

K-2 Physical Education

2019-2020

This course is designed for K--2 students and intended to be 40 weeks in length. The purpose of this course is to provide students with the knowledge, skills, confidence, and attitude to participate and be physically fit and active using a wide variety of experiences to develop skills for success.

Semester One						Physical Education Orientation Week					
M	T	W	TH	F	Expectations; Teamwork, Cooperation, Sportsmanship, Etiquette; Safety						
AUGUST 2019						Unit 1 & 18: Games/Cooperatives					
			1	2	<u>Course Standards - CPALMS</u>				Essential Topics and Vocabulary		
5	6	7	8	9	PE.(K-2).C.2.2	PE.2.L.3.7	PE.(K-2).R.5.1	PE.2.R.6.3	Teamwork; Sportsmanship; Honesty; Under Control; Pattern; Pace; Equipment; Cooperation; Demonstrate		
12	13	14	15	16	PE.(K-1).R.5.3	PE.(K-1).L.3.6					
19	20	21	22	23							
26	27	28	29	30	Unit 2 & 13: Locomotor						
SEPTEMBER						<u>Course Standards - CPALMS</u>				Essential Topics and Vocabulary	
2	3	4	5	6	PE.(K-2).C.2.1	PE.(K-2).C.2.7	PE.(K-2).M.1.1	PE.1.M.1.14	PE.1.C.2.8	Walk; Jump; Gallop; Hop; Slide; Side to Side; Run; Leap: Skip; Level; Pathway; Speed; Tempo; Directions; Relationship	
9	10	11	12	13	PE.1.R.6.3	PE.K.R.6.1	PE.K.C.2.7	PE.K.M.1.13			
16	17	18	19	20							
23	24	25	26	27	Unit 3: Fitness, Wellness & Safety Lessons						
30					<u>Course Standards - CPALMS</u>				Essential Topics and Vocabulary		
OCTOBER 2019						PE.(K-2).L.4.2	PE.(K-2).L.4.3	PE.(K-2).L.4.4	PE.(K-2).L.4.5	Fruit; Vegetables; Protein; Grain; Dairy; Junk Food; Great Snacks; Good Moves; Breakfast; Lunch; Dinner; Bike Safety; Water Safety; Responsibility; Safety; Cooperation; Community; Knowledge	
	1	2	3	4	PE.(K-2).L.3.7	PE.(K-2).C.2.2	PE.(K-2).L.4.1	PE.(1-2).L.4.7			
7	8	9	10	11	PE.2.C.2.8	PE.(K-2).L.3.5	PE.(1-2).L.4.8	PE.(K-2).L.4.6			
14	15	16	17	18	Unit 4: Fitness Gram Pre-Assessment (Last Week Make-ups/Games)						
21	22	23	24	25	<u>Course Standards - CPALMS</u>				Essential Topics and Vocabulary		
28	29	30	31		PE.(K-2).L.3.1	PE.(K-2).L.3.2	PE.(K-2).L.3.5	PE.(K-2).L.4.2	PE.(K-2).L.4.4	Aerobic; Anaerobic; Body Composition; Body Mass Index; Flexibility; Muscular Endurance; Muscular Strength; Cardiovascular; Cardio Respiratory; Abdominal	
NOVEMBER						PE.(K-2).C.2.2	PE.(K-2).L.3.6	PE.(K-2).L.3.7	PE.(K-2).L.4.3		
				1	PE.(K-2).L.4.5	PE.(K-2).L.4.6	PE.(1-2).L.4.7	PE.(K-2).L.3.4			
4	5	6	7	8	Unit 5: Chasing and Fleeing						
11	12	13	14	15	<u>Course Standards - CPALMS</u>				Essential Topics and Vocabulary		
18	19	20	21	22	PE.(K-2).C.2.2	PE.2.L.3.7	PE.(K-2).R.5.1	PE.2.R.6.3	Chase, Flee, Tag, Fakes, Feints, Direction, Object, Flags, Midfield, Boundaries,		
25	26	27	28	29	PE.(K-1).R.5.3	PE.(K-1).M.1.	PE.2.M.1.12	PE.(K-1).L.3.6			
DECEMBER 2019											
2	3	4	5	6	Unit 6 & 12: Throwing and Catching						
9	10	11	12	13	<u>Course Standards - CPALMS</u>				Essential Topics and Vocabulary		
16	17	18	19	20	PE.(K-2).M.1.8	PE.(K-2).L.3.4	PE.(K-2).M.1.7	Roll; Catch; Slide; Bend; Bounce; Toss; Stationary; Moving; Overhand			
23	24	25	26	27							
30	31										

