

Team Sports

12 Weeks

PE 5.2, 5.3, 5.4, 5.5

Objectives	Methods	Resources	Assessment
The students will 1. demonstrate fundamental skills of individual and team sports 2. understand rules and regulations of a variety of sports 3. learn offensive and defensive skills of sports games 4. demonstrate good sportsmanship 5. understand that inappropriate actions can result in harm to themselves or others 6. show willingness to and enthusiasm in participation 7. demonstrate problem solving techniques and strategy skills in game situations	<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

Aerobics

3 Weeks

PE 5.1

Objectives	Methods	Resources	Assessment
The students will 1. identify major muscle groups involved in aerobic activity 2. measure their heart rate during physical activity 3. know the benefits and methods of achieving cardiovascular fitness 4. know the benefits and methods of achieving muscular fitness 5. recognize healthy habits that effect the cardiovascular and muscular systems 6. choose a lifestyle activity that helps to maintain and improve their aerobic fitness 7. know the benefits of warm-up exercises prior to and cool down exercises after physical activity 8. calculate their target zone	<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- <i>Lifestyle Aerobics</i>	<ul style="list-style-type: none">- Class participation- Question and answer session- Students overall improvement in endurance measured by time

Group and Individual Activities

10 Weeks

PE 5.4, 5.5

Objectives	Methods	Resources	Assessment
<p>The students will</p> <ol style="list-style-type: none"> 1. demonstrate a proficiency in motor skills for recreational activities 2. participate in various group and individual games 3. perform according to the rules of particular games 4. recognizes the benefits of recreational activity as a strategy for healthy lifestyle 5. show an awareness for playing safely 6. develop a desire for fair play 7. desire the observation of rules in both directed and non-directed activity 8. obtain knowledge and understanding of problem solving techniques 	<ul style="list-style-type: none"> - Discuss - Demonstrate - Hands on activities - Visual aids 	<ul style="list-style-type: none"> - Activity sheets from <u>Movement and Games</u> - 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

Movement Skills

6 Weeks

PE 5.1, 5.4

Objectives	Methods	Resources	Assessment
The students will 9. balance with control, various objects 10. demonstrate mature locomotor and non-locomotor skills 11. develop movement patterns and combinations into repeatable sequences 12. throw, catch, kick and strike using refined and mature motor skills 13. perform height and distance jumps with controlled landing	<ul style="list-style-type: none">- Demonstration- Discussion- Hands on activities	<ul style="list-style-type: none">- Balls- Hoops- Bean Bags- Rings- Activity Sheets- Cones- Bases- <i>'PE Central'</i> website- <u><i>PE in the Elementary School</i></u>	<ul style="list-style-type: none">- Observing students' progress- Verbal question and answer session- Student physical challenge drills

Presidential Fitness Challenge

2 Weeks

5.1

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	- Discussion - Demonstration - Talk the students through practice trials	- <i>'Presidential Fitness Booklet'</i> - Cones - Pull up bar - Stop watch - Individual fitness logs. - Blocks - V-sit marker - Tape measure	- Skills test - Time test