

K – 8th Physical Education Curriculum Map

Kindergarten – 1stGrade

Swimming

Objective/Teaching Questions

Why do I need to know how to swim?

What are the correct arm and leg positions for each swim stroke?

What can you do to swim faster?

Course Content

Review front crawl, backstroke, breaststroke, and treading water.

Moving across pool using just your arms, legs, straight legs only, bending legs at the knee, dog paddle, breast stroke, and treading water for a certain amount of time.

Skills Enhanced

Demonstrate basic swim strokes (crawl, back, and breast)

Demonstrate proper breathing techniques.

Explore different movements.

Listening Skills/ Cooperative Games

Objective/Teaching Questions

Why is it important to follow directions?

What is cooperation?

Why is cooperation important?

Course Content

Students will use a Simon says format for warming up their skills.

Students will move across the floor practicing their different motor skills.

Students will learn to use the imagination to imitate animals and objects adding sounds while they move around the gym area.

Students will be in various lines and given directives. They will have to execute different maneuvers while traveling across the floor and back. Sometimes the instructor will demonstrate and explain, and sometimes only directives will be used.

Skills Enhanced

Students listen, watch, imitate teammates while executing different movements patterns and skills.

Students will learn to take turns and work in small and large groups.

Throwing/Catching/Dodging

Objective/Teaching Questions

What sports use throwing and catching as essential skill?

What is agility?

How does dodging work on agility?

Course Content

Demonstrate proper throwing techniques.

Students learn different games that have throwing and catching as major skill.

Students learn to move safely around in a large space without coming in contact with other students.

Skills Enhanced

Students will learn to hold the ball above their elbows high.

Students will point with the opposite hand at the target, while stepping with the same (opposite foot). Students will learn opposition and transfer of weight while learning how to throw.

Students will learn to dodge many different ways and learn to change direction quickly.

Listening and Following Direction Relays

Objective/Teaching Questions

Can students listen to a set of instructions, comprehend and execute the relays correctly?

Can students demonstrate various loco-motor movement patterns in relay race style?

Can students stay on task even when not do the physical?

Can the students at the end of activity, discuss and possibly explain the value of the races either one race or all combined?

Course Content

Listening and following directions.

Demonstrate various basic loco-motor movement patterns.

Demonstrate teamwork and cooperation skills.

Skills Enhanced

Running, jogging, skipping, galloping, back pedal, side shuffle, grapevine, crab walk, bear crawl, jumping, hopping, leaping, agility, speed, jumping jack, crunches.

Striking Skills

Objective/Teaching Questions

How is the striking surface essential to where the ball will go?

How does striking a ball with a bat, paddle, racquet relate to sports you are familiar with?

Course Content

Students will experience a number of different striking skills and equipment.

Students will see how different sizes of balls and different striking equipment produces different results.

Skills Enhanced

Each day students will go to a number of stations. At the end of the unit the students will apply their striking skills in a game.(How Far with batting tees, a beach volleyball game, foam ball and low tennis net)

1. Foam Ball and Paddle. 2. Batting tee and ball. 3. Badminton racquet and birdie. 4. Balloons and beach balls.

Soccer

Objective/Teaching Questions

Will the student be successful dribbling the ball?

Will the student be successful kicking the ball?

Will the student be successful in trapping the ball?

Will the student be successful in shooting the ball?

Will the student be successful in passing the ball?

Course Content

Trapping / Passing / Dribbling / Shooting

Skills Enhanced

Passing the ball back and forth with a partner using both inside and the outside of the foot.

Passing and trapping the ball back and forth with a partner.

Dribbling the ball in and out of cones using the inside and outside of the foot.

Ultimate

Objective/Teaching Questions

Will student become successful throwing various balls and Frisbee?

Will the student become successful catching various objects?

Will the student understand the concepts of man to man defense/

Will the student understand the rules of the game?

Course Content

Fundamental skills of throwing and catching objects.

Using skills with a partner.

Applying the skills successfully in a game.

Use several types of balls including: small gator skin ball, football, large gator skin ball, and Frisbee.

Skills Enhanced

Throwing a ball using the overhead, sidearm, and underhand throw.

Catching the ball with thumbs together when the ball is caught above the waist.

Catching the ball with pinkies together when the ball is caught below the waist.

Throwing the ball to a moving target. Catching the ball while moving.

Transition quickly and using deceptive motion offense and good defensive skills while on defense.

Balls and Paddles

Objective/Teaching Questions

Does the student demonstrate the ability to balance a ball on a paddle for at least five seconds?

Does the student demonstrate the ability to execute various hitting motions, utilizing hand-eye coordination?

Does the student demonstrate the ability to use teamwork with another student rolling an object back and forth to each other?

Course Content

Students demonstrate the ability to balance a ball on their paddle.

Students demonstrate the ability to hit a ball on the ground (downs, dribbling).

Students demonstrate the ability to hit a ball high (ups).

Students demonstrate the ability to roll a ball on the floor, keeping the ball under control ("walking the dog"). Walk the dog following the lines of the floor.

Students demonstrate the ability to hit a ball in succession against the wall.

Skills Enhanced

Balancing a ball on the paddle.

Balancing the ball while moving across the floor.

Hit the ball up in the air, one time, and then when comfortable, in succession.

Hit the ball up and let it hit the floor and then up again.

Hit the ball down into the ground, one time, and then comfortable, in succession.

Roll the ball with the paddle around the gym floor. Follow the lines on the floor with the ball, rolling the ball on the lines ("walk the dog").

Roll the ball back and forth with a partner.

Hit the ball as far as you can.

Hit the ball as high as you can.

