

Physical Education 1/9 - 1/13 Week 21

Activity - 1st-5th grade - Jump Rope Testing, timed for 1 minute. 1st grade forward only, and 2nd-5th forward and backwards. Use Groups of 3 for testing. Mrs. Pitts will record the results, & 3rd-5th students will also record their scores on a chart and keep in their PE folder. Kdg. Jump Rope and dribbling time. Introduce or review 4 corners game.

Warm-Up - K&1 led by Mrs. Pitts in squads. 3rd-5th students do independently at their own speed in squads/and around the gymnasium. Amounts vary per student/grade level as determined by the teacher to meet the individual needs and abilities of students.

Vocabulary Words - Kdg. tag, chase, and corner. 1st & 2nd - jump, count miss, forward, backwards. 3rd-5th: jump rope, count, forward, miss, backward, single jump, double jump, chart, folder, and record.

Objectives - students will:

1. K-5th - complete the Warm-Up, enjoy Physical Education class, and hand sanitize.
2. K-5th - take care of equipment, follow directions, class procedures and safety rules.
3. 2nd - 5th - record their test scores on a chart, 3rd-5th will also keep their charts in their PE folder.
4. 1st - run safely in a large group, and tag others safely.
5. 2nd - 5th - skip, dribble basketballs, and complete jumping jacks correctly.
6. K&1st - gallop correctly, and improve skipping, dribbling basketballs, and jumping jacks.
7. 1st - 5th - complete the timed Jump Rope test, and record their score.
8. All students continue to work/improve the Cardiovascular Objective/Goal during the Warm-up.

Indiana Academic Standards Covered: K- 1.1.A, 1.3.A, 1.4.A, 1.7.B, 1.9.B, 1.10.A, 1.16.A, 2.1.A, 2.1.B, 2.2.A, 2.3.A, 3.1.A, 3.2.A, 4.1.A, 4.1.B, 4.2.A, 4.3.A, 4.4.A, 4.5.A, 5.1.A, 5.2.A, 5.3.A, 5.4.A.

1st- 1.1.A, 1.3.A, 1.4.A, 1.5.A, 1.7.A, 1.9.B, 1.10.A, 1.16.A, 2.1.A, 2.2.A, 2.2.B, 2.3.A, 3.1.A, 3.2.A, 4.1.A, 4.1.B, 4.2.A, 4.3.A, 4.4.A, 4.5.A, 5.1.A, 5.2.A, 5.3.A, 5.4.A.

2nd- 1.1.A, 1.3.A, 1.4.A, 1.16.A, 1.10.A, 1.10.B, 2.1.A, 2.3.A, 3.2.A, 3.3.B, 4.1.A, 4.1.B, 4.2.A, 4.3.A, 4.4.A, 4.5.A, 5.1.A, 5.2.A, 5.3.A, 5.4.A.

3rd- 1.1.A, 1.1.B, 1.4.A, 1.6.A, 1.10.A, 1.16.A, 1.10.A, 1.16.A, 2.1.A, 2.3.A, 3.1.A, 3.2.A, 3.3.B, 4.1.A, 4.1.B, 4.2.A, 4.3.A, 4.4.A, 5.1.A, 5.2.A, 5.3.A, 5.4.A.

4th- 1.1.A, 1.1.B, 1.5.A, 1.10.A, 2.1.A, 2.1.C, 2.3.A, 2.1.C, 2.3.A, 3.1.A, 3.2.A, 4.1.A, 4.1.B, 4.2.A, 4.3.A, 4.3.B, 4.4 A, 4.5.A, 5.1.A, 5.2.A, 5.3.A, 5.4.A

5th-1.1.A, 1.1.B, 1.4.A, 1.5.A, 1.16.A, 2.1.A, 3.1.A, 3.2.A, 3.3.A, 3.3.B, 3.4.A, 4.1.A, 4.1.B, 4.1.C, 4.2.A, 4.3.A, 4.5.A, 5.1.A, 5.3.A, 5.4.A.