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| **Grade Level**  ***PHYSICAL EDUCATION (K-5)*** |  |  | **Date: October 8 – November 2, 2018** |
| **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.  S4.E1 Follow directions in group settings; accepts personal responsibility by using equipment and space appropriately; practices skills with minimal teacher prompting.  S1.E2 Locomotor: Jogging, Running and Galloping  S1E17 Manipulative: Dribbling/Ball Control with hands  S1E16 Manipulative: Catching  S1E26 Manipulative: Combining travel with manipulative skills such as dribbling, throwing, catching, and striking. | Monday | |  |
| **(K-2) –** I will be able to improve my strength, flexibility, and cardiovascular endurance while completing the Fun & Fitness Circuit.  **3-5) –** I will be able to improve my strength, flexibility, and cardiovascular endurance while completing the Fun & Fitness Circuit. | **(K-2) –** (warm-up): Line Tag & Dragon’s Tail   * 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: Line Tag & Dragon’s Tail   * 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** | **(K-2) –** Why does exercise make your heart healthy?  **(3-5) -** Which skills or sports might you perform better with stronger muscles? Explain. |
| Tuesday | |  |
| **(K-2) –** I will be able to follow the rules of a game; chase and flee safely.  I will be able to pass the ball to the wall target using a force that is safe for everyone.  I will be able to catch a basketball with my hands.  **(3-5) –** I will be able to follow the rules of a game; chase and flee safely.  I will be able to practice a variety of basketball skills (dribbling, passing, ball handling and shooting.) | **(K-2) –** (warm-up) Walk 1/ Gallop 1   * Steal the Pumpkin * Passing a Ball (Chest & Bounce Pass)   ***DELIVERY METHOD:* DEMO/MODEL; HANDS-ON; SMALL GROUP; PARTNERS; INDEPENDENT; WHOLE GROUP**  **(3-5) –**(warm-up) Walk 1/Gallop 1   * Steal the Pumpkin * Passing a Ball * Advanced Spot Shots   ***DELIVERY METHOD:* DEMO/MODEL; HANDS-ON; SMALL GROUP; PARTNERS; INDEPENDENT; WHOLE GROUP** | **(K-2) –** What is the proper technique for passing a ball?  **(3-5) -** Explain the proper way of passing and receiving a ball. |
| Wednesday | |  |
| **(K-2) -**  I will be able to throw a ball underhanded; catch a ball.  I will be able to choose a station and cooperate with others.  **(3-5) –** I will be able to throw a ball underhanded or overhanded; catch a ball.  I will be able to choose a station and cooperate with others. | **(K-2) –** (warm-up) Walk1/ Jog 1   * Spot to Spot * “Wacky Wednesday” (stations of choice)   ***DELIVERY METHOD:* DEMO/MODEL; HANDS-ON; SMALL GROUP; PARTNERS; INDEPENDENT; WHOLE GROUP**  **(3-5) –** (warm-up) Walk1/Jog 1   * Spot to Spot * “Wacky Wednesday” (stations of choice)   ***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 follow directions.  I will be able to dribble, pass a ball and practice my shooting technique.  **(3-5) -** I will be able to dribble using either hand.  I will be able to pass a ball with a partner.  I will be able to practice my defensive stance.  I will be able to shoot a ball using B.E.E.F | **(K-2) –** (warm-up) Flip Flop/High Five Tag   * Basketball Stations (Dribble Tag; Zig-Zag Dribble; Partner Passing; Defensive Shuffle; Shooting Drill)   ***DELIVERY METHOD:* DEMO/MODEL; HANDS-ON; SMALL GROUP; PARTNERS; INDEPENDENT; WHOLE GROUP**  **(3-5) -** (warm-up) Flip Flop/High Five Tag   * Dribble Tag (whole class) * Basketball Stations (Dribble Tag; Zig-Zag Dribble; Partner Passing;   Defensive Shuffle; Shooting Drill)  ***DELIVERY METHOD:* DEMO/MODEL; HANDS-ON; SMALL GROUP; PARTNERS; INDEPENDENT; WHOLE GROUP** | **(K-2) –** What is the proper way to dribble a ball?  **(3-5) –** What is the difference between Defense and Offense? Give examples of other sports that have Offense and Defense. |
| Friday | |  |
| **(K-2) –** I will be able to flee and chase safely.  I will be able to dribble and shoot a ball.  **(3-5) –** I will be able to flee and chase safely.  I will be able to practice offensive and defensive skills.  I will be able to shoot a ball using B.E.E.F. | **(K-2) –** (warm-up) Walk 2 ***“PEEK OF THE WEEK” or Activities Listed***   * Stuck in the Mud * Spot Shots with cones too!   ***DELIVERY METHOD:* DEMO/MODEL; HANDS-ON; SMALL GROUP; PARTNERS; INDEPENDENT; WHOLE GROUP**  **(3-5) -** (warm-up) Walk 2 ***“PEEK OF THE WEEK” or Activities Listed***   * Stuck in the Mud * Spot Shots with Cones * Mass Basketball   ***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**