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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 GallopingS1E17 Manipulative: Dribbling/Ball Control with handsS1E16 Manipulative: CatchingS1E26 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**