If the student has the skills they can try hitting the ball back and forth with a partner or against the wall alternating with your partner.

Jump Roping

Objective/Teaching Questions

How does exercise affect your body?

How does exercise make you feel?

Why do people jump rope?

How many different ways can you jump rope by yourself, or with a partner?

Why do you need to work well in a group setting?

Course Content

Introduce the 19 tricks (double jumps, single jumps, skier, bell, etc.).

Jump Rope games (rattail, helicopter around the world, school, jump the brook).

Partner Games (routines, contests, "Double Dutch").

Skills Enhanced

Demonstrate hand/eye and foot/eye coordination, rhythm, endurance, cardiovascular endurance, and creativity. Establish an understanding of the importance of cooperation with peers through partner and group routines.

Practice the rhythm of jumping single and double-timed.

Practice the arms position at the wait without a rope.

Practice the tricks without the rope first to see if you can get the timing and coordination before you add the rope.

Bowling

Objective/Teaching Questions

How important is it to develop and maintain a healthy mind and body?

Does your interest in sports and leisure activities reinforce the possibility of having a healthy life?

How can lifetime sports contribute to your overall wellbeing?

Course Content

Learn the required skills of coordination, timing, and concentration.

Increase the confidence level through participation and mastery of new games.

Introduction to the sport.

Skills Enhanced

Vocabulary words are introduced. Students view bowling lane pictures, score sheets.

Learn how to score with spares and strikes the score sheets to keep track of scores.

Introduce and review bowling basics (holding the ball, delivery, the footwork, and rotation within a group).

Balls and Scoops

Objective/Teaching Questions

Will students be able to handle the scoops with their dominate hand, and possibly a little with their non-dominate hand?

Will the students be able to catch a underhand or overhand throw with their scoop with or without a bounce?

Will students be able to throw underhand or overhand with their scoop (dominate hand)?

Course Content

Throwing against the wall underhand/overhand and catching after one bounce.

Throwing against the wall underhand/overhand and catching without a bounce.

Throwing underhand to a partner, partner catching after a bounce.

Throwing overhand to a partner, partner catching without a bounce.

Throwing for accuracy.

Throwing for distance.

Skills Enhanced

Eye/hand coordination, throwing and catching.

Basketball

Objective/Teaching Questions

Can the student dribble the basketball using both the left and right hands equally?

Can the student make an effective chest pass?

Can the student make an effective bounce pass?

Can the student get into and understand the triple-threat position?

Can the student effectively shoot the basketball?

Course Content

Dribble the basketball up and down the court using both right and left hands.

Students will learn different ball handling skills such as: spider, figure 8's, behind the back and between the legs.

Work with a partner using bounce and chest pass.

Start off each dribble in the triple threat position and end each dribble with a jump stop and triple threat.

Shooting the basketball into the basket.

Skills Enhanced

Dribbling with the left and right hands separately without looking at the basketball.

Dribbling the ball high, medium, and low with the left and right hands.

Passing using all different techniques.

Shooting Baskets set for different skill levels (set from 8ft, 9ft., 10ft.,).

Students will learn how to jump stop on command and go into triple-threat position.

Hula Hoops

Objective/Teaching Questions

Will students be able to focus on timing?

Will the students be able to focus on coordination?

Will the students be able to focus on skill building?

Course Content

Section One – timing and coordination.

Section Two – balance and movement.

Section Three – hoop and ball games.

Skills Enhanced

Timing – relates to rhythm as needed in ball movement and ball skills.

Students will roll the hula-hoop across the floor and time their catches or try to run through the hula-hoop.

Coordination- is an overall description of person's ability to combine movements of any kind.

Students will work on the waist rotation and leg movement.

Group Activities

Objective/Teaching Questions

Why are group games important?

How do group games relate to life skills/

What is the impact on the overall success of a team if the group does not cooperate?

Course Content

Dodge Ball Games

Cooperative Games (stepping stones, team spelling, Alphabet Balance Beam)

Teamwork
Sportsmanship
Skills Enhanced
Throwing, catching, dodging.
Strategies
Following Rules
Establish an understanding of working in a group towards a common goal.

Basic Tumbling

Objective/Teaching Questions

Can students do various animal walks?
Can students do various balancing challenges?
Can students transfer their weight and show flexibility?
Can students roll various ways under control?
Can students do springing and landing activities under control?

Course Content

The students will be able to demonstrate various animal walks, with sounds.
The students will be able to demonstrate various methods of balancing.
The students will be able to demonstrate various bridging methods.
The students will be able to demonstrate various methods of transferring their weight and demonstrating flexibility.
The students will be able to demonstrate rolling: sideways, forward, and possibly backwards.
The students will be able to demonstrate springing up into the air and landing under control.

Skills Enhanced

Puppy Run/ Crocodile Crawl/ Egg Roll/ Balancing pretending to be on a balance beam
Cat-walk/ Gorilla Walk/Log Roll/ Back Roll progression/Backward Roll progression
Injured Dog Walk / Elephant Walk/Statue Roll/ Tip up and tripod progression
Bear Crawl / Leap Frog/Toe Touch Balance
Donkey Walk/ Inch Worm/ Balance on one foot, balance on the other
Camel Walk/ Chicken Walk/Forward roll progression/ Bird Dog Balance/Two foot sit balance
Kangaroo Hop/ Small Person Walk/Balance on one foot and one hand switching

Batting Tee Activities

Objective/teaching Questions

Can Students grip the bat correctly?
Can Students show the proper stance?
Can students show the correct bat position in the pre-swing posture?
Can students run to designated bases and back to the tee?
Can students show the correct arm extension?
Can students throw the ball in the favorable direction?
Can Students show the correct follow through at the end of their swing?

