

Parachute Play

1 week

PE 1.1, 1.2, 1.3, 1.6

Objectives	Methods	Resources	Assessment
<p>The students will</p> <ol style="list-style-type: none">1. demonstrate the proper grip-hold on the parachute.2. execute proper form of the basic skills.3. name and perform basic routines to music4. perform directional changes and hands off moves.5. use manipulatives with the parachute.	<ul style="list-style-type: none">- Discussion- Hands on activity- Demonstration of various skills	<ul style="list-style-type: none">- Parachute- Audio tape '<i>Parachute Play</i>'- Teacher made activity sheets	<ul style="list-style-type: none">- Observation of participation- Observation of skills

Team Activities

4 Weeks

PE 2.1, 2.4, 2.5, 2.6

Objectives	Methods	Resources	Assessment
<p>The students will</p> <ol style="list-style-type: none"> 1. exemplify teamwork. 2. respond appropriately to opposing conflict. 3. demonstrate various team games. 4. perform according to the rules of that particular game. 5. hold a hockey stick correctly. 6. make a goal using a hockey stick from 25 feet. 7. dribble a basketball with one hand while standing in one position. 8. pass a basketball to another player using the overhead pass or bounce pass. 9. roll a ball hitting a target 20 feet away. 10. hit and return a beach ball over a net. 	<ul style="list-style-type: none"> - Discuss - Demonstrate - Hands on activities - Visual aids 	<ul style="list-style-type: none"> - Activity sheets from <i>Movement and Games</i> - Teacher made lesson plans - Balls - Hockey sticks - Goals - Cones - Discs - Ropes - Rings - Bases 	<ul style="list-style-type: none"> - Student participation - Skills test - Sportsmanship - Student observation

Presidential Fitness Challenge

4 Weeks

2.2, 2.5, 2.6

Objectives	Methods	Resources	Assessment
The students will 1. explain the importance of the President's Fitness Program. 2. identify the events involved. 3. perform the events successfully.	<ul style="list-style-type: none">- Discussion- Demonstration- Talk the students through practice trials	<ul style="list-style-type: none">- <i>'Presidential Fitness Booklet'</i>- Cones- Pull up bar- Stop watch- Individual fitness logs.- Blocks- V-sit marker- Tape measure	<ul style="list-style-type: none">- Skills test- Time test

Walking & Running

1 Week

PE 2.1, 2.3, 2.5

Objectives	Methods	Resources	Assessment
<p>The students will</p> <ol style="list-style-type: none">1. demonstrate proper foot placement, posture, and arm swing.2. identify the basic parts of the foot and leg.3. improve their individual speed and endurance.4. practice proper breathing techniques.5. be knowledgeable of basic warm up stretches.6. perform a walk/run relay passing an object among team members.	<ul style="list-style-type: none">- Visual aids- Lecture- Demonstration	<ul style="list-style-type: none">- Cones- Stop watch- Diagrams of proper foot placement- Bases	<ul style="list-style-type: none">- Timed tests- Observation during activities- Participation- Students' effort put forth for improvements made

Tumbling

2 Weeks

PE 2.3, 2.5, 2.6

Objectives	Methods	Resources	Assessment
The students will 1. demonstrate balance and control while transferring weight to different body parts. 2. Have knowledge of the dynamics of the backward roll, cartwheel, and bridge. 3. describe safety precautions for the learned stunts. 4. perform basic stunts.	<ul style="list-style-type: none">- Lecture- Demonstration- Hands on activities- Visual aids	<ul style="list-style-type: none">- Mats- Balance beam- Balancing board- Tumbling posters- Mini tram	<ul style="list-style-type: none">- Class observation- Class discussion- Verbal review of terms and procedures

T Ball

3 Weeks

PE 2.1, 2.4, 2.5, 2.7

Objectives	Methods	Resources	Assessment
The students will 1. run bases in the correct sequence. 2. identify basic rules. 3. define basic terms. 4. throw a <i>Soft-T</i> softball 20 feet. 5. strike a stationary ball off of a tee. 6. catch a <i>Soft-T</i> softball with two hands. 7. participate in a T ball game with basic skills, knowledge, and understanding of the rules. 8. demonstrate base running strategy.	- Lecture - Demonstration - Hands on activities - Peer assisting - Visual aids	- Soft-T Softball - Batting tee - Bases - Bats - Dry erase board	- Base running drills - Student participation - Student conduct - Throwing, catching, and batting drills - Skill assessment test

