

**O'Neill Elementary Physical Education
Yearly Plan w/ Standards
Developmental Level 1 (K-1)**

Week *Standards	Introduction 2-3 Min	Fitness 7-8 Min	Lesson Focus 12-15 Min	Closing 5-7 Min
Week 1 Aug. 22-26 *K.4.1-5 *1.4.1-5	Gym Rules & Expectations <i>*Be safe, respectful, responsible</i> <i>*HAVE FUN!</i>	Red Light Green Light <i>*Endurance</i> <i>*Stopping on command</i>	Simon Says <i>*Listening</i>	Follow the Leader <i>*More listening practice</i> <i>*Cool down</i>
Week 2 Aug. 20-Sept 2 *K.1.1,2 *K.2.1 *K.3.2 *K.4.1-5 *1.1.1,2 *1.2.1 *1.4.1-5	Red Light Green Light <i>*Reminders stopping on command</i> <i>*Endurance</i>	Raceway <i>*Self movements</i> <i>*Personal Space</i> <i>*Muscular strength and endurance</i>	Animal Tag <i>*Movements</i> <i>*Moving in space w/ others</i>	Simon Says <i>*Listening</i> <i>*Balance movements</i> <i>*Flexibility</i> <i>*Cool down</i>
Week 3 Sept. 5-9 *K.1.1-3 *K.2.1 *K.3.2 *K.4.1-5 *1.1.1-3 *1.2.1 *1.4.1-5	Equipment Expectations <i>*Only touch when told to</i> <i>*Use the right way</i> <i>*Take care of it</i> <i>*Between feet when stopped</i>	Raceway <i>*Self movements</i> <i>*Personal Space</i> <i>*Muscular strg. & end.</i> <i>*Cardio makes heart muscle stronger.</i>	Manipulatives w/ Equipment <i>*Teamwork</i> <i>*Appropriate use of equipment</i> <i>*Coordination</i>	Turtle Tag <i>*Moving in general space</i> <i>*How to tag</i> <i>*Fun to be active w/ Friends</i> <i>*Why do you enjoy being active?</i>
Week 4 Sept. 12-16 *K.1.1-3 *K.2.1 *K.3.2 *K.4.1-5 *K.5.3 *1.1.1-3 *1.2.1 *1.4.1-5 *1.5.3	Turtle Tag <i>*Moving in general space</i> <i>*How to tag</i> <i>*Fun to be active w/ Friends</i> <i>*Why do you enjoy being active?</i>	Continue Turtle Tag	Parachute <i>*Teamwork</i> <i>*Listening</i> <i>*Body Movements</i> <i>*FUN</i>	Simon Says <i>*Listening</i> <i>*Balance movements</i> <i>*Flexibility</i> <i>*Cool down</i>
Week 5 Sept. 19-23 *K.1.3 *K.2.1	1,2,3 Throws <i>*Proper form</i>	Yarnball Tag <i>*Throwing practice</i>	Partner Throwing <i>*Proper form</i> <i>*Catching</i>	Keep It Up <i>*Throwing</i> <i>*Catching</i>

*1.1.3 *1.2.1		*Cardio Endurance	*Hand-eye coordination	
Week 6 Sept. 26-30 *K.1.3 *K.2.1 *K.4.1-5 *1.1.3 *1.2.1 *1.4.1-5	Target Kicking *Proper form *Aiming *Taking turns	Dribble Tunnel Tag *Dribbling ball w/ inside of foot *Cardio Endurance	Partner Passing and Trapping *Proper form *Working with a partner	Follow the Leader *Reinforcing listening skills
Week 7 Oct. 3-7 *K.1.3 *K.3.1-4 *K.5.1-3 *1.1.3 *1.3.1-4 *1.5.1-3	Keep It Up Beachball (self) *Hand-eye Coordination *Beginning volleyball skills	Raceway *Exercises (push-ups, jumping jacks) *Personal Space *Muscular strength and endurance	Keep It Up Beachball (group) *Hand-eye Coordination *Beginning volleyball skills	Spot Jumping *Leg strength *Coordination Why is it important to exercise? Is it hard sometimes? *Practice makes you better.
Week 8 Oct. 10-14 *K.1.3 *K.2.1 *K.3.1-4 *K.5.1-3 *1.1.3 *1.2.1 *1.3.1-4 *1.5.1-3	Go Over Stations *What are muscles (for)?	Mini Fitness Stations *Strength *Movements *Jumping	Parachute *Teamwork *Manipulatives	Camping Parachute *Review teamwork