Course Content

The students will be able to demonstrate the proper grip.
The students will be able to demonstrate the basic stance.
The students will be able to demonstrate a sound swing.
The students will be able to demonstrate a sound finish.
The students will be able to demonstrate running to a base and back.
The students will be able to demonstrate the fielding of a ball.
The students will be able to demonstrate the throwing of a ball.

Skills Enhanced

Gripping a bat.

Batting sequence: stance/ coil /stride/pivot/ swing.
Running.
Fielding.
Throwing.
The students will apply the skills learned in a simulated game setting.

Gator Skin Ball Activities

Objective/Teaching Questions

Will the students be able to grip the ball, aim, and roll the ball to a target, using the proper footwork?

Will the students be able to grip the ball, aim and throw the ball to a target, using the proper footwork?

Will the students be able to catch a tossed ball?

Will the students be able to kick a rolling ball?

Will the students be able to punt a ball?

Course Content

Rolling a ball at a stationary target.

Throwing a ball at a stationary target.

Catch a tossed ball.

Kicking a stationary ball and a moving ball.

Drop kicking a ball.

Punting a ball.

Skills Enhanced

Developing hand/eye coordination.

Developing eye/foot coordination.

Developing proper footwork.

Developing proper throwing patterns.

One foot balancing Activities

Objective/Teaching Questions

Can the student balance on his/her right foot with hands at their sides for five seconds?

Can the student balance on his/her left foot with hands at their sides for five seconds?

Can the student balance on his/her right foot with hands out to the side for five seconds?

Can the student balance on his/her left foot with hands out to the side for five seconds?

Can the student balance on his/her right or left foot with hands out for a long period of time?

Can the student balance on his/her right foot with hands out in front of them for five seconds?

Can the student balance on his/her left foot with hands out in front of them for five seconds?

Can the student balance on his/her right or left foot with hands out in front for a long period of time?
Can the student balance on his/her right or left foot with their hands held over their shoulders for five seconds?

Can the student balance on his/her right or left foot with their hands held over their shoulders for a long period of time?

Can the student balance on his/her right or left foot in the methods as mentioned before with eyes closed for five seconds and or for a long period of time?

Course Content

Right foot like the number one.

Left foot like the number one.

Right foot like the lower case letter "t".

Left foot like the lower case letter "t".

Right foot like a mummy.

Left foot like a mummy.

Same as above with eyes closed.

Skilled Enhanced

The student is to remain balanced in their own self space not being too close to their classmate, mainly for safety reason.

The student is remain balanced on a line in their own self space.

The student is to remain balanced on a lower balance beam with a spotter near.

The student is to remain balanced on a lower balance beam without a spotter near.

The student will balance on his/her right foot for five seconds with their hands at their sides.

The student will balance on his/her left foot for five seconds with their hands at their sides.

The students will balance on his/her right for a long period of time with their hands out to their sides.

The students will balance on his/her left foot for a long period of time with their hands out to their sides.

The students will balance on his/her right or left foot for five seconds with their hands at their sides.

The students will balance on his/her right foot with their hands in front of them for five seconds.

The students will balance on his/her left foot with their hands in front of them for five seconds.

The students will balance on his/her right foot with their hands in front of them for a longer period of time.

The students will balance on his/her left foot with their hands in front of them for a longer period of time.

The students will balance on his/her right foot with their hands held above their shoulders for five seconds.

The students will balance on his/her left foot with their hands held above their shoulders for five seconds.

The students will balance on his/her right foot with their hands held above their shoulders for a long period of time.

The students will balance on his/her left foot with their hands held above their shoulders for a long period of time.

The student will balance on his/her right and left foot in the methods as mentioned before with eyes closed for five seconds and for a longer period of time.

2nd - 5th Grade

Team Building/ Cooperative Games

Objective/Teaching Questions

Why is teamwork important?

What does cooperating do to the ultimate goal of the group?

If the group does not succeed in a challenge, does this mean group failure?

How does cooperative learning?

Course Content

Students will be given tasks, rules, and consequences.

Students will learn to work together, have fun together and accomplish goals together.

Students will interact and be involved with each other and individuals in the group.

Students will learn to depend on each other in order to reach their goal.

Students learn teamwork, failure, to reorganize, persevere, brainstorm solutions, work together to develop a plan, listen to others, praise and encourage team members.

Skills Enhanced

Student takes a lead role or supportive role.

Listening, lend praise, encourage teammates.

All challenges are physical provide opportunities to communicate, listen, make decisions, take risks, and resolve conflicts.

Swimming

Objective/Teaching Questions

Why do I need to know how to swim?

What are the correct arm and leg positions for each swim stroke?

What can you do to swim faster?

Course Content

Review front crawl, backstroke, breaststroke, and treading water.

Moving across pool using just your arms, legs, straight legs only, bending legs at the knee, dog paddle, breast stroke, and treading water for a certain amount of time.

Skills Enhanced

Demonstrate basic swim strokes (crawl, back, and breast)
Demonstrate proper breathing techniques.
Explore different movements.

Review - Throwing/Catching/Dodging

Objective/Teaching Questions

What sports use throwing and catching as essential skill?
What is agility?
How does dodging work on agility?

Course Content

Demonstrate proper throwing techniques.
Students learn different games that have throwing and catching as major skill.
Students learn to move safely around in a large space without coming in contact with other students.

Skills Enhanced

Students will learn to hold the ball above their elbows high.
Students will point with the opposite hand at the target, while stepping with the same (opposite foot). Students will learn opposition and transfer of weight while learning how to throw.
Students will learn to dodge many different ways and learn to change direction quickly.

