

## **Physical Education      9/11 - 9/15      Week 6**

**Activity** - 2nd-5th grade - Jump Rope Testing, timed for 1 minute. 2nd grade forward only, and 3rd-5th forward and backwards. Make new Groups of 3 for testing. Mrs. Pitts will record the results, & students will also record their scores on a chart and keep in a folder. Kindg. & 1st grade - review skipping, galloping, jogging, dribbling, jumping jacks, toe touches, and arm circles. Introduce - Jump Roping. If time, play Call Ball (catching and throwing), or 4 Corners.

**Warm-Up** - K-2nd led by Mrs. Pitts in squads. 3rd-5th students do independently at their own speed in squads/and around the gymnasium. Amounts vary per student/grade level as determined by the teacher to meet the individual needs and abilities of students.

**Vocabulary Words** - K-2nd: gym/gymnasium cones, jump rope, jumping jack, toe touches, arm circles, squads, dribble, jog, skip, gallop, and tag. 3rd-5th: jump rope, count, forward, miss, backward, single jump, double jump, chart, folder, and record.

**Objectives** - students Will/Can

1. K-5th - complete the Warm-Up, and hand sanitize their hands when entering the gymnasium.
2. K-5th - take care of equipment, follow directions, & class procedures and safety rules.
3. 2nd - 5th - record their test scores on a chart, 3rd-5th will also keep their charts in a folder.
4. K-2nd - toss up, & catch a ball after it bounces. Try to hit the X in the middle circle with the ball.
5. 1st - 5th - skip, dribble basketballs, and complete jumping jacks correctly.
6. K - gallop correctly, and improve skipping, dribbling basketballs, and jumping jacks.
7. 2nd - 5th - complete the timed Jump Rope test, and record their score.
8. Will feel successful and enjoy Physical Education class.

**Indiana Academic Standards Covered:** K- 1.1.A, 1.3.A, 1.4.A, 1.7.B, 1.9.B, 1.10.A, 1.16.A,

2.1.A, 2.1.B, 2.2.A, 2.3.A, 3.1.A, 3.2.A, 4.1.A, 4.1.B, 4.2.A, 4.3.A, 4.4.A, 4.5.A, 5.1.A, 5.2.A, 5.3.A, 5.4.A.

**1st-** 1.1.A, 1.3.A, 1.4.A, 1.5.A, 1.7.A, 1.9.B, 1.10.A, 1.16.A, 2.1.A, 2.2.A, 2.2.B, 2.3.A, 3.1.A, 3.2.A, 4.1.A, 4.1.B, 4.2.A, 4.3.A, 4.4.A, 4.5.A, 5.1.A, 5.2.A, 5.3.A, 5.4.A.

**2nd-** 1.1.A, 1.3.A, 1.4.A, 1.16.A, 1.10.A, 1.10.B, 2.1.A, 2.3.A, 3.2.A, 3.3.B, 4.1.A, 4.1.B, 4.2.A, 4.3.A, 4.4.A, 4.5.A, 5.1.A, 5.2.A, 5.3.A, 5.4.A.

**3rd-** 1.1.A, 1.1.B, 1.4.A, 1.6.A, 1.10.A, 1.16.A, 1.10.A, 1.16.A, 2.1.A, 2.3.A, 3.1.A, 3.2.A, 3.3.B, 4.1.A, 4.1.B, 4.2.A, 4.3.A, 4.4.A, 5.1.A, 5.2.A, 5.3.A, 5.4.A.

**4th-** 1.1.A, 1.1.B, 1.5.A, 1.10.A, 2.1.A, 2.1.C, 2.3.A, 2.1.C, 2.3.A, 3.1.A, 3.2.A, 4.1.A, 4.1.B, 4.2.A, 4.3.A, 4.3.B, 4.4.A, 4.5.A, 5.1.A, 5.2.A, 5.3.A, 5.4.A

**5th-** 1.1.A, 1.1.B, 1.4.A, 1.5.A, 1.16.A, 2.1.A, 3.1.A, 3.2.A, 3.3.A, 3.3.B, 3.4.A, 4.1.A, 4.1.B, 4.1.C, 4.2.A, 4.3.A, 4.5.A, 5.1.A, 5.3.A, 5.4.A.