Week 9 Oct. 17- 21 *Most all previously touched on standards are reviewed here!	Go Over Monopoly Stations	Monopoly *Practice all previously learned skills	Monopoly Continued	Review Any Common Mistakes with Skills Challenging at times?
Week 10 Oct. 24-28	Review Expectations	Line Tag *Only if	Sharks and Seaweed	Reminders of rules if needed

<i>*Reward week for positive behaviors.</i>	for Reward Days	<i>Monopoly went well</i>	<i>*Only if monopoly went well</i>	
Week 11 Oct. 31-Nov. 4 <i>*K.1.1,2 *K.3.2</i> <i>*K.4.1-5</i> <i>*1.1.1,2 *1.3.2</i> <i>*1.4.1-5</i>	Careful Listening Reminder	Raceway <i>*Exercises (push-ups, jumping jacks)</i> <i>*Personal Space</i> <i>*Muscular strength and endurance</i>	Obstacle Course <i>*Movements</i>	Stone, Tree, Bridge Relay <i>*Over</i> <i>*Around</i> <i>*Under</i>
Week 12 Nov. 7-11 <i>*K.1.1,2 *K.3.2</i> <i>*K.4.1-5</i> <i>*K.5.1-3</i> <i>*1.1.1,2 *1.3.2</i> <i>*1.4.1-5</i> <i>*1.5.1-3</i>	Simon Says <i>*Balance</i> <i>*Listening</i>	Gymnastics <i>*Body Movements</i> <i>*Taking turns</i>	Gymnastics Continued	Favorite Move <i>*Enjoy being physically active</i>
Week 13 Nov. 14-18 <i>*K.1.3</i> <i>*1.1.3</i>	Self Toss Yarnball	Yarnball Tag <i>*Throwing</i>	Partner Catch <i>*Under/over hand</i> <i>*Step back if 10 caught</i>	Review Basic Throwing Skills <i>*1,2,3</i> <i>*Which Foot?</i>
Week 14 Nov. 21-23 <i>*Reward week only</i> <i>*Thanksgiving Break (TR/F)</i>	Walk/Jog	Sharks and Seaweed <i>*Cardio</i>	Line Tag <i>*Following instructions</i>	Rules Reminders <i>*Was it fun?</i> <i>*Can you feel your heartbeat?</i>
Week 15 Nov. 28-Dec. 2 <i>*K.1.1,2</i>	Dance <i>*Do the whole time changing songs and</i>	Dance	Dance	Freestyle one song Can dancing

*K.3.1-4 *1.1.1,2 *1.3.1-4	<i>types of music</i>			be exercise? Fun?
Week 16 Dec. 5-9 *K.1.1-3 *K.2.1 *1.1.1-3 *1.2.1	Spot Jumping *Landing Safely	Individual Jump Rope *One jump at a time	Groups Turning Big Rope *Slowly and together	Try Big Rope if Comfortable *Teacher Spin
Week 17 Dec. 12-16 *K.1.1-3 *K.2.1 *1.1.1-3 *1.2.1	Spot Dribbling	Walk and Dribble	Partner Passing *Chest *Bounce	Basic Rules *Dribble w/ one hand *No walking without dribbling
Week 18 Dec. 19-22 *Most all skills/ standards previously learned. *Christmas Break (Friday)	Go Over Monopoly Stations	Monopoly *Practice all previously learned skills	Monopoly Continued	Review Any Common Mistakes with Skills
Week 19 Jan. 4-6 *K.4.1-5 *1.4.1-5	Gym Rules & Expectations *Be safe, respectful, responsible *HAVE FUN!	Red Light Green Light *Endurance *Stopping on command	Simon Says *Listening	Follow the Leader *More listening practice *Cool down

Week 20 Jan. 9-13 *K.1.1,2 *K.3.1-4 *1.1.1,2 *1.3.1-4	Full Body Warm-up *Form	Go over the Fitness Stations *Proper Form	Fitness Stations *Proper Form	Cool Down Walk *Cardio-Heart Muscle *Eating Healthy
Week 21	Partner	Fitness	3-4 Pass Fast	Talk