Listening and Following Direction Relays

Objective/Teaching Questions

Can students listen to a set of instructions, comprehend and execute the relays correctly?
Can students demonstrate various loco-motor movement patterns in relay race style?
Can students stay on task even when not do the physical?
Can the students at the end of activity, discuss and possibly explain the value of the races either one race or all combined?

Course Content

Listening and following directions.
Demonstrate various basic loco-motor movement patterns.
Demonstrate teamwork and cooperation skills.

Skills Enhanced

Running, jogging, skipping, galloping, back pedal, side shuffle, grapevine, crab walk, bear crawl, jumping, hopping, leaping, agility, speed, jumping jack, crunches.

Review - Striking Skills

Objective/Teaching Questions

How is the striking surface essential to where the ball will go?
How does striking a ball with a bat, paddle, racquet relate to sports you are familiar with?

Course Content

Students will experience a number of different striking skills and equipment.
Students will see how different sizes of balls and different striking equipment produces different results.

Skills Enhanced

Each day students will go to a number of stations. At the end of the unit the students will apply their striking skills in a game.(How Far with batting tees, a beach volleyball game, foam ball and low tennis net)
Foam Ball and Paddle / Batting tee and ball / Badminton racquet and birdie / Balloons and beach balls.

Soccer

Objective/Teaching Questions

Will the student be successful dribbling the ball?
Will the student be successful kicking the ball?
Will the student be successful in trapping the ball?
Will the student be successful in shooting the ball?
Will the student be successful in passing the ball?

Course Content

Trapping / Passing / Dribbling / Shooting

Skills Enhanced

Passing the ball back and forth with a partner using both inside and the outside of the foot.
Passing and trapping the ball back and forth with a partner.
Dribbling the ball in and out of cones using the inside and outside of the foot.

Ultimate

Objective/Teaching Questions

Will student become successful throwing various balls and Frisbee?
Will the student become successful catching various objects?
Will the student understand the concepts of man to man defense/
Will the student understand the rules of the game?

Course Content

Fundamental skills of throwing and catching objects.
Using skills with a partner.
Applying the skills successfully in a game.
Use several types of balls including: small gator skin ball, football, large gator skin ball, and Frisbee.

Skills Enhanced

Throwing a ball using the overhead, sidearm, and underhand throw.
Catching the ball with thumbs together when the ball is caught above the waist.
Catching the ball with pinkies together when the ball is caught below the waist.
Throwing the ball to a moving target. Catching the ball while moving.
Transition quickly and using deceptive motion offense and good defensive skills while on defense.

Review - Balls and Paddles

Objective/Teaching Questions

Does the student demonstrate the ability to balance a ball on a paddle for at least five seconds?
Does the student demonstrate the ability to execute various hitting motions, utilizing hand-eye coordination?
Does the student demonstrate the ability to use teamwork with another student rolling an object back and forth to each other?

Course Content

Students demonstrate the ability to balance a ball on their paddle.
Students demonstrate the ability to hit a ball on the ground (downs, dribbling).
Students demonstrate the ability to hit a ball high (ups).
Students demonstrate the ability to roll a ball on the floor, keeping the ball under control ("walking the dog"). Walk the dog following the lines of the floor.
Students demonstrate the ability to hit a ball in succession against the wall.

Skills Enhanced

Balancing a ball on the paddle.
Balancing the ball while moving across the floor.
Hit the ball up in the air, one time, and then when comfortable, in succession.
Hit the ball up and let it hit the floor and then up again.
Hit the ball down into the ground, one time, and then comfortable, in succession.
Roll the ball with the paddle around the gym floor. Follow the lines on the floor with the ball, rolling the ball on the lines ("walk the dog").
Roll the ball back and forth with a partner.

Hit the ball as far as you can.

Hit the ball as high as you can.

If the student has the skills they can try hitting the ball back and forth with a partner or against the wall alternating with your partner.

Jump Roping

Objective/Teaching Questions

How does exercise affect your body?

How does exercise make you feel?

Why do people jump rope?

How many different ways can you jump rope by yourself, or with a partner?

Why do you need to work well in a group setting?

Course Content

Introduce the 19 tricks (double jumps, single jumps, skier, bell, etc.).

Jump Rope games (rattail, helicopter around the world, school, jump the brook).

Partner Games (routines, contests, "Double Dutch").

Skills Enhanced

Demonstrate hand/eye and foot/eye coordination, rhythm, endurance, cardiovascular endurance, and creativity. Establish an understanding of the importance of cooperation with peers through partner and group routines.

Practice the rhythm of jumping single and double-timed.

Practice the arms position at the wait without a rope.

Practice the tricks without the rope first to see if you can get the timing and coordination before you add the rope.

Bowling

Objective/Teaching Questions

How important is it to develop and maintain a healthy mind and body?

Does your interest in sports and leisure activities reinforce the possibility of having a healthy life?

How can lifetime sports contribute to your overall wellbeing?

Course Content

Learn the required skills of coordination, timing, and concentration.

Increase the confidence level through participation and mastery of new games.

Introduction to the sport.

Skills Enhanced

Vocabulary words are introduced. Students view bowling lane pictures, score sheets.

Learn how to score with spares and strikes the score sheets to keep track of scores.

Introduce and review bowling basics (holding the ball, delivery, the footwork, and rotation within a group).

Review - Balls and Scoops

Objective/Teaching Questions

Will students be able to handle the scoops with their dominate hand, and possibly a little with their non-dominate hand?

