

Grade 3-5 Physical Education

Diary map is based on the 2015-2016 school year. Information may change year to year. Months are guidelines and items may be done at different times of the year.

Month	Essential Questions	Content	Skills	Assessment	Resources	Technology
Aug. – Sept.	Why are throwing and catching skills important?	-Throwing and catching -Whiffle ball -California kickball	Perform the following skills: -Underhand toss -Overhand throw -Pitching -Hitting Stance -Swing -Base running	-Teacher Observation -Skills test -Game-play	-Whiffle balls (large) -Whiffle bats -Bases -Cones -Kickball	-iPod -iPad -Projector -Apple TV - <i>Fielding and Hitting</i> YouTube video
Oct.	Why are passing and kicking important? How does football benefit physical fitness?	-Passing and kicking -Football	Perform the following skills: -Direct Snap -Running in an open field -Running with defenders -Forward Pass -Kicking	-Teacher Observation -Football Quiz (Kahoot.it) -Relay -Game-play	-Footballs -Poly Spots -Cones -Kicking Tees -Jerseys -Mini Footballs	-iPod -iPad -Projector -Apple TV -Kahoot.it
Nov.	Why is Ultimate Frisbee important? How does Ultimate Frisbee benefit physical fitness?	-Throwing a Frisbee -Ultimate Frisbee	Perform the following skills: -Backhand Throw -Hammer Throw -Pivot Foot	-Teacher Observation -Relay -Game-play	-Frisbees -Poly Spots -Cones -Jerseys -Parachute	-iPod -iPad -Projector -Apple TV - <i>How to Throw a Frisbee</i> YouTube video
Dec.	Why are hitting and passing important? How does volleyball benefit physical fitness?	-Hitting and Passing -Volleyball	Perform the following skills: -Ready Position/Athletic Stance -Bump/Pass -Set -Underhand Serve	-Teacher Observation -Groups -Game-play -Skills test -Volleyball Quiz (Kahoot.it) -Volleyball Skillastic Game	-Volleyballs -Oversize Practice Volleyballs -Volleyball Carriers -Volleyball Net -Cones	-iPod -iPad -Projector -Apple TV wikiHow.com: -How to Bump a Volleyball -How to Set a Volleyball -How to Serve a Volleyball -Kahoot.it
Jan. – Feb.	How does basketball benefit physical fitness?	-Dribbling, Passing, and Shooting a basketball	Perform the following skills: -Athletic Stance/Ready	-Teacher Observation -Group -Relay	-Basketballs -Basketball Hoops -Cones	-iPod -iPad -Projector

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	<p>Why is basketball good for your heart?</p> <p>How does jumping rope benefit physical fitness?</p> <p>Why is jumping rope good for your heart?</p> <p>How do diet, exercise, and good/bad habits impact the body?</p>	<p>-Jumping rope</p> <p>-Five For Life</p> <p>-Heart Facts</p>	<p>Position</p> <p>-Belt High Dribble</p> <p>-Dribbling with Stationary Defenders</p> <p>-Dribbling with Defenders</p> <p>-Pivot foot</p> <p>-Triple Threat</p> <p>-Chest pass/Bounce pass</p> <p>-Jump shot</p> <p>-Defensive stance</p> <p>Perform the following skills:</p> <p>-Jump back and forth while a rope is on the ground “Bell Jump”</p> <p>-Jump side to side while a rope is on the ground “Skier”</p> <p>-Jump over a rope while it is in two student’s hands “long jump ropes”</p> <p>-Jumping in while rope is being turned</p> <p>-Jumping rope “single jump ropes”</p>	<p>-Game-play</p> <p>-Skills Test</p> <p>-Kahoot.it Basketball Quiz</p> <p>-Basketball Skillastic</p>	<p>-Jerseys</p> <p>-Jump ropes</p> <p>-Long Jump Ropes</p> <p>-Jump Rope for Heart materials and Volunteer’s Guide</p>	<p>-Apple TV</p> <p>-Boombox</p>
March	How does golf benefit physical fitness?	<p>-Golf</p> <p>-Life Long Activity</p>	<p>Perform the following skills:</p> <p>-Safety</p> <p>-Personal space</p> <p>-Different types of clubs: putter, irons, driver</p> <p>-Grip</p> <p>-Stance</p> <p>-Putting</p> <p>-Knee to knee</p> <p>-Full Swing</p>	<p>-Skills test</p> <p>-Teacher Observation</p> <p>-Hitting various targets</p> <p>-Putting</p> <p>-Driving</p> <p>-Longest Drive Competition</p>	<p>-SNAG Golf Set</p> <p>-Tennis Balls</p> <p>-Putters</p> <p>-Irons</p> <p>-Cones</p> <p>-Hula Hoops</p> <p>-Launching Tee</p> <p>-Flags</p> <p>-Targets</p>	-Boombox (Bluetooth)

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			-Hitting off a tee -Driving			
April	How does tennis benefit physical fitness?	-Hitting with rackets (Tennis and Pickleball)	Perform the following skills: -Grip -Shifting -Side Shuffle -Serve -Ground Strokes (Backhand and Forehand) -Volley "Punch" -Overhead "Smash" -Underhand Serve (Pickle Ball)	-Teacher Observation -Hitting a tennis ball out of the air -Hitting a bouncing tennis ball -Serving -Around the World	-Tennis Nets -Tennis Rackets -Tennis Balls -USTA Foam Balls -Poly Spots -Colored Cones -Pickle Ball Paddles -Pickle Balls	-Boombox (Bluetooth)
May	How does soccer benefit physical fitness?	-Kicking and Passing	Perform the following skills: -Toe Touches -Hat Dance -Bell Dance -Dribbling w/ inside of foot -Dribbling w/ outside of foot -Passing -Trapping -Striking -Throw-Ins -Drop Kicks	-Skills Test -Marbles -Mini Soccer Games	-Cones (Large & Small) -Colored Cones -Colored Soccer Balls -Jerseys	
	How are physical fitness skills used in competition??	-Olympic Games	Perform the following skills: -Relay -Discus -Javelin -Tug of War -Running	-Skills Test	-St. Jude Laps for Life fundraiser materials	