

**O'Neill Elementary Physical Education
Yearly Plan w/ Standards
Developmental Level 2 (2-3)**

| Week *Standards | Introduction 2-3 Min | Fitness 7-8 Min | Lesson Focus 12-15 Min | Closing 5-7 Min |
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| Week 1 Aug. 22-26 *2.1.1,2 *2.3.2 *2.4.1-5 *3.1.1,2 *3.1.3 *3.4.1-5 | Gym Rules & Expectations <i>*Be safe, respectful, responsible *HAVE FUN!</i> | Simon Says w/ exercises <i>*Muscular Strength *Muscular Endurance *Listening</i> | Sharks and Seaweed <i>*Moving in a area w/ obstacles *Following expectations</i> | Simon Says <i>*Flexibility *Balance *Listening</i> |
| Week 2 Aug. 20-Sept 2 *2.1.1-3 *2.3.2 *2.4.1-5 *3.1.1-3 *3.1.3 *3.4.1-5 | Review Rules Equipment Expectations <i>*Be safe, respectful, responsible *Only touch when told to *Take care of it *Between feet when stopped *HAVE FUN!</i> | Raceway <i>*Self movements *Personal Space *Muscular strength and endurance</i> | Four Square <i>*Hand-eye Coordination *Taking turns *Sports- manship *Following simple game instructions</i> | Sharks and Seaweed <i>*Moving in a area w/ obstacles *Following expectations</i> |
| Week 3 Sept. 5-9 *2.1.1-3 *2.3.2 *2.4.1-5 *2.5.1-3 *3.1.1-3 *3.1.3 *3.4.1-5 *3.5.1-4 | Partner Throwing w/ Whiffle Ball <i>*Proper form *over/under hand *Catching *Hand-eye coordination</i> | Hit & Run Throwing <i>*Hitting off a tee *Cardio</i> | Continue Hit & Run Throwing <i>*Coach pitch last few</i> | Self Toss 10 <i>*Practice to improve</i> Why is being active important? What do you like to do to be active? Why is being active fun? |
| Week 4 Sept. 12-16 *2.1.1-3 *2.3.2 *2.4.1-5 | Partner Throwing w/ Football <i>*Proper form *Catching</i> | Football Bootcamp <i>*Muscular Strength *Speed ladders</i> | Running Patterns <i>*Throwing to a runner</i> | Review Skills Terms <i>*Gripping the ball</i> |

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| *3.1.1-3 *3.1.3 *3.4.1-5 | *Hand-eye coordination | | *Snapping the ball | *Throwing ahead of the runner |
| Week 5 Sept. 19-23 *2.1.1-3 *2.3.2 *2.4.1-5 *3.1.1-3 *3.1.3 *3.4.1-5 | Target Kicking *Proper form *Aiming *Taking turns | Dribble Relays *Dribbling ball w/ inside of foot *Cardio Endurance | Partner Passing and Trapping *Proper form *Working with a partner | Review Skills *Inside foot *Control |
| Week 6 Sept. 26-30 *2.1.1-3 *2.3.2 *2.4.1-5 *2.5.1-3 *3.1.1-3 *3.1.3 *3.4.1-5 *3.5.1-4 | Partner Passing, Trapping *Practice skills from last week | 3 on 3 Soccer *Cardio *Footwork *Sports- manship | Continue 3 on 3 Soccer | Punt and Chase *Sprints *Kicking Are some new skills hard? *practice More fun when you are better? |
| Week 7 Oct. 3-7 *2.1.3 *2.2.1 *2.3.1-4 *2.5.1-3 *3.1.3 *3.2.1 *3.3.1-4 *3.5.1-4 | Volleyball Partner Bumping *Proper form *Move feet | Raceway *Exercises (push-ups, jumping jacks) *Personal Space *Muscular strength and endurance | Keep It Up *Setting *Bumping *Footwork | Why is being active important? What do you like to do to be active? Why is being active fun? |
| Week 8 Oct. 10-14 *2.1.3 *2.2.1 *2.3.1-4 *2.5.1-3 *3.1.3 *3.2.1 *3.3.1-4 *3.5.1-4 | Full Body Warm-up *Form *Purpose *Other ways can warm you up... | Go over the Fitness Stations *Proper Form *Which Muscles *Importance of each exercise. | Fitness Stations *Proper Form *What muscles are we working? | Cool Down Walk *Purpose *Heart Rate |