Will the students be able to catch a underhand or overhand throw with their scoop with or without a bounce?

Will students be able to throw underhand or overhand with their scoop (dominate hand)?

Course Content

Throwing against the wall underhand/overhand and catching after one bounce.

Throwing against the wall underhand/overhand and catching without a bounce.

Throwing underhand to a partner, partner catching after a bounce.

Throwing overhand to a partner, partner catching without a bounce.
Throwing for accuracy.
Throwing for distance.

Skills Enhanced

Eye/hand coordination, throwing and catching.

Basketball

Objective/Teaching Questions

Can the student dribble the basketball using both the left and right hands equally?
Can the student make an effective chest pass?
Can the student make an effective bounce pass?
Can the student get into and understand the triple-threat position?
Can the student effectively shoot the basketball?
Can the student participate in a three vs. three basketball game understanding the rules?

Course Content

Dribble the basketball up and down the court using both right and left hands.
Students will learn different ball handling skills such as: spider, figure 8's, behind the back and between the legs.
Work with a partner using bounce and chest pass.
Start off each dribble in the triple threat position and end each dribble with a jump stop and triple threat.
Shooting the basketball into the basket.
Shoot lay-ups from both the right and left side of the basket.
Shooting the basketball into the basket.
Playing 3 vs. 3 basketball games using man-man defense.

Skills Enhanced

Dribbling with the left and right hands separately without looking at the basketball.
Dribbling the ball high, medium, and low with the left and right hands.
Passing using all different techniques.
Shooting Baskets set for different skill levels (set from 8ft, 9ft., 10ft.,).
Students will learn how to jump stop on command and go into triple-threat position.
Shooting a lay-up from the right and left side of the basket.
Shooting to the basket using good technique from 15ft. and closer.
Good footwork in defense and stay between your man and the basket.

3 on 3 Basketball Tournament

Objective/teaching Questions

Can the student using all learn activities in the basketball unit and incorporate in a game?

Course Content

3 on 3 basketball games using basketball rules.

Skills Enhanced

All basketball skills learn in basketball unit and following directions.

Kickball

Objectives/Teaching Questions

Do the students understand the rules of kickball, that are similar to softball?
Do the students understand base running?
Do the students understand the difference between a tag, and a force play?
Do the students understand tagging up?
Do the students understand the no bunt rule?

Course Content

Visiting Team kick first. Home team kicks second and last if needed.
Students in proper fielding positions defensively.
Students learn to play toward common goals.

Skills Enhanced

Kicking.
Fielding.
Base running.

Fitness Assessment

Objectives/Teaching Questions

How can I assess my fitness level?
How do I define cardiovascular fitness?
How do I define muscular strength and endurance?
How do I define flexibility?
What is the difference between skills based and health based fitness?
How has my fitness level changed during the past 6 months?
What have I done to improve my fitness level?
What can I do in the next 6 months to enhance my fitness level?

Course Content

Students will learn the proper techniques to performing push –ups, curl-ups with the assistance of a partner.
The partner will evaluate the body position of their teammate and help them maintain the correct position throughout the exercise.
Students will complete a battery of health based fitness assessments, which have been defined and reviewed throughout physical education department.

Skills Enhanced

Students will work in small groups to learn the exercise techniques and evaluation process.
Students will work in small groups to assess individual fitness levels under the supervision of instructors.
Students will take a personal role in the assessment process and the evaluation of a partner.

Hula Hoops

Objective/Teaching Questions

Will students be able to focus on timing?
Will the students be able to focus on coordination?
Will the students be able to focus on skill building?

Course Content

Section One – timing and coordination.
Section Two – balance and movement.
Section Three – hoop and ball games.

Skills Enhanced

Timing – relates to rhythm as needed in ball movement and ball skills.
Students will roll the hula-hoop across the floor and time their catches or try to run through the hula-hoop.
Coordination- is an overall description of person's ability to combine movements of any kind.
Students will work on the waist rotation and leg movement.

Group Activities

Objective/Teaching Questions

Why are group games important?
How do group games relate to life skills/
What is the impact on the overall success of a team if the group does not cooperate?

Course Content

Dodge Ball Games
Cooperative Games (stepping stones, team spelling, Alphabet Balance Beam)
Teamwork
Sportsmanship
Skills Enhanced
Throwing, catching, dodging.
Strategies
Following Rules
Establish an understanding of working in a group towards a common goal.

Basic Tumbling

Objective/Teaching Questions

Can students do various animal walks?
Can students do various balancing challenges?
Can students transfer their weight and show flexibility?
Can students roll various ways under control?
Can students do springing and landing activities under control?

Course Content

The students will be able to demonstrate various animal walks, with sounds.
The students will be able to demonstrate various methods of balancing.
The students will be able to demonstrate various bridging methods.
The students will be able to demonstrate various methods of transferring their weight and demonstrating flexibility.
The students will be able to demonstrate rolling: sideways, forward, and possibly backwards.
The students will be able to demonstrate springing up into the air and landing under control.

Skills Enhanced

Puppy Run/ Crocodile Crawl/ Egg Roll/ Balancing pretending to be on a balance beam
Cat-walk/ Gorilla Walk/Log Roll/ Back Roll progression/Backward Roll progression
Injured Dog Walk / Elephant Walk/Statue Roll/ Tip up and tripod progression
Bear Crawl / Leap Frog/Toe Touch Balance
Donkey Walk/ Inch Worm/ Balance on one foot, balance on the other
Camel Walk/ Chicken Walk/Forward roll progression/ Bird Dog Balance/Two foot sit balance
Kangaroo Hop/ Small Person Walk/Balance on one foot and one hand switching.

