

Movement Skills

6 Weeks

PE 3.1, 3.2, 3.4, 3.5

Objectives	Methods	Resources	Assessment
The students will 1. balance objects with control while standing or moving 2. dodge or catch moving objects 3. toss objects using both or one hand 4. identify fundamental movements, which refine and simplify movement skills 5. develop movement patterns and combinations into sequences 6. throw, catch, kick, and strike using refined motor skills	<ul style="list-style-type: none">- Discussion- Demonstration- Hands on Activities	<ul style="list-style-type: none">- Cones- Balls- Activity sheets- Bases- Rings- Hoops	<ul style="list-style-type: none">- Observing students' progress- Verbal question and answer session- Student physical challenge drills

Presidential Fitness Challenge

2 Weeks

3.1, 3.2

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

Team Sports

12 Weeks

PE 3.1, 3.3, 3.4, 3.5, 3.6

Objectives	Methods	Resources	Assessment
The students will 1. demonstrate fundamental skills of individual and team sports 2. participate in sports of their choice and capabilities 3. understand various rules and regulations of a variety of sports 4. develop proficient motor skills 5. respond appropriately to opposing conflict 6. perform according to the rules of that particular game 7. hold a hockey stick correctly 8. make a goal using a hockey stick from 15 feet 9. dribble a basketball with one hand while standing in one position 10. pass a basketball to another player using the overhead pass or bounce pass 11. roll a ball hitting a target 15 feet away	<ul style="list-style-type: none">- Discuss- Demonstrate- Hands on activities- Visual aids	<ul style="list-style-type: none">- <u>Rules of Officiating</u>- 'PE Central'- 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

Group and Individual Activities

10 Weeks

PE. 3.1, 3.2, 3.4, 3.5

Objectives	Methods	Resources	Assessment
The students will 1. demonstrate a proficiency in the beginning fundamental skills of appropriate recreational activities 2. participate in various group and individual games 3. perform according to the rules of particular games 4. identify opportunities in their community for regular participation in physical activities 5. show a willing and positive attitude to participate in activities and games 6. identify potential risks associated with physical activities	<ul style="list-style-type: none">- Hands on activities- Discussion- Visual aides- Demonstration	<ul style="list-style-type: none">- Activity sheets from <u><i>Movement and Games</i></u>- Teacher made lesson plans- Balls- Hockey sticks- Goals- Rings- Discs- Cones- Ropes	<ul style="list-style-type: none">- Student participation- Skills test- Sportsmanship- Student observation

Aerobics

3 Weeks

PE 3.1, 3.2

Objectives	Methods	Resources	Assessment
The students will 1. list the major parts of the body involved in aerobic activity 2. measure their resting heart rate. 3. calculate the target zone 4. increase their cardiovascular and respiratory endurance 5. identify habits that affect the cardiovascular and respiratory systems 6. accomplish a one mile jog 7. maintain an aerobic activity for twenty minutes 8. identify and give an example of the three parts of a workout 9. perform continuous jump roping	<ul style="list-style-type: none">- Audio visuals- Demonstration- Discussion- Hands on activities- Exercise log	<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