

LCES K-2 Physical Education

Physical Education

Grades K - 2

Course Overview

Primary Physical Education students will focus on the following units: Movement Exploration, Ball/Manipulative Skills, Dance/Rhythms, and Healthy Habits.

Scope and Sequence

Timeframe	Unit	Instructional Topics
Ongoing	Movement Exploration	<ol style="list-style-type: none"> 1. Personal Space/Spatial Awareness - PE.S2 2. Locomotor Movements - PE.S1 3. Chasing, Fleeing, Dodging - PE.S1 4. Low Organized Games - PE.S2 5. Yoga, Flexibility, Balancing - PE.S3 6. Recess Activities - PE.S5 7. Basic Jump Rope Skills - PES2.S3
Ongoing	Ball/Manipulative Skills	<ol style="list-style-type: none"> 1. Throwing - PES.2 2. Catching - PES.2 3. Striking - PES.2 4. Kicking - PES.2 5. Rolling - PES.2
Ongoing	Dance/Rhythms	<ol style="list-style-type: none"> 1. Dance - PE.S1 2. Rhythms - PE.S1 3. Parachute Activities - PE.S1 4. Lummi Sticks - PES1
Ongoing	Healthy Habits	<ol style="list-style-type: none"> 1. Personal Fitness (Components of Fitness) - PE.S3.S5 2. Alcohol, Tobacco, and Other Drugs Awareness -PE.S5 3. Nutrition - PE S3.S5

Students will be introduced to the dangers alcohol, tobacco, and other drugs can have on the body.

TOPIC: Nutrition [Ongoing -PE.S3.S5]

Learning Targets

Students will be introduced to proper food consumption through games and activities.

Students will be introduced to the food groups and healthy eating.

Course Details

UNIT: Movement Exploration -- [Ongoing - PE.S1.S2]

Description

The students will become familiar with movement skills through a variety of activities and low-organized games. Students will also become familiar with the concept of direction, personal space, and how these relate to safe movement.

TOPIC: Personal Space/Spacial Awareness [Ongoing - PE.S2]

Learning Targets

Students will identify their own personal space.

TOPIC: Locomotor Movements [Ongoing - PE.S1]

Learning Targets

Students will demonstrate the proper way to gallop.

Students will demonstrate the proper way to hop.

Students will demonstrate the proper way to jump.

Students will demonstrate the proper way to leap.

Students will demonstrate the proper way to run.

Students will demonstrate the proper way to skip.

Students will understand and attempt to demonstrate the proper way to slide.

TOPIC: Chasing, Fleeing, Dodging [Ongoing - PE.S1]

Description

Students will demonstrate chasing, fleeing, and dodging through a variety of games.

Learning Targets

Students will demonstrate chasing, fleeing, and dodging.

TOPIC: Low Organized Games [Ongoing - PE.S2]

Learning Targets

Students will demonstrate an understanding for low organized games by following 1-2 step directions.

TOPIC: Yoga, Flexibility, and Balancing [Ongoing - PE.S3]

Learning Targets

Students will be introduced to a variety of yoga poses

Tree

Mountain

Downward dog, upward dog

Child's pose

Warrior

Students will demonstrate a variety of balances.

Bean Bag

Static

Dynamic

Animal

Students will work with a partner cooperatively to perform balances and stretches

TOPIC: Recess Activities [Ongoing - PE.S5]

Learning Targets

Students will be introduced to and show an understanding for recess games.

TOPIC: Basic Jump Rope Skills [Ongoing - PES2.S3]

Description

This will be an introduction to short rope and long rope skills.

Learning Targets

Students will demonstrate the "turn it, see it, jump it" while using a short rope.

Students will explore jumping using a long rope.

Snakes

Mountains

Front Doors

Back Doors

Entering/Exiting Long Rope

UNIT: Ball/Manipulative Skills -- [Ongoing - PES2.S3]

Description

The students will be introduced to the key elements of different ball handling and manipulative skills.

TOPIC: Throwing [Ongoing -PES.2]

Learning Targets

Students will demonstrate an overhand throw using the correct form. (T, L, Step, Throw)

Students will demonstrate an underhand throw to a target using the correct form.

TOPIC: Catching [Ongoing - PES.2]

Learning Targets

Students will demonstrate catching an object using the correct form.

TOPIC: Striking [Ongoing - PES.2]

Learning Targets

Students will demonstrate making contact between a long-handled implement (tennis racquet, baseball bat, etc.) and another object (balloon, ball, etc.)

TOPIC: Kicking [Ongoing - PES.2]

Learning Targets

Students will demonstrate the proper way to kick a ball.

Students will demonstrate the proper way to punt a ball.

TOPIC: Rolling [Ongoing - PES.2]

Learning Targets

Students will demonstrate the proper way to underhand roll a ball.

UNIT: Dance/Rhythms -- Ongoing

Description

The students will be introduced to the key elements of different rhythms and movement patterns. They will incorporate this knowledge to perform rhythms with parachutes and lummi sticks.

TOPIC: Dance [Ongoing - PE.S1]

Learning Targets

Students will be introduced to and perform a variety of dances.

TOPIC: Parachute Activities [Ongoing - PE.S1]

Learning Targets

Students will be introduced to a variety of motor skills and movement patterns while using a parachute.

TOPIC: Lummi Sticks [Ongoing - PES1]

Learning Targets

Students will practice keeping rhythm with a specified song using lummi sticks.

UNIT: Healthy Habits -- Ongoing

Description

Students will be introduced to personal fitness, nutrition, alcohol, tobacco, and other drug awareness. These health concepts will be integrated into the curriculum through physical education activities.

TOPIC: Personal Fitness (Components of Fitness) [Ongoing - PE.S3.S5]

Learning Targets

Students will develop an understanding for the importance of keeping their bodies fit and healthy.

Students will participate in a variety of fitness challenges and activities.

TOPIC: Alcohol, Tobacco, and Other Drugs Awareness [Ongoing - PE.S5]

Learning Targets

Students will be introduced to the dangers alcohol, tobacco, and other drugs can have on the body.

TOPIC: Nutrition [Ongoing -PE.S3.S5]

Learning Targets

Students will be introduced to proper food consumption through games and activities.

Students will be introduced to the food groups and healthy eating.