

**O'Neill Elementary Physical Education
Yearly Plan w/ Standards
Developmental Level 3 (4-6)**

Week *Standards	Introduction 2-3 Min	Fitness 7-8 Min	Lesson Focus 12-15 Min	Closing 5-7 Min
<p>Week 1 Aug. 22-26</p> <p>*4.1.1,2 *4.3.2 *4.4.1-5 *5.1.1,2 *5.4.1-5 *6.3.2 *6.4.1-5</p>	<p>Gym Rules & Expectations *Be safe, respectful, responsible *HAVE FUN!</p>	<p>Relays *Teamwork *Cardio</p>	<p>Partner Challenges *Standing up w/ no hands *Group Pretzel *Teamwork! *Helpful hints to partner</p>	<p>Review Rules *Be safe, respectful, responsible. *HAVE FUN!</p>
<p>Week 2 Aug. 20-Sept 2</p> <p>*4.1.1-3 *4.3.2 *4.4.1-5 *5.1.1-3 *5.4.1-5 *6.3.2 *6.4.1-5</p>	<p>Review Rules Equipment Expectations *Be safe, respectful, responsible *Only touch when told to *Take care of it *Between feet when stopped *HAVE FUN!</p>	<p>Raceway *Exercises (push-ups, jumping jacks) *Personal Space *Muscular strength and endurance (after explain the 5 components of fitness)</p>	<p>Partner Throwing w/ Whiffle Ball *Proper Form *Over/under hand *Catching *Hand-eye coordination *First group to 15 in a row?</p>	<p>Review Equipment Rules *Touch when told *Take care *Between feet when teacher talking</p>
<p>Week 3 Sept. 5-9</p> <p>*4.1.3 *4.2.1 *4.3.1-4 *4.5.1-4 *5.1.3 *5.2.1 *5.3.1-4 *5.5.1-4 *6.1.4,5 *6.2.4,5 *6.3.1,2,4,5 *6.5.1-4</p>	<p>Partner Throwing w/ Whiffle Ball *Proper form *over/under hand *Catching *Hand-eye coordination</p>	<p>Hit & Run Throwing *Cardio *Coach or player pitch 3 attempts then tee</p>	<p>Continue Hit & Run Throwing</p>	<p>Why is being active important? What do you like to do to be active? Why is being active fun?</p>

<p>Week 4 Sept. 12-16</p> <p>*4.1.3 *4.2.1 *4.3.1-4 *4.5.1-4 *5.1.3 *5.2.1 *5.3.1-4 *5.5.1-4 *6.1.4,5 *6.2.4,5 *6.3.1-5 *6.5.1-4</p>	<p>Partner Throwing w/ Football</p> <p>*Proper form *Catching *Hand-eye coordination</p>	<p>Football Bootcamp</p> <p>*Muscular Strength *Speed ladders</p>	<p>5 on5 Flag Football</p> <p>*Game rules *Teamwork *Throwing *Catching *Running Patterns</p>	<p>Purpose for Warm-up and Cool-down?</p> <p>*Food for thought</p>
<p>Week 5 Sept. 19-23</p> <p>*4.3.1-4 *4.5.1-4 *5.3.1-4 *5.5.1-4 *6.2.1 *6.3.1-5 *6.5.1-4</p>	<p>Traditional Warm-up</p> <p>*Purpose *Stretching, how to know which muscle</p>	<p>Dribble Relays</p> <p>*Dribbling ball w/ inside of foot *Cardio Endurance</p>	<p>Partner Passing and Trapping</p> <p>*Proper form *Working with a partner</p>	<p>Cool Down Walk</p> <p>*Purpose</p> <p>Review Skills</p> <p>*Inside foot *Control</p>
<p>Week 6 Sept. 26-30</p> <p>*4.3.1-4 *4.5.1-4 *5.3.1-4 *5.5.1-4 *6.2.1 *6.3.1-5 *6.5.1-4</p>	<p>Partner Passing, Trapping</p> <p>*Practice skills from last week</p>	<p>3 on 3 Soccer</p> <p>*Cardio *Footwork *Sportsmanship</p>	<p>Continue 3 on 3 Soccer OR 4 Square Soccer</p>	<p>Punt and Chase</p> <p>*Sprints *Kicking</p> <p>Warm-up Chat Cool Down Walk/Chat *Many different ways</p>
<p>Week 7 Oct. 3-7</p> <p>*4.1.3 *4.3.1-4 *4.5.1-4 *5.1.3 *5.3.1-4 *5.5.1-4 *6.1.3 *6.2.3 *6.3.1-5 *6.5.1-4</p>	<p>Volleyball Partner Bumping</p> <p>*Proper form *Move feet *Volley-lite</p>	<p>Raceway</p> <p>*Exercises (push-ups, jumping jacks) *Personal Space *Muscular strength and endurance</p>	<p>Beach Volleyball</p> <p>*Passing *Hitting *Setting *Rotations</p>	<p>6 Components Skill Related Fitness</p> <p>*Balance, agility, speed, reaction time, coordination, power.</p> <p>*Examples!</p>