Review Batting Tee Activities

Objective/teaching Questions

Can Students grip the bat correctly?
Can Students show the proper stance?
Can students show the correct bat position in the pre-swing posture?
Can students run to designated bases and back to the tee?
Can students show the correct arm extension?
Can students throw the ball in the favorable direction?
Can Students show the correct follow through at the end of their swing?

Course Content

The students will be able to demonstrate the proper grip.
The students will be able to demonstrate the basic stance.
The students will be able to demonstrate the proper running base to base approach.

Skills Enhanced

Hand/eye coordination.
Gripping of the bat.
Continue swing development from: stance, coil, stride, pivot and swing.

Volleyball

Objective/Teaching Questions

Will the students become successfully keeping the ball in play?
Will the students successfully attack the ball over the net?
Will the students demonstrates that they can successfully serve the ball over the net?

Course Content

Fundamental skills – Learn the skills of volleyball hitting the ball successfully over the net.
Using the skills by one-self and with a partner.
Learn how to use the rally score.

Skills Enhanced

Forearm passing
Setting
Underhand serving
Overhand Serving
Footwork Passing
Footwork for Spiking
Spiking
Passing

Wiffle Ball

Objective/Teaching Questions

How do proper throwing and catching techniques enhance my performance during a game?
Do all students know the proper batting mechanics?
Do all the students know the rules of the game?
How is teamwork demonstrated defensively?
How is teamwork demonstrated offensively?
How do my individual skills contribute to the overall success of my team?

Course Content

Proper glove work.
Throwing and catching techniques.
Hitting / Situations / Strategies / Base running

Skills Enhanced

Catching balls above the waist with fingers up/ catching the ball below the waist fingers down.
Throwing positions.
Fundamentals of hitting and of their hand /eye coordination.
Situations of the games with base runners involved.
Tagging up on fly balls. Force outs.

Badminton

Objective/Teaching Questions

Will the students be able to execute the short and long serve?
Can the students return the two different service types?
Will the students be able to apply the rules in a game situation?

Course Content

Racquet control drills.
The underhand and overhand patterns.
Court positioning.
Speed and Height of the flight of the bird.
Finesse.

Skills Enhanced

The grip / stance.
Net touch shots-drops and hairpins
Clears (underhand and overhands).
Short and long serves.
Smashes and drop shots.
Down the lines and cross court shots.
Scoring / Strategies

Singles shuttles, King & Queen of the Court, Doubles Round Robin competitions

Softball

Objective/Teaching Questions

How do proper throwing and catching techniques enhance my performance during a game?

How is teamwork demonstrate defensively?

How is teamwork demonstrate offensively?

How do my individual skills contribute to the overall success of my team?

Course Content

Proper glove work.

Throwing and Catching

Fielding / Hitting

Situations / Strategies

Base Running

Skills Enhanced

Catching the ball above the waist with fingers up and below the waist with fingers down.

Throwing positions/Fundamentals of Hitting/Game Situations/Base Running.

Flag Football

Objective/teaching Questions

Will the student be able to throw the football?

Will the student be able to catch the football?

Will the student be able to understand the rules of the game of flag football?

Will the student be able to block legally in flag football?

Will the student be able to tackle legally in flag football?

Will the student be able to understand the importance of passing patterns?

Will the students be able to differentiate between a hand of, lateral, shuffle pass, and pass?

Will the student be able to appreciate the game of flag football and the differences between it and football?

Course Content

Kicking-off and punting, receiving kick off and punts.

Offense passing patterns, handoffs, and lateral options, huddle, pulling flags.

Defensive line and secondary run and pass coverage, defensive huddle, pulling flags.

Skills Enhanced

Throwing / Passing / Catching / Kicking / Punting / Blocking / Creative plays Pulling flags / Rules / Pass Patterns / Tackling

6th - 8th Grade

Team Building/

Cooperative Games

Objective/Teaching Questions

Why is teamwork important?

What does cooperating do to the ultimate goal of the group?

If the group does not succeed in a challenge, does this mean group failure?

How does cooperative learning?

Course Content

Students will be given tasks, rules, and consequences.

Students will learn to work together, have fun together and accomplish goals together.

Students will interact and be involved with each other and individuals in the group.

Students will learn to depend on each other in order to reach their goal.

Students learn teamwork, failure, to reorganize, persevere, brainstorm solutions, work together to develop a plan, listen to others, praise and encourage team members.

Skills Enhanced

Student takes a lead role or supportive role.
Listening, lend praise, encourage teammates.
All challenges are physical provide opportunities to communicate, listen, make decisions, take risks, and resolve conflicts.

Swimming

Objective/Teaching Questions

Why do I need to know how to swim?
What are the correct arm and leg positions for each swim stroke?
What can you do to swim faster?

Course Content

Review front crawl, backstroke, breaststroke, and treading water.
Moving across pool using just your arms, legs, straight legs only, bending legs at the knee, dog paddle, breast stroke, and treading water for a certain amount of time.

Skills Enhanced

Demonstrate basic swim strokes (crawl, back, and breast)
Demonstrate proper breathing techniques.
Explore different movements.

Review - Throwing/Catching/Dodging

Objective/Teaching Questions

What sports use throwing and catching as essential skill?
What is agility?
How does dodging work on agility?

Course Content

Demonstrate proper throwing techniques.
Students learn different games that have throwing and catching as major skill.
Students learn to move safely around in a large space without coming in contact with other students.

Skills Enhanced

Students will learn to hold the ball above their elbows high.
Students will point with the opposite hand at the target, while stepping with the same (opposite foot). Students will learn opposition and transfer of weight while learning how to throw.
Students will learn to dodge many different ways and learn to change direction quickly.