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| <p>Week 9 Oct. 17- 21</p> <p><i>*Most all previously touched on standards are reviewed here!</i></p> | <p>Go Over Monopoly Stations</p> | <p>Monopoly <i>*Practice all previously learned skills</i></p> | <p>Monopoly Continued</p> | <p>Review Any Common Mistakes with Skills</p> <p>Challenging at times?</p> |
| <p>Week 10 Oct. 24-28</p> <p><i>*Reward week for positive behaviors.</i></p> | <p>Review Expectations for Reward Days</p> | <p>Dodgeball <i>*Only if Monopoly went well</i></p> | <p>Dodgeball Continued... <i>*Students may opt (walk)</i></p> | <p>Reminders of any Poor Sportsmanship?</p> |
| <p>Week 11 Oct. 31-Nov. 4</p> <p><i>*2.1.1-3 *2.2.1 *2.3.1-4 *3.1.1-3 *3.2.1 *3.3.1-4</i></p> | <p>Walk/Jog <i>*Proper warm-up *Purpose?</i></p> | <p>Raceway <i>*Exercises (push-ups, jumping jacks) *Personal Space *Muscular strength and endurance</i></p> | <p>Capture the Flag <i>*Invasion strategies *Teamwork</i></p> | <p>Talk Strategy <i>*What worked?</i></p> |
| <p>Week 12 Nov. 7-11</p> <p><i>*2.1.1-3 *2.2.1 *3.1.1-3 *3.2.1</i></p> | <p>Rules of Scramble Ball</p> | <p>Play Scramble Ball <i>*Cardio *Teamwork</i></p> | <p>Continue Scramble Ball</p> | <p>Talk Strategies</p> |
| <p>Week 13 Nov. 14-18</p> <p><i>*2.1.1-3 *2.2.1 *3.1.1-3 *3.2.1</i></p> | <p>Partner Passing w/ Scoops</p> | <p>Relay Races <i>*Cardio</i></p> | <p>Scoop Relay Toss <i>*Hand-eye Coordination</i></p> | <p>Self-toss <i>*Who can get the most catches?</i></p> |
| <p>Week 14 Nov. 21-23</p> <p><i>*Thanksgiving Break (TR/F)</i></p> | <p>Walk/Jog</p> | <p>Student Choice <i>*Dodgeball or Scramble Ball</i></p> | <p>Continue Student Choice</p> | <p>Sportsmanship Reminders</p> |

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| <p>Week 15 Nov. 28-Dec.2</p> <p><i>*2.1.1,2</i> <i>*2.3.1-4</i> <i>*3.1.1,2</i> <i>*3.3.1-4</i></p> | <p>Dance</p> <p><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 16 Dec. 5-9</p> <p><i>*2.1.1-3</i> <i>*2.3.1-4</i> <i>*3.1.1-3</i> <i>*3.3.1-4</i></p> | <p>Individual Jump Rope</p> <p><i>*Try new ways if comfortable</i></p> | <p>Continue Individual Jumping</p> | <p>Long Rope Jumping</p> <p><i>*Coordination</i> <i>*Teamwork</i></p> | <p>How many in a row?</p> |
| <p>Week 17 Dec. 12-16</p> <p><i>*2.1.1-3</i> <i>*2.3.1-4</i> <i>*3.1.1-3</i> <i>*3.3.1-4</i></p> | <p>Dribbling while Walking</p> | <p>Jump Stops</p> <p><i>*include pivoting, passing</i> <i>*Cardio</i></p> | <p>Partner Passing</p> <p><i>*Chest</i> <i>*Bounce</i></p> | <p>Dribble Knock-Out</p> |
| <p>Week 18 Dec. 19-22</p> <p><i>*Most all skills/ standards previously learned.</i></p> <p><i>*Christmas Break (Friday)</i></p> | <p>Go Over Monopoly Stations</p> | <p>Monopoly</p> <p><i>*Practice all previously learned skills</i></p> | <p>Monopoly Continued</p> | <p>Review Any Common Mistakes with Skills</p> <p>Challenging at times?</p> |
| <p>Week 19 Jan. 4-6</p> <p><i>*2.1.1,2 *2.3.2</i> <i>*2.4.1-5</i> <i>*3.1.1,2 *3.1.3</i> <i>*3.4.1-5</i></p> | <p>Gym Rules & Expectations</p> <p><i>*Be safe, respectful, responsible</i> <i>*HAVE FUN!</i></p> | <p>Relays</p> <p><i>*Teamwork</i> <i>*Cardio</i></p> | <p>Partner Challenges</p> <p><i>*Standing up w/ no hands</i> <i>*Group Pretzel</i> <i>*Teamwork!</i> <i>*Helpful hints to partner</i></p> | <p>Review Rules</p> <p><i>*Be safe, respectful, responsible.</i> <i>*HAVE FUN!</i></p> |

