

**Every Class Will Include:**

- 1) **10 – 15 minutes of fitness and/or motor movement activities.** These activities will provide physical fitness and movement components that include flexibility, cardio-respiratory endurance, muscular endurance, strength, speed, reaction time, agility, as well as loco-motor and non loco-motor movement.
  
- 2) **A main lesson focus** which includes a skill, game, or movement concept related activity, based upon the units indicated below.

WEEK OF	6th	5th	4th	3rd	2nd	1st
WK 2	<u>Establishing a Learning Environment/Relationships</u> Introduction to PE Gym Rules, Discipline, Playground Safety. Tour of Facilities			<u>Establishing a Learning Environment/Relationships</u> Introduction to PE Gym rules, management procedures, Space Awareness/Relationship with people Playground Safety. Tour of Facilities		
WK 3	<u>Directions/Space Awareness</u> Space Awareness Line to Line Loco Motor Movement.-Relay's Personal Space Games and Exercises Movement in Space Games/Relationship with Body Parts/Objects Warm Ups, Calisthenics Four Keys: Safety, Sportsmanship, Fitness and FUN!			<u>Personal/General Space/Body Awareness</u> Beanbag – Individual skill development-balancing Personal space games and exercises Beanbag partner activities. Yoga, Stretching, Flexibility		
WK 4	<u>Traveling in General Space/Beanbag Challenges</u> Beanbag Partner Activities. Beanbag Snatch Games (Steal The Bacon) Movement in Space Games Fitness Skillastics			<u>Movement to Music/Rhythm/ Beanbag Challenges/Non-locomotor movement.</u> Beanbag body relationship/balances Toss Vs throw. Body Relationship/Locomotor Movements Hula Hoop, Parachute		
WK 5	<u>Traveling/Pathways/Locomotor Movements</u> Team Movement Games Playground Games Pre-Assessment Fitness Testing Upper Body Mats			<u>Pathways/Locomotor Movement</u> Loco motor Relay's Movement in Space Games 3 <sup>rd</sup> Grade Monkey/Hanging Bar Intro Change Between Locomotor Patterns on Signal Moving Safely within Boundaries		
WK 6	<u>Kicking Skills/ Pre-Assess Fitness Testing</u> Basic Dribbling & Kicking Skills Footwork, Stationary Passing, - Striking the Ball Pre-Assessment Presidential Fitness Testing Mile Run Milk Cartons			<u>Kicking and Foot Dribbling Skills</u> Dribbling & Kicking skills Passing with partners & groups Dominant/Non-dominant Changing Directions Beach ball Kicking Games Milk Cartons, Coop Kickball, Soccer Golf		

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WK 7	<u>Kicking Skills/Pre-Assess Fitness Testing</u> Soccer Skills - Passing While Moving, Shooting at Targets Indoor Soccer Lead Up Games			<u>Kicking and Foot Dribbling Skills on Various Surfaces</u> Striking/Kicking Stations Shooting at Targets Soccer Golf, Lead up Games,		
WK 8	<u>Kicking Skills/Pre-Assess Fitness Testing</u> Passing/Shooting Rules/Strategy/Goalkeeping Outdoor/Indoor Lead Up Soccer Games Assessment Fitness Skillastics			<u>Finish Kicking, Dribbling Skills</u> Dribbling & Kicking skills Passing with partners & groups Indoor Striking/Kicking Stations Shooting at targets		
WK 9	<u>Throwing, Catching and Rolling</u> Individual, Partner and Team T, C & R games Learning Stations Implement Pathways and Levels Upper Body Mats			<u>Throwing, Catching and Rolling</u> Mechanics/Cues for T, C and R. Underhand vs Overhand Catching Learning Stations Implement Pathways and Levels Catch 100, T and C Bingo, Jail Ball		
WK 10	<u>Throwing, Catching and Rolling</u> Effort – Time/Force/Flow 1 <sup>st</sup> Visit Lead Up Games - Rolling/Throwing-2 <sup>nd</sup> Visit Frisbee, Softball, Baseball, T and C Bingo Battle Ship, Football			<u>Throwing, Catching and Rolling</u> Effort – Time/Force/Flow/Target/Pathways, Catching High and Low Lead Up Games – Rolling Bean Bag, Tic Tac Toe, Bean Bag Shuffle Boards		
WK 11	<u>Throwing, Catching and Rolling</u> T, C and R Assessment Team Games Curl-Ups, Push Ups			<u>Throwing, Catching and Rolling</u> T, C and R Assessment/Stations Self-Assessment Team Games		
WK 12	<u>Chasing/Dodging &amp; Fleeing</u> Tagging Games-Offense Defense Strategies Reaction Time/Agility Mile Run 5 <sup>th</sup> Grade Food Inventory's			<u>Chasing/Dodging</u> Tag Games Agility/Reaction Time/How to Tag 3 <sup>rd</sup> Grade Monkey Bar/Hanging Bars Pre-Test Flag Games, Cat and Mouse, Body Part Tag		
WK 13	<b>Thanksgiving Break!!!!</b>			<b>Thanksgiving Break!!!!</b>		

