

Blackhawk School District

CURRICULUM

Course Title: Physical Education
Grade Level(s): Kindergarten
Periods per week: 1 class per 6 day cycle
Length of Period: 40 minutes
Faculty Author(s): Sue Alviani
Date: January 2012

COURSE DESCRIPTION:

This course will enable students to maintain and improve cognitive knowledge and physical abilities in a variety of activity areas including basic movement skills: physical fitness, rhythms, dance; games; team, dual, and individual activities/sports. Students will acquire knowledge and skills, which will enable them to develop and promote healthy active lifestyles. Students will participate in fitness activities, developmental activities, and participate in Health lessons learning the importance and advantages of exercising, as well as instruction and discussion on some of the systems of the body. The classes emphasize the development of cardiovascular endurance, muscular endurance, muscular strength, flexibility and body composition.

THE GOAL OF THE PRIMARY AND INTERMEDIATE PHYSICAL EDUCATION CURRICULUM IS TO INCLUDE THE FOLLOWING COMPONENTS IN EVERY PHYSICAL EDUCATION CLASS:

- 1. FITNESS*
- 2. SKILL DEVELOPMENT*
- 3. HEALTH*

**THE COMBINATION OF THESE THREE COMPONENTS INCORPORATE ALL OF THE BLACKHAWK AND NATIONAL PE STANDARDS.*

The following outline provides a general overview of the course content, not a chronological timetable. The weeks denoted for each area provide an idea for the overall time spent working with a given topic throughout the school year.

COURSE OUTLINE	OBJECTIVES (PA standard)	PROPOSED TIME/ ACTUAL TIME	RESOURCES	LESSON REFLECTION (for future revisions)	
<p><i>See attached curriculum</i></p> <p>Balancing Body and Space Awareness Chasing, Fleeing, Dodging</p> <p>Cooperative Learning Jumping and Landing Kicking Pathways and Directions Rhythms/Dance Skill Development Striking with Implements Throwing and Catching Transferring Weight (Gymnastics) Traveling/Loco Motor Moves</p>	<p>10.1.3 C Introduce the role of the food guide pyramid in helping people eat a healthy diet (relationship of food intake and physical activity).</p>	<p>3-7 min. 2 classes</p>	<p>I. Class Sets of Equipment Ropes Balls – soccer, basketballs, beach balls Balloons Hockey sticks Hula Hoops Bean Bags Scarves Long ropes Bowling Pins Cones</p>		
	<p>10.1.3 D Know age appropriate drug information (smoking).</p>	<p>15 min. 2 classes</p>			
	<p>10.1.6 B Recognize and understand the location function of the major body systems (muscular, skeletal).</p>	<p>3-7 min 20 classes</p>			
	<p>10.2.3 A Identify basic personal hygiene practices.</p>	<p>7-10 min 1 class</p>		<p>II. Resources Balance boards Stilts Parachutes Mats Wedge mats</p>	
	<p>10.3.3 A Recognize safe/unsafe practices including fire safety, bicycle safety, swimming safety, bullying, strangers.</p>	<p>3-7 min 4 classes</p>			
	<p>10.3.3 F Recognize and describe game strategies using appropriate vocabulary including faking/dodging, passing/receiving, moving to be open, defending space, following rules of play and peer communication.</p>	<p>Every Class</p>	<p>Balance Beams Mailbox mat Stereo system Wireless microphone</p>		
	<p>10.4.3 B Know the positive and negative effects of regular participation in moderate to vigorous physical activities.</p>	<p>3-7 min 2 classes</p>			
	<p>10.4.3 C Know and recognize changes in body responses during moderate to vigorous physical activity (heart rate, creating rate, and fitness assessment). * heart rate check often</p>	<p>3-7 min 2 classes</p>			