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| <p>Week 20 Jan. 9-13</p> <p><i>*2.1.3 *2.2.1 *2.3.1-4 *2.5.1-3 *3.1.3 *3.2.1 *3.3.1-4 *3.5.1-4</i></p> | <p>Full Body Warm-up</p> <p><i>*Form *Purpose *Other ways can warm you up...</i></p> | <p>Go over the Fitness Stations</p> <p><i>*Proper Form *Which Muscles *Importance of each exercise.</i></p> | <p>Fitness Stations</p> <p><i>*Proper Form *What muscles are we working?</i></p> | <p>Cool Down Walk</p> <p><i>*Purpose *Heart Rate</i></p> |
| <p>Week 21 Jan. 16-20</p> <p><i>*2.1.1-3 *2.2.1 *2.3.1-4 *3.1.1-3 *3.2.1 *3.3.1-4</i></p> | <p>Partner Passing</p> <p><i>*Use Hand Ball</i></p> | <p>Fitness Raceway</p> <p><i>*Cardio *Agility *Strength</i></p> | <p>3-4 Pass Fast and Score</p> <p><i>*Idea of ball movement</i></p> | <p>Talk Strategies</p> <p><i>*What works?</i></p> |
| <p>Week 22 Jan. 23-27</p> <p><i>*2.1.1-3 *2.2.1 *2.3.1-4 *3.1.1-3 *3.2.1 *3.3.1-4</i></p> | <p>Partner Throwing w/ Football</p> <p><i>*Proper form *Catching *Hand-eye coordination</i></p> | <p>Football Bootcamp</p> <p><i>*Muscular Strength *Speed ladders</i></p> | <p>Passing Patterns</p> <p><i>*Throwing ahead of the runner *Receiver 10</i></p> | <p>Purpose for Warm-up and Cool-down?</p> <p><i>*Food for thought</i></p> |
| <p>Week 23 Jan.30-Feb. 3</p> <p><i>*2.1.1-3 *2.2.1 *2.3.1-4 *3.1.1-3 *3.2.1 *3.3.1-4</i></p> | <p>Partner Passing w/ Scoops</p> | <p>Relay Races</p> <p><i>*Cardio</i></p> | <p>Scoops Relay Passing</p> <p><i>*Proper Passing Fast</i></p> | <p>Describe Real Lacrosse</p> <p><i>*Sticks *Nets *Physical (not in PE)</i></p> |
| <p>Week 24 Feb. 6-10</p> <p><i>*Reward Week</i></p> | <p>Walk/Jog</p> | <p>Student Choice</p> <p><i>*Dodgeball or Scramble Ball</i></p> | <p>Continue Student Choice</p> | <p>Sportsmanship Reminders</p> |
| <p>Week 25 Feb. 13-16</p> <p><i>*2.1.1-3 *2.2.1 *2.3.1-4 *3.1.1-3 *3.2.1</i></p> | <p>Jump Rope for Hearts Packets and Questions</p> | <p>Individual Jump Rope</p> <p><i>*Challenge yourself</i></p> | <p>Long Rope</p> <p><i>*Spinning</i></p> | <p>New way???</p> |

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| *3.3.1-4 *No School Friday | | | | |
| Week 26 Feb. 20-24 *2.1.1-3 *2.2.1 *2.3.1-4 *3.1.1-3 *3.2.1 *3.3.1-4 | Jump Rope for Hearts Packets and Questions | Individual Jump Rope <i>*Challenge yourself</i> | Attempt Double Dutch? Long Rope <i>*Spinning</i> | New Way??? Hand in Packets? |
| Week 27 Feb. 27-Mar. 2 *2.1.3 *2.2.1 *2.3.1-4 *2.5.1-3 *3.1.3 *3.2.1 *3.3.1-4 *3.5.1-4 *No School Friday | Full Body Warm-up <i>*Form *Purpose *Other ways can warm you up...</i> | Go over the Fitness Stations <i>*Proper Form *Which Muscles *Importance of each exercise.</i> | Fitness Stations <i>*Proper Form *What muscles are we working?</i> | Cool Down Walk <i>*Purpose *Heart Rate</i> |
| Week 28 Mar. 6-10 *2.1.1,2 *2.3.1-4 *3.1.1,2 *3.3.1-4 *No School Friday | Dance <i>*Do the whole time changing songs and types of music</i> | Dance | Dance | Freestyle one song Can dancing be exercise? Fun? |
| Week 29 Mar. 13-17 *2.1.3 *2.2.1 *2.3.1-4 *2.5.1-3 *3.1.3 *3.2.1 *3.3.1-4 *3.5.1-4 | Partner Passing w/ Scoops <i>*Proper Form</i> | Speed Walk <i>*How is this fitness? *Heart Rate</i> | Mat Ball <i>*Softball/ Baseball skills and rules *Scoops Skills</i> | Review Strategies and Skills |
| Week 30 | Walk/Jog | Student Choice | Continue | Sports- |