Running Conditioning

Objective/Teaching Questions

Can students listen to a set of instructions, comprehend and execute the relays correctly?
Can students demonstrate various loco-motor movement patterns in relay race style?
Can students stay on task even when not do the physical?
Can the students at the end of activity, discuss and possibly explain the value of the races either one race or all combined?

Course Content

Listening and following directions.
Demonstrate various basic loco-motor movement patterns.
Demonstrate teamwork and cooperation skills.

Skills Enhanced

Running, jogging, skipping, galloping, back pedal, side shuffle, grapevine, crab walk, bear crawl, jumping, hopping, leaping, agility, speed, jumping jack, crunches.

Soccer

Objective/Teaching Questions

- Will the student be successful dribbling the ball?
- Will the student be successful kicking the ball?
- Will the student be successful in trapping the ball?
- Will the student be successful in shooting the ball?
- Will the student be successful in passing the ball?
- Does the student understand basic offensive and defensive strategies?

Course Content

- Trapping / Passing / Dribbling / Shooting
- Playing 3 on 3 on a small field: no goalies.
- Playing on a full field 11 on 11.
- Playing indoor speed soccer, utilizing line changes and indoor rules and strategies.

Skills Enhanced

- Passing the ball back and forth with a partner using both inside and the outside of the foot.
- Passing and trapping the ball back and forth with a partner.
- Dribbling the ball in and out of cones using the inside and outside of the foot.
- Dribbling using both feet, changing directions and changing speed.
- Demonstrating foot trap. Knee trap, chest trap.

Tennis

Objective/Teaching Questions

- Does your body position matter when you're hitting the ball?
- What is the importance of moving your feet?
- What can you do to hit the ball harder?
- What can you do to hit the ball softer?
- What can you do to hit a ball high in the air?

Course Content

- Introduce the various tennis strokes (fore-hand, backhand, serve, volley, overhead and lob).
- Discuss tennis vocabulary (love, deuce, ad in, ad out, no ad, let, alley, service box).
- Discuss scoring (game, set, tie-breaker).
- Play lead up games ("Around the World," "Clean Winner," Challenge, Shuttles).
- Play singles / Play doubles / Play a class tournament.

Skills Enhanced

- Warm-up session
- Forehand and Backhand
- Review grip, stance, follow through.
- Practice hitting 50 ups on racket, three ups and hit over net (baseline, volley, overhead)
- Practice hitting 50 downs on racket.
- Practice hitting 50 alternates on racket.
- Stand behind service line, place 10 forehands and 10 backhands into play over the net without miss.
- With a partner, rally at least 5 times each, one bounce only, down-the-line, using just a forehand, then only a backhand.
- Serve.
- Review grip, stance, and racket motion.
- Against the fence, hit 15 consecutive serves.
- Serve 5 balls into the right service court.
- Serve 5 balls into the left service court.
- Volley
- Review stance, grip, racket motion
- Volley 10 out of 15 balls tossed alternately to your forehand and backhand sides.
- With a partner, volley 10 times each.
- Overhead Review and use same drill as Volley.
- Lob Review and use same drill as Volley.

Ultimate Frisbee

Objective/Teaching Questions

- Will student become successful throwing various balls and Frisbee?
- Will the student become successful catching various objects?
- Will the student understand the concepts of man to man defense/
- Will the student understand the rules of the game?
- Will the students understand the concepts of open space and how to get open?

Course Content

- Fundamental skills of throwing and catching objects.
- Using skills with a partner.
- Applying the skills successfully in a game.
- Use several types of balls including: small gator skin ball, football, large gator skin ball, and Frisbee.

Skills Enhanced

- Throwing a ball using the overhead, sidearm, and underhand throw.
- Catching the ball with thumbs together when the ball is caught above the waist.
- Catching the ball with pinkies together when the ball is caught below the waist.
- Throwing the ball to a moving target. Catching the ball while moving.
- Transition quickly and using deceptive motion offense and good defensive skills while on defense.
- Teach how to move without the ball.
- Transition quickly form offense to defense and vice versa.

Advance / Speed -Jump Roping

Objective/Teaching Questions

- How does exercise affect your body?
- How does exercise make you feel?
- Why do people jump rope?
- How many different ways can you jump rope by yourself, or with a partner?
- Why do you need to work well in a group setting?

Course Content

- Introduce the several jumps (double jumps, single jumps, skier, bell, etc.).
- Interval Training
- Speed Drills / Conditioning Drills

Skills Enhanced

- Demonstrate hand/eye and foot/eye coordination, rhythm, endurance, cardiovascular endurance, and creativity.
- Practice the rhythm of jumping single and double-timed.
- Practice the arms position at the wait without a rope.
- Practice the tricks without the rope first to see if you can get the timing and coordination before you add the rope.

Bowling

Objective/Teaching Questions

- How important is it to develop and maintain a healthy mind and body?
- Does your interest in sports and leisure activities reinforce the possibility of having a healthy life?
- How can lifetime sports contribute to your overall wellbeing?

Course Content

- Learn the required skills of coordination, timing, and concentration.
- Increase the confidence level through participation and mastery of new games.

Skills Enhanced

- Introduce and review bowling basics (holding the ball, delivery, the footwork, and rotation within a group).

Basketball

Objective/Teaching Questions

Can the student dribble the basketball using both the left and right hands equally?
Can the student make an effective chest pass?
Can the student make an effective bounce pass?
Can the student get into and understand the triple-threat position?
Can the student effectively shoot the basketball?