<p>Jan. 16-20</p> <p><i>*K.1.1-3 *K.3.2</i> <i>*K.4.1-5</i> <i>*K.5.1-3</i> <i>*1.1.1-3 *1.3.2</i> <i>*1.4.1-5</i> <i>*1.5.1-3</i></p>	<p>Passing <i>*Use Hand Ball</i></p>	<p>Raceway <i>*Cardio</i> <i>*Agility</i> <i>*Strength</i></p>	<p>and Score <i>*Idea of ball movement</i></p>	<p>Strategies <i>*What works?</i></p>
<p>Week 22 Jan. 23-27</p> <p><i>*K.1.1-3 *K.3.2</i> <i>*K.4.1-5</i> <i>*K.5.1-3</i> <i>*1.1.1-3 *1.3.2</i> <i>*1.4.1-5</i> <i>*1.5.1-3</i></p>	<p>Self Toss Yarnball</p>	<p>Yarnball Tag <i>*Throwing</i></p>	<p>Partner Catch <i>*Under/over hand</i> <i>*Step back if 10 caught</i></p>	<p>Review Basic Throwing Skills <i>*1,2,3</i> <i>*Which Foot?</i></p>
<p>Week 23 Jan.30-Feb. 3</p> <p><i>*K.1.1-3 *K.3.2</i> <i>*K.4.1-5</i> <i>*K.5.1-3</i> <i>*1.1.1-3 *1.3.2</i> <i>*1.4.1-5</i> <i>*1.5.1-3</i></p>	<p>Partner Passing w/ Scoops</p>	<p>Relay Races <i>*Cardio</i></p>	<p>More Partner Passing <i>*Challenges</i></p>	<p>Review Skills</p>
<p>Week 24 Feb. 6-10</p> <p><i>*Reward Week</i></p>	<p>Walk/Jog</p>	<p>Sharks and Seaweed <i>*Cardio</i></p>	<p>Line Tag <i>*Following instructions</i></p>	<p>Rules Reminders <i>*Was it fun?</i> <i>*Can you feel your heartbeat?</i></p>
<p>Week 25 Feb. 13-16</p> <p><i>*K.1.1-3 *K.3.2</i> <i>*K.4.1-5</i> <i>*K.5.1-3</i> <i>*1.1.1-3 *1.3.2</i> <i>*1.4.1-5</i> <i>*1.5.1-3</i></p>	<p>Jump Rope for Hearts Packets and Questions</p>	<p>Individual Jump Rope <i>*Challenge yourself</i></p>	<p>Long Rope <i>*Teacher Spinning</i></p>	<p>New Way???</p> <p>Hand in Packets?</p>

<i>*No School Friday</i>				
<p>Week 26 Feb. 20-24</p> <p><i>*K.1.1-3 *K.3.2 *K.4.1-5 *K.5.1-3 *1.1.1-3 *1.3.2 *1.4.1-5 *1.5.1-3</i></p>	<p>Jump Rope for Hearts Packets and Questions</p>	<p>Individual Jump Rope <i>*Challenge yourself</i></p>	<p>Long Rope <i>*Teacher Spinning</i></p>	<p>New Way???</p> <p>Hand in Packets?</p>
<p>Week 27 Feb. 27-Mar. 2</p> <p><i>*K.1.1,2 *K.3.1-4 *1.1.1,2 *1.3.1-4 *No School Friday</i></p>	<p>Full Body Warm-up <i>*Form</i></p>	<p>Go over the Fitness Stations <i>*Proper Form</i></p>	<p>Fitness Stations <i>*Proper Form</i></p>	<p>Cool Down Walk <i>*Cardio-Heart Muscle *Eating Healthy</i></p>
<p>Week 28 Mar. 6-10</p> <p><i>*K.1.1,2 *K.3.1-4 *1.1.1,2 *1.3.1-4 *No School Friday</i></p>	<p>Dance <i>*Do the whole time changing songs and types of music</i></p>	<p>Dance</p>	<p>Dance</p>	<p>Freestyle one song</p> <p>Can dancing be exercise? Fun?</p>
<p>Week 29 Mar. 13-17</p> <p><i>*K.1.1,2 *K.3.2 *K.4.1-5 *K.5.1-3 *1.1.1,2 *1.3.2 *1.4.1-5 *1.5.1-3</i></p>	<p>Movements <i>*Skipping *Hopping *Galloping</i></p>	<p>Walk, Jog, Run <i>*Pacing</i></p>	<p>Hot/Cold Tag <i>*Still use pacing</i></p>	<p>Review Skills</p>
<p>Week 30 Mar. 20-24</p>	<p>Walk/Jog</p>	<p>Sharks and Seaweed</p>	<p>Line Tag <i>*Following</i></p>	<p>Rules Reminders</p>