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| Mar. 20-24 <i>*Reward Week</i> | | <i>*Dodgeball or Scramble Ball</i> | Student Choice | manship Reminders |
| Week 31 Mar. 27-31 <i>*2.1.3 *2.2.1 *2.3.1-4 *2.5.1-3 *3.1.3 *3.2.1 *3.3.1-4 *3.5.1-4</i> | Walk/Jog <i>*Proper warm-up *Purpose?</i> | Raceway <i>*Exercises *Personal Space *Muscular strength and endurance</i> | Capture the Flag <i>*Invasion strategies *Teamwork</i> | Talk Strategy <i>*What worked? *Ideas to improve strategies?</i> |
| Week 32 Apr. 3-7 <i>*Reviews most all</i> | Go Over Monopoly Stations | Monopoly <i>*Practice all previously learned skills</i> | Monopoly Continued | Review Any Common Mistakes with Skills Challenging at times? |
| Week 33 Apr. 10-13 <i>*2.1.3 *2.2.1 *2.3.1-4 *2.5.1-3 *3.1.3 *3.2.1 *3.3.1-4 *3.5.1-4 *No School Friday</i> | Walk/Jog <i>*Importance?</i> | Strength Challenges <i>*Push-ups *Dips *Squats</i> | Four Square <i>*Hand-eye coordination</i> | Can you feel the muscles we worked on? What makes them sore? |
| Week 34 Apr. 18-21 <i>*2.1.3 *2.2.1 *2.3.1-4 *2.5.1-3 *3.1.3 *3.2.1 *3.3.1-4 *3.5.1-4 *No School Monday</i> | Frisbee Partner Catch <i>*Proper Form</i> | Sprints <i>*Cardio *Speed</i> | Frisbee Golf <i>*Throwing practice</i> | Review Proper Form |

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| <p>Week 35 Apr. 24-28</p> <p><i>*2.1.3 *2.2.1 *2.3.1-4 *2.5.1-3 *3.1.3 *3.2.1 *3.3.1-4 *3.5.1-4</i></p> | <p>Rugby Video Clips/Rules <i>*Begin to think of how the game is played.</i></p> | <p>Rugby Boot Camp <i>*Speed *Agility *Endurance *Strength</i></p> | <p>Line Passing Backwards</p> <p>Kick and Chase</p> | <p>Thoughts About Rugby Skills</p> |
| <p>Week 36 May 1-5</p> <p><i>*2.1.3 *2.2.1 *2.3.1-4 *2.5.1-3 *3.1.3 *3.2.1 *3.3.1-4 *3.5.1-4 *Dibles Friday</i></p> | <p>Pedometer Rules</p> | <p>Walk/Jog Track <i>*Tracking Steps</i></p> | <p>Continue Walk/Jog</p> | <p>Benefits of knowing your steps?</p> |
| <p>Week 37 May 8-12</p> <p><i>*2.1.3 *2.2.1 *2.3.1-4 *2.5.1-3 *3.1.3 *3.2.1 *3.3.1-4 *3.5.1-4 *Dibles Monday</i></p> | <p>Track Sign Ups</p> | <p>Practice Track Events</p> | <p>Continue Practicing Track Events</p> | <p>Track Day Questions</p> |
| <p>Week 38 May 15-19</p> <p><i>*Reward Week *Elem. Track Meet Tuesday</i></p> | <p>Walk/Jog</p> | <p>Student Choice <i>*Dodgeball or Scramble Ball</i></p> | <p>Continue Student Choice</p> | <p>Sports- manship Reminders</p> |