Soccer Skills

3 Weeks

PE 2.1, 2.4, 2.5, 2.6, 2.7

Objectives	Methods	Resources	Assessment
The students will 1. define basic soccer terms. 2. differentiate between offense and defense positions. 3. demonstrate kicking, trapping, and dribbling. 4. participate successfully in a game. 5. exemplify knowledge of the basic rules. 6. kick a goal from 15 yards. 7. defend the goal.	- Demonstration - Hands on activities - Role Play - Visual aids - Lecture	- <u>Official Soccer Rule Book</u> - Soccer Balls - Cones - Bowling Pins - Dry erase board - Teacher made activity sheets	- Skills test - Question and answer session - Student participation - Student's ability to work as a team member

Manipulative Activities

4 Weeks

PE 2.1, 2.4, 2.5 2.6 2.7

Objectives	Methods	Resources	Assessment
The students will 1. demonstrate throwing, catching, kicking, striking, and rolling. 2. jump a swinging rope individually or in a group activity. 3. work together with others in a group setting. 4. strike a moving object with a paddle or racket. 5. participate in relays using sports equipment.	<ul style="list-style-type: none">- Demonstration- Hands on activities- Discussion	<ul style="list-style-type: none">- Teacher made activity sheets- Balls- Cones- Hoops- Jump ropes- Hockey Sticks- Beanbags- Rings- Stilts- Scooters	<ul style="list-style-type: none">- Student Participation- Student effort- Student conduct- Skills test

Gross Motor Skills

2 Weeks

PE 2.1, 2.5, 2.6, 2.7

Objectives	Methods	Resources	Assessment
The students will 1. demonstrate the vertical jump with feet together, forward jumps, and the standing broad jump. 2. jump successfully over a stationary object. 3. hop on one foot in place and traveling forward. 4. travel by skipping, galloping, and sliding. 5. differentiate between forward, backward, right, left, inside, and outside. 6. leap, alternating feet 7. move hands and feet at the same time in a sequence or pattern.	<ul style="list-style-type: none">- Lecture- Demonstration- Hands on Activities	<ul style="list-style-type: none">- Cones- Ropes- Balls- Teacher made activity sheets	<ul style="list-style-type: none">- Skill tests- Drills- Student observation- Student participation

Eye Hand & Eye Foot Coordination

3 Weeks

PE 2.1, 2.5, 2.6

Objectives	Methods	Resources	Assessment
The students will 1. perform basic eye hand coordination skills. 2. perform basic eye foot coordination skills. 3. catch large objects successfully. 4. toss objects using both or one hand. 5. kick stationary and moving objects. 6. define reaction time	<ul style="list-style-type: none">- Discussion- Demonstration- Hands on activities	<ul style="list-style-type: none">- Balls- Hoops- Bean Bags- Rings- Activity Sheets- Cones- Bases- Stop Watch	<ul style="list-style-type: none">- Observing students' progress- Verbal question and answer session- Student physical challenge drills

Cooperative Activities

3 Weeks

2.1, 2.2, 2.3, 2.4, 2.5, 2.4

Objectives	Methods	Resources	Assessment
The students will 1. relate to others. 2. exemplify positive socialization skills 3. interact well with their peers. 4. participate in group activities as a team member. 5. show forth a Christ like attitude 6. use problem solving techniques.	<ul style="list-style-type: none">- Lecture- Discussion- Visual aides- Demonstration	<ul style="list-style-type: none">- Worksheets by <i>SportTime Games</i>- Ropes- Balls- Rings- Beanbags- Discs- Hoops- Bowling pins- Cones	<ul style="list-style-type: none">- Student participation- Observation of group activities- Question and answer session

Aerobics

2 Weeks

PE 2.1, 2.2, 3.3, 2.5, 2.6

Objectives	Methods	Resources	Assessment
The students will 1. list the major parts of the body involved in aerobic activity. 2. locate their pulse 3. measure their pulse rate. 4. increase their cardiovascular and respiratory endurance. 5. identify basic healthy lifestyle habits. 6. accomplish a one mile walk/run. 7. maintain an aerobic activity for twenty minutes. 8. identify the three parts of a workout. 9. create a warm up stretch routine.	<ul style="list-style-type: none">- Audio visuals- Demonstration- Discussion- Hands on activities	<ul style="list-style-type: none">- Teacher made activity sheets- Audio tapes of various music- Jump ropes- Balls- Cones- Scooters- Mini trampoline- Stop watch	<ul style="list-style-type: none">- Class participation- Question and answer session- Students overall improvement in endurance measured by time