<p>Week 8 Oct. 10-14</p> <p>*4.3.1-4 *4.5.1-4 *5.3.1-4 *5.5.1-4 *6.3.1-5 *6.5.1-4</p>	<p>Full Body Warm-up <i>*Form</i> <i>*Purpose</i> <i>*Other ways can warm you up...</i></p>	<p>Go over the Fitness Stations <i>*Proper Form</i> <i>*Which Muscles</i> <i>*Importance of each exercise.</i></p>	<p>6 Components Skill Related Fitness Stations <i>*Balance, agility, speed, reaction time, coordination, power.</i></p>	<p>Cool Down Walk <i>*Purpose</i></p> <p>Review Skill Related Fitness Components</p> <p>Why is staying physically active important? <i>*Staying in shape</i> <i>*Stress</i></p>
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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>Skill Components?</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>*4.1.1-3 *4.2.1,2 *4.3.1-4 *4.5.1-4 *5.1.1-3</p>	<p>Walk/Jog <i>*Proper warm-up</i> <i>*Purpose?</i></p>	<p>Raceway <i>*Exercises</i> <i>*Personal Space</i> <i>*Muscular strength and endurance</i></p>	<p>Capture the Flag <i>*Invasion strategies</i> <i>*Teamwork</i></p>	<p>Talk Strategy <i>*What worked?</i></p> <p><i>*Ideas to improve strategies?</i></p>

<p>*5.2.1,2 *5.3.1-4 *5.5.1-4 *6.1.2 *6.2.2 *6.3.1-5 *6.5.1-4</p>				
<p>Week 12 Nov. 7-11</p> <p>*4.1.1-3 *4.2.1,2 *5.1.1-3 *5.2.1,2 *6.1.2 *6.2.2</p>	<p>Rules of Scramble Ball</p>	<p>Play Scramble Ball *Cardio *Teamwork</p>	<p>Continue Scramble Ball</p>	<p>Talk Strategies</p>
<p>Week 13 Nov. 14-18</p> <p>*4.1.1-3 *4.2.1,2 *5.1.1-3 *5.2.1,2 *6.1.2 *6.2.2</p>	<p>Partner Passing w/ Scoops</p>	<p>Relay Races *Cardio</p>	<p>Lacrosse w/ Scoops *Use side hoops *Teamwork *Hand-eye coordination</p>	<p>Describe Real Lacrosse *Sticks *Nets *Physical (not in PE)</p>
<p>Week 14 Nov. 21-23</p> <p>*Thanksgiving Break (TR/F)</p>	<p>Walk/Jog</p>	<p>Student Choice *Dodgeball or Scramble Ball</p>	<p>Continue Student Choice</p>	<p>Sports- manship Reminders</p>
<p>Week 15 Nov. 28-Dec.2</p> <p>*4.1.1-3 *4.2.1,2 *4.3.1-4 *4.5.1-4 *5.1.1-3 *5.2.1,2 *5.3.1-4 *5.5.1-4 *6.1.1 *6.3.1-5 *6.5.1-4</p>	<p>Dance *Do the whole time changing songs and types of music</p>	<p>Rules and Work on Group Dance *Rhythm</p>	<p>Present Group Dance *Teamwork</p>	<p>Finish Presenting Group Dance</p>

<p>Week 16 Dec. 5-9</p> <p><i>*4.1.1-3</i> <i>*4.2.1,2</i> <i>*4.3.1-4</i> <i>*4.5.1-4</i> <i>*5.1.1-3</i> <i>*5.2.1,2</i> <i>*5.3.1-4</i> <i>*5.5.1-4</i> <i>*6.1.1 *6.3.1-5</i> <i>*6.5.1-4</i></p>	<p>Individual Jump Rope <i>*Try new ways if comfortable</i></p>	<p>Long Rope Jumping <i>*Coordination</i> <i>*Teamwork</i></p>	<p>Make Up a Routine <i>*Rhythm</i></p>	<p>Show off routine</p>
<p>Week 17 Dec. 12-16</p> <p><i>*4.1.1-3</i> <i>*4.2.1,2</i> <i>*5.1.1-3</i> <i>*5.2.1,2</i> <i>*6.1.2 *6.2.2</i></p>	<p>Walk/Jog while Dribbling</p>	<p>Around the Gym Lay-Ups <i>*Cardio</i> <i>*Moving w/ the ball</i></p>	<p>3 on 3 Game <i>*Teamwork</i></p>	<p>Dribble Knockout <i>*Dribbling skills</i></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 <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>Skill Components?</p>
<p>Week 19 Jan. 4-6</p> <p><i>*4.1.1,2</i> <i>*4.3.2 *4.4.1-5</i> <i>*5.1.1,2</i> <i>*5.4.1-5</i> <i>*6.3.2 *6.4.1-5</i></p>	<p>Gym Rules & Expectations <i>*Be safe, respectful, responsible</i> <i>*HAVE FUN!</i></p>	<p>Relays <i>*Teamwork</i> <i>*Cardio</i></p>	<p>Partner Challenges <i>*Standing up w/ no hands</i> <i>*Group Pretzel</i> <i>*Teamwork!</i> <i>*Helpful hints to partner</i></p>	<p>Review Rules <i>*Be safe, respectful, responsible.</i> <i>*HAVE FUN!</i></p>

