|  |  |  |  |
| --- | --- | --- | --- |
| **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 & EtiquetteS1.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**