<p>*K.1.1-3 *K.3.2 *K.4.1-5 *K.5.1-3 *1.1.1-3 *1.3.2 *1.4.1-5 *1.5.1-3</p>		<p>*Cardio</p>	<p>instructions</p>	<p>*Was it fun? *Can you feel your heartbeat?</p>
<p>Week 31 Mar. 27-31</p> <p>*K.1.1-3 *K.3.2 *K.4.1-5 *K.5.1-3 *1.1.1-3 *1.3.2 *1.4.1-5 *1.5.1-3</p>	<p>Walk/Jog 1,2,3 Throws</p>	<p>Raceway *Exercises *Personal Space *Muscular strength and endurance</p>	<p>Junk in the Yard *Throwing</p>	<p>Review Throwing</p>
<p>Week 32 Apr. 3-7</p> <p>*Reviews most skills</p>	<p>Go Over Monopoly Stations</p>	<p>Monopoly *Practice all previously learned skills</p>	<p>Monopoly Continued</p>	<p>Review Any Common Mistakes with Skills</p> <p>Challenging at times?</p>
<p>Week 33 Apr. 10-13</p> <p>*K.1.1,2 *K.3.1-4 *1.1.1,2 *1.3.1-4 *No School Friday</p>	<p>Walk/Jog *Importance?</p>	<p>Strength Challenges *Push-ups *Dips *Squats</p>	<p>Line Tag *Cardio *Moving in space</p>	<p>Can you feel the muscles we worked on? What makes them sore?</p>
<p>Week 34 Apr. 18-21</p> <p>*K.1.1-3 *K.3.2 *K.4.1-5 *K.5.1-3 *1.1.1-3 *1.3.2 *1.4.1-5 *1.5.1-3 *No School</p>	<p>Alligator Hands *Proper way to catch frisbee</p>	<p>Sprints *Cardio *Speed</p>	<p>Partner Catching *Proper Throwing and Catching Form</p>	<p>Review Correct Form</p>

<i>Monday</i>				
<p>Week 35 Apr. 24-28</p> <p><i>*K.1.1-3 *K.3.2</i> <i>*K.4.1-5</i> <i>*K.5.1-3</i> <i>*1.1.1-3 *1.3.2</i> <i>*1.4.1-5</i> <i>*1.5.1-3</i></p>	<p>Self Toss Rugby Ball <i>*Show them rugby ball then use small footballs</i></p>	<p>Rugby Sprints <i>*Start on ground</i></p>	<p>Line Throwing Backwards <i>*Proper Rugby Form</i></p>	<p>Challenge to Catch as Many as Possible with Partner</p>
<p>Week 36 May 1-5</p> <p><i>*K.1.1-3 *K.3.2</i> <i>*K.4.1-5</i> <i>*K.5.1-3</i> <i>*1.1.1-3 *1.3.2</i> <i>*1.4.1-5</i> <i>*1.5.1-3</i> <i>*Dibles Friday</i></p>	<p>Self Toss Yarnball</p>	<p>Yarnball Tag <i>*Throwing</i></p>	<p>Partner Catch <i>*Under/over hand</i> <i>*Step back if 10 caught</i></p>	<p>Challenge to Catch as Many as Possible with Partner</p>
<p>Week 37 May 8-12</p> <p><i>*K.1.1,2</i> <i>*K.3.1-4</i> <i>*1.1.1,2</i> <i>*1.3.1-4</i> <i>*Dibles Monday</i></p>	<p>Pedometer Rules <i>*Maybe just teacher and good listeners wear???</i></p>	<p>Walk/Jog Track <i>*Tracking Steps</i></p>	<p>Continue Walk/Jog <i>*Goal?</i></p>	<p>Parents track their steps? Why?</p>
<p>Week 38 May 15-19</p> <p><i>*Reward Week</i></p>	<p>Walk/Jog</p>	<p>Sharks and Seaweed <i>*Cardio</i></p>	<p>Line Tag <i>*Following instructions</i></p>	<p>Rules Reminders <i>*Was it fun?</i> <i>*Can you feel your heartbeat?</i></p>