Elementary PE At-A-Glance

2019-2020

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|  | Elementary PE At-A-Glance | Lessons | Dates |
| Grading Period 1 | PE Unit |  |  |
|  | Unit 1: K-2 Gym Procedures & Spatial Awareness  3-5 Gym Procedures & Movement in Dynamic  Situations | 3-4 Lessons | 8/14-9/6 |
|  | Unit 2: K-2 Locomotor Skills  3-5 Locomotor Movement Skills | 3-4 Lessons | 9/9-10/10 |
| Grading Period 2 |  |  |  |
|  | Unit 3: Fitness Activities  (Option – Pre-FitnessGram Testing/Training) | 3-5 Lessons | 10/11-11/1 |
|  | Unit 4: Throwing and Catching | 2-3 Lessons | 11/4-11/15 |
|  | Unit 5: Striking and Volleying | 2-3 Lessons | 11/18-12/13 |
| Grading Period  3 |  |  |  |
|  | Unit 6: Educational Dance and Gymnastics | 2-3 Lessons | 1/7-1/17 |
|  | Unit 7: Jumping and Landing | 2-3 Lessons | 1/21-2/7 |
|  | Unit 8: K-2 Fitness Activities  3-5 Fitnessgram Testing  *(Pacer, Curl-Ups, Flexed Arm-Hang, Trunk Lift, Shoulder Stretch Right & Left)* | 3-5 Lessons | 2/10-3/20 |
| Grading Period  4 |  |  |  |
|  | Unit 9: Dribbling and Passing | 2-3 Lessons | 3/23-4/3 |
| **Fitnessgram Data Due May 1st** | | | |
|  | Unit 10: Cooperative and Recreational Games | 5-10 Lessons | 4/6-5/21 |
|  | \*Skate 101, DrumFit, Skillastics, First Tee, Fuel Up to Play 60 or Jump Rope for Heart maybe used during any unit due to equipment availability.  \*Field Trips, Field Day, Campus Performances/Parties, and STAAR Testing may alter this schedule. | \*Per class size, equipment availability, and rotation schedule |  |