

Physical Education 9/05 - 9/8 Week 5

Monday/No school - Labor Day

Activity: 1st -5th -Review/find Squads. Review Relay Races with Batons/Running, and Dribbling. Introduce - Scooter Board/ Relay Races. Discuss/Review Cardiovascular Endurance Jogging Objective/Goal for this year.

Kdg.-Review squads, galloping, skipping and jogging, and dribbling. Introduce/Review Jumping Jacks/Star Jacks, Toe Touches and Arm Circles. If time, Introduce Relay Races - Jogging, and dribbling basketballs. galloping.

Warm-Up: Kdg. - 2nd, led by Mrs. Pitts/in squads. 3rd - 5th- Written on the Board. Students complete at their own pace/amounts may vary per grade/student as determined by the teacher to meet students' individual needs and abilities.

Vocabulary Words: 1st - 5th - Relay Race, Baton, Clockwise, Jumping Jack/Star Jack, Scooter Board, and Cardiovascular Endurance. Kdg. - Gymnasium, cone, Jumping Jack/Star Jack. Toe Touch, Arm Circles, dribble, and Relay Race.

Objectives: Students Can

1. K-5th- complete the Warm-Up.
2. K-5th- go around the cones during Warm-Up.
3. K-5th- Take care of equipment and use it properly.
4. K-5th - follow class rules, procedures and safety rules/practices.
5. All students Line up quickly and quietly.
6. All students use hand sanitizer when entering the gymnasium.
7. All students Learn/Remember - Squad/spot.
8. All students take turns, and exhibit good sportsmanship during Relay Races.
9. All students Respect, understand, and accept individual differences.
10. Students K-5th - meet Cardiovascular/Jogging Goal during the Warm-Up.

Indiana Academic Standards Covered:

K - 1.1.A, 1.3.A, 1.4.A, 1.5.A, 1.7.A, 1.9.A, 1.10.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, 1.6.A, 1.7.A, 1.9.A, 1.10.A, 1.16.A, 2.1.A, 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, 5.3.A, 5.4.A.

2nd - 1.1.A, 1.3.A, 1.4.A, 1.6.A, 1.7.A, 1.7.B, 1.9.A, 1.10.A, 1.10.B, 1.16.A, 2.1.A, 2.3.A, 2.3.B,
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, 5.3.B.

3rd - 1.1.A, 1.1.B, 1.2.A, 1.3.A, 1.4.A, 1.5.A, 1.6.A, 1.7.A, 1.7.B, 1.10.A, 1.11.B, 1.16.A, 2.1.A,
2.2.A, 3.3.A, 3.3.B, 4.1.A, 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.

4th - 1.1.A, 1.1.B, 1.2.A, 1.4.A, 1.7.A, 1.7.D, 1.8.A, 1.7.D, 1.8.A, 1.9.A, 1.10.A, 1.10.B, 1.11.C,
1.16.A, 2.1.A, 2.1.C, 2.3.A, 2.4.C, 3.1.A, 3.2.A, 3.3.B, 4.1.A, 4.1.B, 4.2.A, 4.3.A, 4.3.B, 4.4.A,
4.4.B, 5.1.A, 5.2.A, 5.3.A, 5.4.A.

5th - 1.1.A, 1.1.B, 1.2.A, 1.4.A, 1.5.A, 1.7.A, 1.7.B, 1.7.C, 1.7.D, 1.8.A, 1.9.A, 1.9.B, 1.9.C, 1.10.A,
1.11.C, 1.16.A, 2.1.A, 2.3.A, 2.4.C, 3.1.A, 3.2.A, 3.3.B, 4.1.A, 4.1.C, 4.2.A, 4.3.A, 4.4.A, 4.5.A, 5.1.A,
5.2.A, 5.3.A, 5.4.A.