Course Content

Dribble the basketball up and down the court using both right and left hands.
Students will learn different ball handling skills such as: spider, figure 8's, behind the back and between the legs.
Work with a partner using bounce and chest pass.
Start off each dribble in the triple threat position and end each dribble with a jump stop and triple threat.
Shooting the basketball into the basket.

Skills Enhanced

Dribbling with the left and right hands separately without looking at the basketball.
Dribbling the ball high, medium, and low with the left and right hands.
Passing using all different techniques.
Shooting Baskets set for different skill levels (set from 8ft, 9ft., 10ft.,).
Students will learn how to jump stop on command and go into triple-threat position.

Hula Hoops

Objective/Teaching Questions

Will students be able to focus on timing?
Will the students be able to focus on coordination?
Will the students be able to focus on skill building?

Course Content

Section One – timing and coordination.
Section Two – balance and movement.
Section Three – hoop and ball games.

Skills Enhanced

Timing – relates to rhythm as needed in ball movement and ball skills.
Students will roll the hula-hoop across the floor and time their catches or try to run through the hula-hoop.
Coordination- is an overall description of person's ability to combine movements of any kind.
Students will work on the waist rotation and leg movement.

Grade Level - Group Activities

Objective/Teaching Questions

Why are group games important?
How do group games relate to life skills/
What is the impact on the overall success of a team if the group does not cooperate?

Course Content

Dodge Ball Games
Cooperative Games (stepping stones, team spelling, Alphabet Balance Beam)
Teamwork
Sportsmanship

Skills Enhanced

Throwing, catching, dodging.
Strategies
Following Rules
Establish an understanding of working in a group towards a common goal.

Volleyball

Objective/Teaching Questions

Will the students become successfully keeping the ball in play?
Will the students successfully attack the ball over the net?
Will the students demonstrate that they can successfully serve the ball over the net?
Will the students demonstrate proper footwork while moving to play the ball?

Course Content

Fundamental skills: passing, setting, serving, digging, hitting, blocking.
Learn the skills of volleyball hitting the ball successfully over the net (one, two and three contacts).
Using the skills by one-self and with a partner.
Learn how to use the rally score and proper rotation.

Skills Enhanced

Forearm passing
Setting
Underhand serving
Overhand Serving
Footwork Passing
Footwork for Spiking
Footwork for forearm passing and digging
Spiking
Passing
Blocking

Flag Football

Objective/teaching Questions

Will the student be able to throw the football?
Will the student be able to catch the football?
Will the student be able to understand the rules of the game of flag football?
Will the student be able to block legally in flag football?
Will the student be able to tackle legally in flag football?
Will the student be able to understand the importance of passing patterns?
Will the students be able to differentiate between a hand of, lateral, shuffle pass, and pass?
Will the student be able to appreciate the game of flag football and the differences between it and football?

Course Content

Kicking-off and punting, receiving kick off and punts.
Offense passing patterns, handoffs, and lateral options, huddle, pulling flags.
Defensive line and secondary run and pass coverage, defensive huddle, pulling flags.

Skills Enhanced

Throwing / Passing / Catching / Kicking / Punting / Blocking / Creative plays Pulling flags / Rules / Pass Patterns / Tackling.

Badminton

Objective/Teaching Questions

Will the students be able to execute the short and long serve?
Can the students return the two different service types?
Will the students be able to apply the rules in a game situation?

Course Content

Racquet control drills.
The underhand and overhand patterns.

Court positioning.
Speed and Height of the flight of the bird.
Finesse.

Skills Enhanced

The grip / stance.
Net touch shots-drops and hairpins
Clears (underhand and overhands).
Short and long serves.
Smashes and drop shots.
Down the lines and cross court shots.
Scoring / Strategies
Singles shuttles, King & Queen of the Court, Doubles Round Robin competitions

Fitness Assessment

Objectives/Teaching Questions

How can I assess my fitness level?
How do I define cardiovascular fitness?
How do I define muscular strength and endurance?
How do I define flexibility?
What is the difference between skills based and health based fitness?
How has my fitness level changed during the past 6 months?
What have I done to improve my fitness level?
What can I do in the next 6 months to enhance my fitness level?

Course Content

Students will learn the proper techniques to performing push -ups, curl-ups with the assistance of a partner.

The partner will evaluate the body position of their teammate and help them maintain the correct position throughout the exercise.

Students will complete a battery of health based fitness assessments, which have been defined and reviewed throughout physical education department.

Skills Enhanced

Students will work in small groups to learn the exercise techniques and evaluation process.
Students will work in small groups to assess individual fitness levels under the supervision of instructors.
Students will take a personal role in the assessment process and the evaluation of a partner.

Softball

Objective/Teaching Questions

How do proper throwing and catching techniques enhance my performance during a game?
How is teamwork demonstrate defensively?
How is teamwork demonstrate offensively?
How do my individual skills contribute to the overall success of my team?

Course Content

Proper glove work.
Throwing and Catching
Fielding / Hitting
Situations / Strategies
Base Running

Skills Enhanced

Catching the ball above the waist with fingers up and below the waist with fingers down.
Throwing positions.

Fundamentals of hitting.
Situations of the game
Base Running

Conditioning

Objectives/Teaching Questions

Why is it important for students to be able to describe a piece of strength conditioning and fitness conditioning equipment?

Why is it important for students to be able to describe what muscle or muscle are isolated, and how strengthening this muscle will improve skill performance?

Course Content

Knowledge of names of muscles and their function.

Weight room with fitness equipment.

Human body muscle chart.

Skills Enhanced

Cardiovascular system

Fitness level

Endurance level

Self -Esteem increased

Confidence.