<p>Week 20 Jan. 9-13</p> <p>*4.3.1-4 *4.5.1-4 *5.3.1-4 *5.5.1-4 *6.3.1-5 *6.5.1-4</p>	<p>Full Body Warm-up <i>*Form</i> <i>*Purpose</i> <i>*Other ways can warm you up...</i></p>	<p>Go over the Fitness Stations <i>*Proper Form</i> <i>*Which Muscles</i> <i>*Importance of each exercise.</i></p>	<p>6 Components Skill Related Fitness Stations <i>*Balance, agility, speed, reaction time, coordination, power.</i></p>	<p>Cool Down Walk <i>*Purpose</i></p> <p>Review Skill Related Fitness Components</p> <p>Why is staying physically active important? <i>*Staying in shape</i> <i>*Stress</i></p>
<p>Week 21 Jan. 16-20</p> <p>*4.1.3 *4.2.1 *4.3.1-4 *4.5.1-4 *5.1.3 *5.2.1 *5.3.1-4 *5.5.1-4 *6.1.4,5 *6.2.4,5 *6.3.1-5 *6.5.1-4</p>	<p>Partner Passing <i>*Use Hand Ball</i></p>	<p>Fitness Raceway <i>*Cardio</i> <i>*Agility</i> <i>*Strength</i></p>	<p>Small Handball Games <i>*Strategies</i> <i>*Teamwork</i></p>	<p>Talk Strategies <i>*What works?</i></p>
<p>Week 22 Jan. 23-27</p> <p>**4.1.3 *4.2.1 *4.3.1-4 *4.5.1-4 *5.1.3 *5.2.1 *5.3.1-4 *5.5.1-4 *6.1.4,5 *6.2.4,5 *6.3.1-5 *6.5.1-4</p>	<p>Partner Throwing w/ Football <i>*Proper form</i> <i>*Catching</i> <i>*Hand-eye coordination</i></p>	<p>Football Bootcamp <i>*Muscular Strength</i> <i>*Speed ladders</i></p>	<p>Flickerball <i>*Game rules</i> <i>*Teamwork</i> <i>*Throwing</i> <i>*Catching</i> <i>*Running Patterns</i></p>	<p>Purpose for Warm-up and Cool-down? <i>*Food for thought</i></p>

<p>Week 23 Jan.30-Feb. 3</p> <p><i>*4.1.1-3</i> <i>*4.2.1,2</i> <i>*5.1.1-3</i> <i>*5.2.1,2</i> <i>*6.1.2 *6.2.2</i></p>	<p>Partner Passing w/ Scoops</p>	<p>Relay Races <i>*Cardio</i></p>	<p>Lacrosse w/ Scoops <i>*Use side hoops</i> <i>*Teamwork</i> <i>*Hand-eye coordination</i></p>	<p>Describe Real Lacrosse <i>*Sticks</i> <i>*Nets</i> <i>*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 <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>*4.1.1-3</i> <i>*4.2.1,2</i> <i>*5.1.1-3</i> <i>*5.2.1,2</i> <i>*6.1.2 *6.2.2</i> <i>*No School Friday</i></p>	<p>Hoops for Hearts Packets and Questions</p>	<p>Jump Stops, Pivots, Pass <i>*As fast as possible with correct form</i></p>	<p>Continuous Knock Out <i>*When out go to another hoop</i> <i>*Shooting practice</i></p>	<p>Review Any Form Needed</p>
<p>Week 26 Feb. 20-24</p> <p><i>*4.1.1-3</i> <i>*4.2.1,2</i> <i>*5.1.1-3</i> <i>*5.2.1,2</i> <i>*6.1.2 *6.2.2</i></p>	<p>Hoops for Hearts Packets and Questions</p>	<p>Jump Stops, Pivots, Pass <i>*As fast as possible with correct form</i></p>	<p>Dribble Knockout <i>*Dribbling</i></p>	<p>Review Any Form Needed</p> <p>Hand in Packets?</p>
<p>Week 27 Feb. 27-Mar. 2</p> <p><i>*4.3.1-4</i> <i>*4.5.1-4</i> <i>*5.3.1-4</i> <i>*5.5.1-4</i> <i>*6.3.1-5</i> <i>*6.5.1-4</i></p>	<p>Full Body Warm-up <i>*Form</i> <i>*Purpose</i> <i>*Other ways can warm you up...</i></p>	<p>Go over the Fitness Stations <i>*Proper Form</i> <i>*Which Muscles</i> <i>*Importance of each exercise.</i></p>	<p>6 Components Skill Related Fitness Stations <i>*Balance, agility, speed, reaction time, coordination, power.</i></p>	<p>Cool Down Walk <i>*Purpose</i></p> <p>Review Skill Related Fitness Components</p> <p>Why is staying physically</p>