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Semester Two					Unit 7 & 17: Dribbling with Body Parts or Implement					
M	T	W	R	F	Course Standards - CPALMS			Essential Topics and Vocabulary		
JANUARY					PE.(K-2).M.1.5	PE.(K-2).C.2.5	PE.(K-2).C.2.6	Around; Behind; Dribble; Left; Right; Opposite; Personal Space; Practice; High; Medium; Low; Walk; Partner; Speed; Taking Turns; Bounce; Hand Placement; Stance; Finger Pads; Freeze; Control; Dominant; Non Dominant; Direction; Boundary; Safety		
		1	2	3	PE.(K-2).L.3.1	PE.(K-2).R.5.3				
6	7	8	9	10						
13	14	15	16	17	Unit 8 & 11: Jump Rope					
FEBRUARY					Course Standards - CPALMS			Essential Topics and Vocabulary		
20	21	22	23	24	PE.(K-2).L.3.1	PE.(K-2).L.3.2	PE.(K-2).C.2.2	Jump; Hop; Leap; Shapes; Rope; Back; Side; Criss Cross; Walk; Around; Exercise; Heart Rate; Single; Double; Swing; Jumper; Turner; Pendulum Swing;		
27	28	29	30	31						
MARCH					Unit 9a: Stunts/Balance/Tumbling & Unit 9b: Rhythm and Dance					
MARCH					Course Standards - CPALMS			Essential Vocabulary		
10	11	12	13	14	PE.(K-2).M.1.11	PE.(K-2).M.1.10	PE.(K-2).C.2.2	Streamer, Ranges; Mirror; Levels; Pathways; Flexible; Balance; Forward; Side; Rear; Under; Around; Twist; Straddle; Stretch; Speed; Rolls; Sequence; Jump; Turn		
17	18	19	20	21	PE.(K-2).L.4.1	PE.(K-2).M.1.1	PE.(K-2).M.1.9			
24	25	26	27	28	PE.(K-2).C.2.6	PE.1.M.1.14	PE.(K-2).C.2.5			
MARCH					Unit 10 & 16: Kicking					
MARCH					Course Standards - CPALMS			Essential Vocabulary		
2	3	4	5	6	PE.(K-2).C.2.7			Dribble; Pass; Trap; Boundaries; Instep; Inside Foot; Pathways; Cooperation; Step; Leader; Follower; Straight; Curved; Zig Zag; Wide; Legs; Front; Opposite; Laces; Non Kicking Foot; Rolling; Rotate; Striking; Soccer; Turns		
9	10	11	12	13						
16	17	18	19	20						
23	24	25	26	27						
30	31									
APRIL					Unit 14: FitnessGram Post Assessment					
APRIL					Course Standards - CPALMS			Essential Vocabulary		
		1	2	3	PE.(K-2).L.3.1	PE.(K-2).L.3.2	PE.(K-2).L.3.5	PE.(K-2).L.4.4	PE.(K-2).L.4.2	
6	7	8	9	10	PE.(K-2).C.2.2	PE.(K-2).L.3.6	PE.(K-2).L.3.7	PE.(K-2).L.3.4		
13	14	15	16	17	PE.(K-2).L.4.5	PE.(K-2).L.4.6	PE.(1-2).L.4.7	PE.(K-2).L.4.3		
20	21	22	23	24						
27	28	29	30		Unit 15: Striking					
MAY					Course Standards - CPALMS			Essential Vocabulary		
				1	PE.(K-2).M.1.2	PE.(K-2).M.1.3	PE.(K-2).M.1.4	Striking; Volleying; Boundary; Sportsmanship; Paddle; Equipment; Balance; Force; Personal Space; Turns; Throw; Run; Stance; Cooperate; Club; Bat; Stick; USA Baseball Fun at Bat Program		
4	5	6	7	8	PE.(K-2).C.2.5	PE.(K-2).C.2.6	PE.(K-2).R.5.2			
11	12	13	14	15						
18	19	20	21	22	NO STUDENT DAYS					
25	26	27	28	29	END OF SEMESTER CELEBRATIONS/REVIEW PRIOR CONTENT/COOPERATIVE GAMES					
					DWT DAY					
					NO CLASSES					