## 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.

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<tr>
<th>Month</th>
<th>Essential Questions</th>
<th>Content</th>
<th>Skills</th>
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<th>Resources</th>
<th>Technology</th>
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<tr>
<td>Aug. – Sept.</td>
<td>Why are throwing and catching skills important?</td>
<td>-Throwing and catching -Whiffle ball -California kickball</td>
<td>Perform the following skills: -Underhand toss -Overhand throw -Pitching -Hitting Stance -Swing -Base running</td>
<td>-Teacher Observation -Skills test -Game-play</td>
<td>-Whiffle balls (large) -Whiffle bats -Bases -Cones -Kickball</td>
<td>-iPod -iPad -Projector -Apple TV -<strong>Fielding and Hitting YouTube video</strong></td>
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<td>Oct.</td>
<td>Why are passing and kicking important?</td>
<td>-Passing and kicking -Football</td>
<td>Perform the following skills: -Direct Snap -Running in an open field -Running with defenders -Forward Pass -Kicking</td>
<td>-Teacher Observation -Football Quiz (Kahoot.it) -Relay -Game-play</td>
<td>-Footballs -Poly Spots -Cones -Kicking Tees -Jerseys -Mini Footballs</td>
<td>-iPod -iPad -Projector -Apple TV -Kahoot.it</td>
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<tr>
<td>Nov.</td>
<td>Why is Ultimate Frisbee important?</td>
<td>-Throwing a Frisbee -Ultimate Frisbee</td>
<td>Perform the following skills: -Backhand Throw -Hammer Throw -Pivot Foot</td>
<td>-Teacher Observation -Relay -Game-play</td>
<td>-Frisbees -Poly Spots -Cones -Jerseys -Parachute</td>
<td>-iPod -iPad -Projector -Apple TV -<strong>How to Throw a Frisbee YouTube video</strong></td>
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<td>Dec.</td>
<td>Why are hitting and passing important?</td>
<td>-Hitting and Passing -Volleyball</td>
<td>Perform the following skills: -Ready Position/Athletic Stance -Bump/Pass -Set -Underhand Serve</td>
<td>-Teacher Observation -Groups -Game-play -Skills test -Volleyball Quiz (Kahoot.it) -Volleyball Skillastic Game</td>
<td>-Volleyballs -Oversize Practice Volleyballs -Volleyball Carriers -Volleyball Net -Cones</td>
<td>-iPod -iPad -Projector -Apple TV -wikiHow.com: -How to Bump a Volleyball -How to Set a Volleyball -How to Serve a Volleyball -Kahoot.it</td>
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<td>June</td>
<td>Why is basketball good for your heart?</td>
<td>-Jumping rope&lt;br&gt;-Five For Life&lt;br&gt;-Heart Facts</td>
<td>Position&lt;br&gt;-Belt High Dribble&lt;br&gt;-Dribbling with Stationary Defenders&lt;br&gt;-Dribbling with Defenders&lt;br&gt;-Pivot foot&lt;br&gt;-Triple Threat&lt;br&gt;-Chest pass/Bounce pass&lt;br&gt;-Jump shot&lt;br&gt;-Defensive stance</td>
<td>-Game-play&lt;br&gt;-Skills Test&lt;br&gt;-Kahoot.it Basketball Quiz&lt;br&gt;-Basketball Skillastic</td>
<td>-Jerseys</td>
<td>-Apple TV&lt;br&gt;-Boombox</td>
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<td>June</td>
<td>How does jumping rope benefit physical fitness?</td>
<td>-Jumping rope&lt;br&gt;-Five For Life&lt;br&gt;-Heart Facts</td>
<td>Perform the following skills:&lt;br&gt;-Jump back and forth while a rope is on the ground “Bell Jump”&lt;br&gt;-Jump side to side while a rope is on the ground “Skier”&lt;br&gt;-Jump over a rope while it is in two student’s hands “long jump ropes”&lt;br&gt;-Jumping in while rope is being turned&lt;br&gt;-Jumping rope “single jump ropes”</td>
<td>-Skills test&lt;br&gt;-Teacher Observation&lt;br&gt;-Hitting various targets&lt;br&gt;-Putting&lt;br&gt;-Driving&lt;br&gt;-Longest Drive Competition</td>
<td>-Jump ropes&lt;br&gt;-Long Jump Ropes&lt;br&gt;-Jump Rope for Heart materials and Volunteer’s Guide</td>
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<td>March</td>
<td>How does golf benefit physical fitness?</td>
<td>-Golf&lt;br&gt;-Life Long Activity</td>
<td>Perform the following skills:&lt;br&gt;-Safety&lt;br&gt;-Personal space&lt;br&gt;-Different types of clubs: putter, irons, driver&lt;br&gt;-Grip&lt;br&gt;-Stance&lt;br&gt;-Putting&lt;br&gt;-Knee to knee&lt;br&gt;-Full Swing</td>
<td>-Skills test&lt;br&gt;-Teacher Observation&lt;br&gt;-Hitting various targets&lt;br&gt;-Putting&lt;br&gt;-Driving&lt;br&gt;-Longest Drive Competition</td>
<td>-SNAG Golf Set&lt;br&gt;-Tennis Balls&lt;br&gt;-Putters&lt;br&gt;-Irons&lt;br&gt;-Cones&lt;br&gt;-Hula Hoops&lt;br&gt;-Launching Tee&lt;br&gt;-Flags&lt;br&gt;-Targets</td>
<td>-Boombox (Bluetooth)</td>
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| 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 | |