*No School Friday				active important? *Staying in shape *Stress
Week 28 Mar. 6-10 *4.1.1-3 *4.2.1,2 *4.3.1-4 *4.5.1-4 *5.1.1-3 *5.2.1,2 *5.3.1-4 *5.5.1-4 *6.1.1 *6.3.1-5 *6.5.1-4 *No School Friday	Dance *Do the whole time changing songs and types of music	Rules and Work on Group Dance *Rhythm	Present Group Dance *Teamwork	Finish Presenting Group Dance
Week 29 Mar. 13-17 *4.1.1-3 *4.2.1,2 *5.1.1-3 *5.2.1,2 *6.1.2 *6.2.2	Partner Passing w/ Scoops *Proper Form	Speed Walk *How is this fitness? *Heart Rate	Scoops Mat Ball *Softball/ Baseball skills and rules *Scoops Skills	Review Strategies and Skills
Week 30 Mar. 20-24 *Reward Week	Walk/Jog	Student Choice *Dodgeball or Scramble Ball	Continue Student Choice	Sports- manship Reminders
Week 31 Mar. 27-31 *4.1.1-3 *4.2.1,2 *4.3.1-4 *4.5.1-4 *5.1.1-3 *5.2.1,2	Walk/Jog *Proper warm-up *Purpose?	Raceway *Exercises *Personal Space *Muscular strength and endurance	Capture the Flag *Invasion strategies *Teamwork	Talk Strategy *What worked? *Ideas to improve strategies?

<p>*5.3.1-4 *5.5.1-4 *6.1.2 *6.2.2 *6.3.1-5 *6.5.1-4</p>				
<p>Week 32 Apr. 3-7</p> <p><i>*Most all skills reviewed!</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>Skill Components?</p>
<p>Week 33 Apr. 10-13</p> <p>*4.3.1-4 *4.5.1-4 *5.3.1-4 *5.5.1-4 *6.3.1-5 *6.5.1-4 <i>*No School Friday</i></p>	<p>Walk/Jog <i>*Importance?</i></p>	<p>Strength Challenges <i>*Push-ups *Dips *Squats</i></p>	<p>Four Square <i>*Hand-eye coordination</i></p>	<p>Can you feel the muscles we worked on? What makes them sore?</p>
<p>Week 34 Apr. 18-21</p> <p>*4.1.1-3 *4.2.1,2 *5.1.1-3 *5.2.1,2 *6.1.2 *6.2.2 <i>*No School Monday</i></p>	<p>Frisbee Partner Catch <i>*Proper Form</i></p>	<p>Sprints <i>*Cardio *Speed</i></p>	<p>Ultimate Frisbee <i>*Small Games *Teamwork *Strategies</i></p>	<p>Talk Strategies <i>*What worked?</i></p>
<p>Week 35 Apr. 24-28</p> <p>*4.3.1-4 *4.5.1-4</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</i></p>	<p>Flag 7's <i>*Passing *Kick and Chase</i></p>	<p>6 Components Skill Related Components? <i>*How are they all used in</i></p>

*5.3.1-4 *5.5.1-4 *6.3.1-5 *6.5.1-4		*Strength		Rugby?
Week 36 May 1-5 *4.2.2 *5.2.2 *6.1.6 *6.2.6 *Dibles Friday	Instructions Hand Out Map	Scavenger Hunt *Teamwork	Scavenger Hunt Continued *If done early,	How did you find it? *Strategies
Week 37 May 8-12 *4.3.1-4 *4.5.1-4 *5.3.1-4 *5.5.1-4 *6.3.1-5 *6.5.1-4 *Dibles Monday	Track Sign Ups	Practice Track Events	Continue Practicing Track Events	Track Day Questions
Week 38 May 15-19 *Reward Week *Elem. Track Meet Tuesday	Walk/Jog	Student Choice *Dodgeball or Scramble Ball	Continue Student Choice	Sports- manship Reminders