

Physical Education 2/20 - 2/24 Week 27 (Mon. Presidents Day)

Activity - 2nd - 5th grade - Review & continue Chinese Soccer game. K&1st - Review & continue skipping, dribbling, jumping jacks, toe touches, arm circles, and jump roping. Review and continue the Circle Chinese Soccer game. If time, play a quick game of Smurfs (K-3rd).

Warm-Up - K& 1st grade led by Mrs. Pitts in their squads. 2nd - 5th written on the board, students do independently, at their own pace. Amounts vary per grade/student as determined by the teacher to meet the student's individual needs and abilities.

Vocabulary Words - 3rd - 5th - block, ricochet, rotate, kick, rectangle, and crab walk. K-2nd - Kick, block, poly, middle circle, and share.

Objectives - students will:

1. Complete the warm-up, and work well in a group or on a team.
2. Follow directions, instructions, safety rules, and take care of equipment.
3. Exhibit good sportsmanship, take turns, and share.
4. Accept individual differences, and enjoy class/physical activity.
5. Dribble basketballs, jump rope, skip, and do jumping jacks correctly.
6. All students successfully kick the exercise ball while sitting, or crab walking.
7. All students continue working on/improving Cardiovascular Endurance when jogging during the Warm-Up.

Indiana Academic Standards Covered:

K - 1.1.A, 1.2.A, 1.10.A, 1.11.A, 2.1.A, 2.1.B, 2.3.A, 3.1.A, 3.2.A, 4.1.A, 4.1.B, 4.5.A, 4.5.B, 5.1.A, 5.2.A, 5.3.A, 5.4.A.

1st - 1.1.A, 1.2.A, 1.10.A, 1.11.A, 2.1.A, 2.3.A, 3.1.B, 3.2.A, 4.1.A, 4.1.B, 4.5.A, 4.5.A, 4.5.B, 5.1.A, 5.2.A, 5.3.A, 5.4.A.

2nd - 1.1.A, 1.2.A, 1.10.A, 1.11.A, 2.1.A, 2.3.A, 3.1.A, 3.2.A, 4.1.A, 4.1.B, 4.5.A, 4.5.B, 5.1.A, 5.2.A, 5.3.A, 5.4.A.

3rd - 1.1.A, 1.2.A, 1.10.A, 1.11.A, 2.1.A, 2.3.A, 3.1.A, 3.2.A, 4.1.A, 4.1.B, 4.5.A, 4.5.B, 5.1.A, 5.2.A, 5.3.A, 5.4.A.

4th - 1.1.A, 1.2.A, 1.10.A, 1.11.A, 2.1.A, 2.3.A, 2.3.B, 3.1.A, 3.2.A, 4.1.A, 4.1.B, 4.5.A, 4.5.B, 5.1.A, 5.2.A, 5.3.A, 5.4.A.

5th - 1.1.A, 1.2.A, 1.10.A, 1.11.A, 2.1.A, 2.3.A, 2.3.A, 2.3.B, 3.1.A, 3.2.A, 4.1.A, 4.1.B, 4.4.A, 4.5.A, 4.5.B, 5.1.A, 5.2.A, 5.3.A, 5.4.A.