

Grade Level:		4th/5th/6th				
Subject/Course:		Physical Education				
Month/ Quarter	Topic	Standards	Skills	Resources/Materials/ Activities	Key Terminology	Assessments
1st Quarter	Introductory Activities/Review Rules and Expectations		Students will be acquainted with PE rules and safety expectations. All students will start to become familiar with procedures, functions and expectations of the physical education classroom.	Class rosters, P.E. rules	Line up on the line, squad spots, zero, pre-activity exercises	Daily visual assessments
1st Quarter	Bocce Ball	19.B.2, 21.A.2a, 21.B.2	Students will be able to identify origin, history and terminology of sport. Students will also be able to demonstrate proper throwing techniques and will be able to calculate general scoring for the game.	10 Bocce ball sets. Groups of four competitions.	Closest to the ball, mark off distance, touch.	Visual and Questioning
1st Quarter	Frisbee	19.C.2a, 19.C.2b, 20.A.2b	Students will understand proper grip, footwork and release/follow through for throwing Frisbees. Ability to accurately throw Frisbees at identified targets. Game and scoring will be learned.	Partner passing, Frisbee horseshoes. 25 frisbee, 20 cones	Wrist flick, follow through, soft hands.	Visual and Questioning
1st Quarter	FALL Physical Fitness Pre-Testing	20.A.2b, 20.B.2a, 20.C.2a, 23.B.2	All students will participate and learn the components of health-related fitness through the Presidential Physical Fitness test	Push up testers, pull up bar, four erasers, stop watch, marking flags. 1/4 mile, 1/2 mile, 1 mile, push ups, sit ups, pull ups, shuttle run, sit and reach, v sit.	Run through the line, break 90, pace, speed, agility.	Fitness Test and Percentile Chart

1st Quarter	Punt, Pass & Kick	19.A.2, 19.B.2, 19.C.2a, 19.C.2b	<p>Students will be able to identify the anatomy of the football.</p> <p>Passing- how to grip; how to step; how to release; and follow through.</p> <p>Punting – how to hold ball, 3 step approach; drop and kick. Kicking – placement of ball on tee; part of ball to kick and what part of the foot to use; and approach.</p>	Measuring tape, 30 footballs, 10 tees. Competition, practice days.	Laces out, belly, seams, shoe laces, spiral.	Punt, Pass, and Kick Competition.
1st Quarter	Soccer	20.A.2b 21.A.2b	<p>Students will learn and understand the fundamentals of: 1 touch and 2 touch passing; trapping; in-step and out-step dribbling; shoelace shooting; field markings; and rules & game play.</p>	Partner passing, Circle drill, juggling, personal drills, and team play. 25 soccer balls, 25 pinnies.	Call for the ball, man on, 1 touch, 2 touch, in step, out step, laces hit, find corners.	Visual and Questioning
2nd Quarter	Speedball	19.C.3b, 21.S.2a, 21.B.2	<p>Students will grasp the concepts of: in-step/out-step dribbling; aerial dribbling; lead passing; court awareness; defending; scoring and sportsmanship.</p>	Team play focusing on offensive and defensive strategies with an emphasis on safety. 4 bouncing balls, 25 pinnies.	Aerial dribbles, move with out the ball, personal space.	Visual and Questioning
2nd Quarter	Elk's Hoop Shoot Contest	21.A.2a, 21.A.2c, 21.B.2	<p>Students will learn and understand the concepts of "BEEF" when shooting free</p>	Practice day, competition day. 8 basketballs, 6 hoops.	Balance, Eyes, Elbow, Follow Through	Competition results

			throws.			
2nd Quarter	Baggo	21A.2a, 21.A.2c, 21.B.2	Students will understand the official Baggo rules, scoring system, set-up, grip of beangag, stance, throw, and terminology.	10 Bago boxes, 20 bean bags. Group of 4 competitions	Bean bag spin, land soft, 2 if in 1 if on the board	Scoring
2nd Quarter	Blongo Ball	19.B, 21.A.2a	Students will learn the strategies, scoring, and technique of throwing the Blongo Balls.	10 Blongo stands, 20 balls. Group of 4 competitions	Backward spin, aim low.	Scoring
2nd Quarter	Rock Climbing	19.A.2, 19.C.2b	The students will learn how to traverse horizontally and climb the wall vertically. Pre climb strategy will be discussed to encourage a "game plan" before climbing a panel.	Climbing wall. Vertical climbs, horizontal climbs.	Traverse, vertical, horizontal	Visual and questioning
2nd Quarter	Volleyball	19.B.2, 21.A.2a, 21.A.2a, 21.A.2b	The students will learn the proper technique in bumping setting, and serving. Game play and strategies will be discussed.	30 Volleyballs, 8 nets, 8 standards, 4 beachballs. Partner passing, circle passing, serving, four square, and two team games.	Knees bent, flat forearms, finger tip touch, serving aim, mine.	Visual and questioning
3rd Quarter	Basketball	19.A.2, 19.B, 21.A, 21.B	The students will learn how to properly dribble, pass, and shoot the basketball. Emphasis will be placed on dribbling with their head up, passing with their thumbs down, and shooting with a follow through. Court lines and game rules will be taught and explained. Defensive keys and strategies will be explained.	Maravich Drills, Knock out, poison, partner passing. 3 on 3 game play. 25 basketballs, 6 hoops.	Eyes up, follow through, finger pads, thumbs down, man and basket, rebounding, baseline, sideline, 3 point line, free throw line, lane.	Visual assesments.

3rd Quarter	Floor Hockey	19.A.2, 19.B, 21.A, 21.B	The students will learn dribbling, forehand, backhand, slap shot, and wrist shot. They will also learn the principals of goalkeeping and game play.	Stick, puck, forehand, backhand, blade. Partner passing, circle game, 3 on 3 games.		
3rd Quarter	Bowling	19.B.2 21.A.2a	The students will be taught the pendulum swing, how to hold the ball, release, follow through, accuracy, balance, rotation, tempo steps and four-step delivery and scoring.	Pins, bowling balls and floor tape	3 Step approach, 10-pin progression	Visual & Questioning