	10.5.3 C Know the function of practice	Mention every day		
	10.4.3 E Understand reasons why regular participation in physical activities improves motor skills.	Every class		
	10.4.6 A Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.	Every class (59-60)		
	10.3.3 B Recognize emergency situations and explain appropriate responses including how to remain calm, how to call for help, 911, and the Heimlich maneuver.	3-7 min 1 class		
Rules & Procedures	10.3.3 D Identify and use safe practices in physical activity settings.	1 class Every class		
	10.5.3 A Recognize and use basic movement skills and concepts (loco motor movements, non-locomotor movements, manipulative movements, relationships, combination movements, and space awareness.	Every class		
	10.5.3 D Understand principles of exercise to improve movement and fitness activities including frequency, intensity, time and type.	Teach 3-7 min 1 class		
	10.2.3 D Identify the steps in a decision-making process (get-along).	1 class 5-7 min		
	10.3.3 C Recognize conflict situations and identify strategies to avoid or resolve by using Do Your P.A.R.T. program: anger management, assertive skills, bullying).	3 classes 5-7 min		
	10.4.3 F Recognize positive and negative interactions of	Every class		

	small group activities including roles, cooperation/sharing, on task participation, teamwork and adherence to rules.			
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Rules and Procedures

Personal Space (still, moving, using equipment)

Grouping

Activities using personal space, loco motor moves, grouping, and rules

- Stop, Look, Listen
- Toe to Toe
- Whistle Mixer
- Musical Hoops

Parachute Activities (cooperative)

Beanbag Activities

- Body Awareness/Balance
- Bean bag slide
- Toss and catch
- Aiming at a target

Fitness Skills

- Sit-ups
- Push-up position, Shoulder Touches, Bean bag slide
- Running laps

Jump Rope

- Intro to Jump rope- body awareness activities (jump over two feet, one foot/leap, spin rope beside body, hold in one hand spin under feet, etc...)
- Rocking Horse
- Stick and ball jump rope
- Tru-shape jump rope
- Jump rope
- Jump Club

Soccer

- Intro to soccer skills
- Stations
- Dribbling, aiming at a target (net, cone),
- Knee bounces (coordination)
- Lead up games:
 - Circle Soccer
 - Soccer Dribble Tag
 - Soccer stations
 - Ghostbusters
 - Soccer games

Strike Out Smoking (Red Ribbon Week)

(bowling, aiming, blocking, cooperation, team work)

Basketball

- Ball Challenges (body awareness)
- Stations (dribbling, shooting, bounce pass, chest pass to wall)
- Musical Hoops/dribbling

Santa Tag

- Dodging/fleeing, strategy, bending, stretching

Hockey

Stations:

- Dribbling
- Aiming at a target
- Defending Goal
- Passing to a partner
- Hockey Dribble Tag
- Hockey lead up games
- Scooter Hockey

Hula Hoop Activities

- Teach hula hoop
- How to roll and have it come back to you

- Hula Hoop Roll- game roll to cone
- Circle Hula Hoop Race (move hula hoop around circle-can't let go of hands) teamwork/cooperation
- Team hula hoop relay- each team gets 2 hula hoops-lay of floor- team has to get to the other side of gym

Volleyball

- Balloons- teach overhead pass, bump pass
- Keep It up with balloons
- Each child has a rope hit over jump over and hit back
- Beachball volleyball-one bounce

Scooter Activities/scooter noodle tag

Dance Unit

- Hokey Pokey
- Cupid Shuffle
- Cha Cha

Yoga Unit

Lifetime Sports

- Golf
- Bowling
- Tennis
- Horseshoes

Gymnastics Unit

T-ball Unit

- Throwing and Catching
- Lead up game-All Play T-Ball

Kickball Unit

- All Play Kickball (same as All Play T-Ball)

Frisbee

- Throwing and catching

****In between Units various low organized games:**

Easter bunny tag
Healthy Food Frenzy
Bean bag slide
Clean Your Room
Pinball

*****Also throughout year stations involving:**

Pedal rollers (balance/coordination)
Balance Boards
Balance Boards with a maze
Stilts
Teamwalkers
Hand/Eye coordination- Juggling, cup and ball catch, foxtail catch, scoop and ball

Field Day