Yo	* Emerging basic skills with equipment	INDIVIDUAL SKILLS Sport stacking, juggling, spin jammers, hula hoops, Yo-Yo	* Exhibits mastery of basic skills * Can sequence a combination of skills using equipment
Jan 28-Feb 1	22		Standards: 1,2,3,5,6,7		Standards: 1,2,3,5,6,7
Feb 4-8	23	HEART HEALTH/JUMP ROPES	* Understands what activities build heart health	HEART HEALTH/JUMP ROPES	* Knows what activities build heart health
Feb 11-15	24	Heart health, nutrition, Jump rope short/long	* Can perform basic short/long rope skills	Heart health, nutrition, Jump rope short/long	*Review FITT concept * Can perform a combination of short rope skills * Understands more complex rope skills
Feb 18-22	25				
Feb 25-Mar 1	26		Standards: 1-7		Standards: 1-7

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Mar 4-8	27	ROTATING UNIT	* Understands lifetime activities - Performs basic skills	ROTATING UNIT	* Understands lifetime activities - Performs skills in game situations - understands scoring procedures
Mar 11-15	28	Bowling, tennis, crash mats	Standards: 1,2,3,5,6,7	Bowling, tennis, crash mats	Standards: 1,2,3,5,6,7
Mar 25-29	29	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: ,2,3,5,6,7
Apr 1-5	30	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 8-12	31		Standards: 1-7		Standards: 1-7
Apr 15-19	32	RECREATIONAL SKILLS AND GAMES OF LOW ORGANIZATION	* Demonstrates more advanced skills * Game etiquette in basic games	TRACK AND FIELD SKILLS AND ACTIVITIES	* Performs track and field skills * Participation in the district track and field meet
Apr 22-26	33	Frisbee, bocce balls, baggo	Standards: 1,2,3,5,6,7	Refer to track/field booklet	
Apr 29- May 3	34	TRACK AND FIELD SKILLS AND ACTIVITIES	* Beginning to learn track and field skills		
May 6-10	35	Refer to track/field booklet			<b>Track meet May 13-15 WEST HIGH, rain date: May 20-22</b>

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May 13-17	36		Standards: 1-7		Standards: 1-7
May 20-24	37	DIAMOND ACTIVITIES Diamond skills and small sided games	* Understands diamond rules * Demonstrates fundamental skills	DIAMOND ACTIVITIES Diamond skills and small sided games	<b>TRACK MEET MAY 13-15 WEST HIGH Raindates: May 20-22</b>  * Understands diamond rules * Demonstrates fundamental skills * Uses basic offensive and defensive strategies that are incorporated into game situations
May 27-30	38				
	39		Standards: 1,2,3,5,6,7		Standards: 1,2,3,5,6,7

### Fitness

October/November: cardio/pacer testing

**Test Scores are due: October 26, 2018**

January: flexibility

March: strength: upper body and abdominal strength

Body composition: during the school year

**Test scores are due: April 19, 2019**

### ICCSD 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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