

## **Physical Education 9/18 - 9/22 Week 7**

**Activity** - 3rd - 5th - Introduce (Monday), and review Tuesday, Wed. & Friday American Kickball (students may either kick from a rolled ball, or punt the ball). K-2nd - Review/continue galloping, skipping, jogging, jumping jacks, toe touches, and arm circles. Review dribbling basketballs, and jumping rope. If time, review, and play a quick game of Call Ball, or the Smurf Game.

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

**Vocabulary Words** - 3rd-5th - punt, bases, baseline, slide, tag, pitch, roll, throw, waist, foul, bases, kick, run, homerun, pitcher, catcher and fly ball. K-2nd - cones, squads, gymnasium, gallop, skip, jog, run, jumping jacks, toe touches, arm circles, basketball, dribble, catch, jump rope, tag and chase.

**Objectives** - students will/Can:

1. K-5th - complete the Warm-Up.
2. K-5th - take care, and use equipment properly.
3. K-5th - follow class procedures, rules, and safety practices during class.
4. K-5th - enjoy Physical Education class.
5. All students will hand sanitize at the beginning of class, and when needed.
6. 1st--5th - dribble a basketball and do jumping jacks correctly.
7. K - attempt dribbling basketballs, jumping rope, galloping, skipping, and jumping jacks.
8. 3rd-5th - Exhibit good sportsmanship, and be a good team player.
9. K-5th - remember squad spots.
10. K-2nd - Catch and throw a playground ball.
11. 3rd-5th - kick a rolling playground ball, or kick the ball with a punt.
12. All students continue working/improve their Cardiovascular Endurance.
13. K-5th - line us quickly, and quietly.

**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, 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, 1.5.A, 1.7.A, 1.7.B, 1.7.C, 1.7.D, 1.8.A, 1.7.D, 1.8.A, 1.9.A, 1.10A, 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.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.B, 1.9.C, 1.10.A, 1.11.C, 1.16.A, 2.1.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.