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| **Grade Level**  ***PHYSICAL EDUCATION (K-5)*** |  |  | **Date: December 3, 2018 – January 11, 2019** |
| **Common Core Standards** | **Learning Target** | **Strategies/Activities** | **Questioning** |
| 2.31 Students demonstrate the knowledge and skills needed to remain physically healthy.  2.34 Students perform physical movement skills effectively in a variety of settings.  4.1 Students effectively use interpersonal skills.  3(E6.2) Recognizes the “good health balance” of good nutrition with physical activity.  2(E1-E.K.2) Addressing space, pathways, speed, direction and force.  S1.E13 Manipulative (Underhand throw)  S1.E`4 Manipulative (Overhand Throw)  S4.E5 Rules & Etiquette  S1.E26.5 Combines manipulative skills and travelling for execution to a target. | Monday | |  |
| **(K-2) –** I will be able to chase and flee safely; improve my strength, flexibility, and cardiovascular endurance while completing the Fun & Fitness Circuit.  **3-5) –** I will be able to chase and flee safely; improve my strength, flexibility, and cardiovascular endurance while completing the Fun & Fitness Circuit. | **(K-2) –** (warm-up): Frosty’s Freeze Tag   * Fun & Fitness Circuit   (Cardio and Strength/Skill Related Stations; Developmentally appropriate for each grade level)  ***DELIVERY METHOD:* DEMO/MODEL; HANDS-ON; SMALL GROUP; PARTNERS; INDEPENDENT; WHOLE GROUP**  **(3-5) -** (warm-up): Frosty’s Freeze Tag   * Fun & Fitness Circuit * 5th Grade: “My Personal Best” Data   ***DELIVERY METHOD:* DEMO/MODEL; HANDS-ON; SMALL GROUP; PARTNERS; INDEPENDENT; WHOLE GROUP** | **(K-2) –** what do you know about balancing holiday meals with physical activity?  **(3-5) -** What facts would you select to support being physically active with your family during the holiday season? |
| Tuesday | |  |
| **(K-2) –** I will be able to chase and flee safely; throw underhanded at a target.  **(3-5) –** I will be able to chase and flee safely; throw underhanded at a target with accuracy. | **(K-2) –** (warm-up): Run-Rudolph-Run   * Ice Glider Tag   ***DELIVERY METHOD:* DEMO/MODEL; HANDS-ON; SMALL GROUP; PARTNERS; INDEPENDENT; WHOLE GROUP**  **(3-5) –** (warm-up): Run-Rudolph-Run   * Ice Glider Tag   ***DELIVERY METHOD:* DEMO/MODEL; HANDS-ON; SMALL GROUP; PARTNERS; INDEPENDENT; WHOLE GROUP** | **(K-2) –** What is the proper way to throw underhanded?  **(3-5) -** What are some techniques/strategies you could use to deflect an object? |
| Wednesday | |  |
| **(K-2) –** I will be able to throw overhanded at a target; choose a station and work cooperatively together.  **(3-5) –** I will be able to throw overhanded at a target using a mature pattern; choose a station and work cooperatively together. | **(K-2) –** (Warm-Up) Snowball Fight  “Wacky Wednesday” – Students’ choice of stations  ***DELIVERY METHOD:* DEMO/MODEL; HANDS-ON; SMALL GROUP; PARTNERS; INDEPENDENT; WHOLE GROUP**  **(3-5) –** (Warm-up) Snowball fight  “Wacky Wednesday” – Students’ choice of stations  ***DELIVERY METHOD:* DEMO/MODEL; HANDS-ON; SMALL GROUP; PARTNERS; INDEPENDENT; WHOLE GROUP** | **(K-2) –** Explain 2 ways to be safe in P.E.  **(3-5) -** What does “Safety” look like in P.E.? |
| Thursday | |  |
| **(K-2) –** I will be able to chase and flee safely; follow the rules of a game and work together as a team.  **(3-5) -** I will be able to chase and flee safely; follow the rules of a game and work together as a team for a common goal. | **(K-2) –** (warm-up): Gift Bag Snatch   * Steal the Icicles   ***DELIVERY METHOD:* DEMO/MODEL; HANDS-ON; SMALL GROUP; PARTNERS; INDEPENDENT; WHOLE GROUP**  **(3-5) -** (warm-up): Gift Bag Snatch   * Steal the Icicles   ***DELIVERY METHOD:* DEMO/MODEL; HANDS-ON; SMALL GROUP; PARTNERS; INDEPENDENT; WHOLE GROUP** | **(K-2) –** Why would it be important to follow the rules of a game?  **(3-5) –** Give examples of proper etiquette when playing games/sports. |
| Friday | |  |
| **(K-2) –** I will be able to chase and flee safely; dribble and shoot in a general space.  **(3-5) –** I will be able to chase and flee safely; dribble and shoot a basketball. | **(K-2) –** (warm-up): X-mas Tag (Santa & Mrs. Claus) **OR PEEK OF THE WEEK**   * Basketball Mania   ***DELIVERY METHOD:* DEMO/MODEL; HANDS-ON; SMALL GROUP; PARTNERS; INDEPENDENT; WHOLE GROUP**  **(3-5) -** (warm-up): X-mas Tag (Santa & Mrs. Claus) **OR PEEK OF THE WEEK**   * Basketball Mania   ***DELIVERY METHOD:* DEMO/MODEL; HANDS-ON; SMALL GROUP; PARTNERS; INDEPENDENT; WHOLE GROUP** | **(K-2) –** How is Math important in the game of basketball?  **(3-5) -** What are some different ways Math is used during a basketball game? |

**\*\*\* See Special Ed Related Arts Folder in Room for Accommodations**