

## Kindergarten, 1st Grade, and 2nd Grade 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
<b>Aug. – Sept.</b>	Why are throwing and catching skills important?  How does tee ball benefit physical fitness?	-Throwing and catching -Scoops -Tee ball	Perform the following skills: -Underhand toss -Overhand throw -Use dominant hand -Use opposite hand -High release -Low release -Roll -Aim at target	-Skills test -Teacher observation -Game-play	-Scoops and balls -Tee ball -Bat -Bases -Kickball -Voiit Soft balls -Polly Spots	-iPod - <i>Throwing</i> YouTube video -iPad -Apple TV -Projector
<b>Oct.</b>	Why are passing and kicking important?  How does soccer benefit physical fitness?	-Passing and kicking -Running with a football -Soccer	Perform the following skills: -Running in an open field -Running with defenders	-Skills test -Teacher observation -Game-play	-Footballs -Cones -Mini Footballs -Polly Spots	-iPod -iPad -Apple TV -Projector
<b>Nov.</b>	How are locomotor skills building blocks for physical fitness?	-Locomotor skills -Throwing a Frisbee	Perform the following skills: -Over and under -Up and down -Start and stop -Walk -Run -Jump -Hop -Skip -Gallop -Backhand Frisbee Throw	-Teacher observation	-Frisbees -Parachute -Cones -Scooters	-iPod - <i>Backhand Frisbee Throw</i> YouTube video -iPad -Apple TV -Projector
<b>Dec.</b>	How does volleyball benefit physical fitness?	-Hitting a moving object with a body part -Volleyball	Perform the following skills: -Ready Position/Athletic stance -Hitting -Bopping -Bumping	-Teacher Observation -Game-play -Group -Relay	-Balloons -Volleyball Net -Tennis Nets -Cones	-iPod

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Jan. – Feb.	<p>How does basketball benefit physical fitness?</p> <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>-Dribbling, Passing, and Shooting a basketball</p> <p>-Jumping rope -Five For Life -Heart Facts</p>	<p>Perform the following skills:</p> <ul style="list-style-type: none"> <li>-Dribbling with finger pads</li> <li>-Dribbling with stationary defenders</li> <li>-Dribbling with defenders</li> <li>-Passing</li> <li>-Defensive Stance</li> <li>-Defense</li> </ul> <p>Perform the following skills:</p> <ul style="list-style-type: none"> <li>-Jump back and forth while a rope is on the ground “Bell Jump”</li> <li>-Jump side to side while a rope is on the ground “Skier”</li> <li>-Jump over a rope that is moving on the ground “Slithery Snake”</li> <li>-Jumping rope</li> </ul>	<p>-Teacher Observation</p> <ul style="list-style-type: none"> <li>-Group</li> <li>-Relay</li> </ul>	<p>-Basketballs</p> <ul style="list-style-type: none"> <li>-Volleyballs</li> <li>-Basketball Hoops</li> <li>-Cones</li> <li>-Hoops For Heart materials and Volunteer’s Guide</li> </ul> <p>-Jump ropes</p> <ul style="list-style-type: none"> <li>-Long ropes</li> <li>-Jump Rope For Heart materials and Volunteer’s Guide</li> </ul>	<ul style="list-style-type: none"> <li>-iPod</li> <li>-iPad</li> <li>-AppleTV</li> <li>-Projector</li> <li>-Boombox</li> </ul>
March	<p>How does golf benefit physical fitness?</p>	<p>-Golf -Life Long Activity</p>	<p>Perform the following skills:</p> <ul style="list-style-type: none"> <li>-Safety</li> <li>-Personal space</li> <li>-Different types of clubs: putter, irons, driver</li> <li>-Grip</li> <li>-Stance</li> <li>-Putting</li> <li>-Hitting off a Tee</li> </ul>	<p>-Teacher Observation</p> <ul style="list-style-type: none"> <li>-Hitting Targets</li> <li>-Putting</li> <li>-Driving</li> </ul>	<p>-SNAG Golf Set</p> <ul style="list-style-type: none"> <li>-Tennis balls</li> <li>-Putters</li> <li>-Irons</li> <li>-Launching Tees</li> <li>-Cones</li> <li>-Hula Hoops</li> <li>-Targets</li> <li>-Flag</li> </ul>	<p>-Boombox (Bluetooth)</p>

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April	How does tennis benefit physical fitness?	-Hitting with rackets (Tennis and pickleball)	Perform the following skills: -Grip -Stance -Ground Strokes (Forehand and Backhand) -Volley -Smash -Underhand Serve (Pickle Ball)	-Teacher Observation -Hitting near the net -Hitting off the bounce	-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 -Tic Tocs -Dribbling -Passing -Trapping -Striking -Throw-Ins	-Skills test	-Cones (Large & Small) -Colored Cones -Colored Soccer Balls	
	How are physical fitness skills used in competition?	-Olympic Games	Perform the following skills: -Relay -Softball throw -Running	-Skills test	-St. Jude Laps for Life fundraiser materials	