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WK 14	<u>Chasing/Dodging &amp; Fleeing</u> Flag Tag Games Leading and Following Speed/Velocity Health and Nutrition Concepts			<u>Chasing/Dodging @ Movement Exploration</u> Continue Tagging Games Manipulative Challenges Scoops, Squishy Balls		
WK 15	<u>Jumping and Landing</u> Individual Jump Ropes Jumps: Forward/Backward Hoop Jumping Sit Ups / Push Ups			<u>Jumping and Landing</u> Short Ropes Shapes/Stationary Rope Jumping Stationary Movements and Courses Jump rope Routine To Music		
WK 16	<u>Jumping, Landing &amp; Transfer of Weight</u> Jump Rope Stations Jumps for Height/Distance  6 <sup>th</sup> Grade Activity Logs			<u>Balance/Transfer of Weight</u> Jump stick/band games Long Ropes- Jumps with Rope Close to Ground Slanted Rope Long Jump, Standing Jump		
WK 17	<b>Winter Break!!!</b>			<b>Winter Break!!!</b>		
WK 18	<b>Winter Break!!!</b>			<b>Winter Break!!!</b>		
WK 19	<u>Fitness Flex Week</u>  Cardio/Heart Rate Aerobics Fitness Blender Fitness Boot Camp			<u>Leaping/Body Parts/Body Shapes</u> Obstacle Courses Gigantic Obstacle Course Hurdles Body/ Balance Dice Creating Shapes with Your Body Changing Levels		
WK 20	<u>Volleying Skills</u> Underhand and Overhead Passing Striking			<u>Balloons/Beach ball Play and Volleying</u> Balloon Play (Individual and Partner) Beach Ball Serving/Passing Preparation Time, Step, Striking Movement Concepts Activities Ready Position Varying Amounts of Force		
WK 21	<u>Volleying Skills</u> Volley Ball Serving – Underhand/Overhand			<u>Volleying/Striking</u> Balloon Striking Games Beach Ball V-Ball		

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WK 22	<u>Volley Games</u> 3-Pass V-Ball Meteorite Ball			<u>V-Ball Games</u> Meteorite Ball 4-Square V Ball Net Ball Star Wars		
WK 23	<u>Ball Manipulation and Basketball Skills</u> Basketball Introduction – History/Footwork/Agility Basketball Skills, Rules and Concepts Ball Handling, Dribbling & Passing Skills/Games Basketball Skillastics			<u>Ball Manipulation and Basketball Skills</u> Ball Handling & Dribbling Activities Footwork and Agility Games Changing directions, Stopping and Starting 3 <sup>rd</sup> Grade Bar Test Bucket Ball,		
WK 24	<u>Ball Manipulation and Basketball Skills</u> Basketball Rules/Regulations & Strategy Concepts Shooting Games Games of Agility, Changing Directions, Stopping and Starting Mile Run			<u>Ball Manipulation and Basketball Skills</u> Playground Ball partner Activities Shooting Games		
WK 25	<u>Basketball Skills /Knowledge of Concepts</u> Lead up Games/1/2 Court Mini Games Written Test - Rules and Strategy B-Ball Skillastics			<u>Basketball Skills/ Shooting</u> Dribble Relay / Tag Set Shot Lead Up Games		
WK 26	<u>Bat and Ball Activity</u> Cricket Stations Mini Games Whiffle Ball			<u>Tossing/Hopping, Jumping, Leaping</u> Toss Games, target tossing, horseshoes, ring toss Hopscotch, Jumping & Leaping Stations		
WK 27	<u>Bat and Ball Activity</u> Cricket Games Whiffle Ball			<u>Tossing/Hopping, Jumping &amp; Leaping</u> Manipulatives Scoop Activities Hop-Scotch stations		
WK 28	<u>Dance and Rhythm</u> Line Dance Movement to Music			<u>Dance and Rhythm</u> Line Dance Movement to Music		
WK 29	<u>Striking With Racquets</u> Racquet Dribbling Tennis Baseball Badminton Tennis Stations			<u>Striking with Paddles Racquets and Bats</u> Light Weight/Foam Paddles Racquet Play Large Foam Hockey Sticks Pickle ball		

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WK 30	<u>Stick Handling/Stick Dribbling &amp; Passing - Racquet Skills/Fitness Testing</u> Shooting/Passing on the Run Rules/reg. Varying directions...Low Organized Games Mile / Sit-Ups			<u>Striking with Paddles &amp; Racquets</u> Individual, partner and small group games and activities Lollipop Paddles, Lg Hockey Sticks		
WK 31	<u>Striking and Shooting with a Stick/Goalkeeping (stopping)/Fitness Testing</u> Shooting and goalkeeping skills Push-Ups/ Shuttle Run			<u>Striking with Sticks</u> Target Hockey Hockey Pirates Mad Ball Hockey		
WK 32	<u>Striking and Shooting with Stick</u> Big Box Hockey Cone/Sideline Hockey Fitness Skillastics			<u>Striking With Sticks</u> Horse Hockey Big Box Hockey Cone Hockey		
WK 33	<b>Spring Break!!!!</b>			<b>Spring Break!!!!</b>		
WK 34	<u>Flag Games</u> Flag Tag/Touchdown Intro Flag Football Throwing/Catching Passing/Receiving			<u>Cooperation Fitness Flex Weeks Games</u>  Team Juggling Hula Hoop Pass		
WK 35	<u>Flag Games</u> Fitness Skillastics Football Punting/ Centering			<u>Cooperation Fitness Flex Weeks Games</u>  Castle Ball Wii Dance		
WK 36	<u>Flag Games</u> Football Stations Football Task Sheets Upper Body Mats			<u>Cooperation Fitness Flex Weeks Games</u>  Fitness Boot Camp Muscular Strength and Endurance Aerobic and Anaerobic		
WK 37	<u>Track Unit</u>  Relay Games Broad Jump Long Jump			<u>Track Unit</u>		

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WK 38	<u>Track Unit</u> Relay Race Discus Shot Put Distance Running Long Jump, Standing Jump			<u>Track Unit</u> Relay Race Discus Shot Put Hammer Throw Distance Running Long Jump, Standing Jump		
WK 39	<u>Ball Rolling &amp; Weight Transfer</u> Introduction to bowling Scoring methods Technique and partner correction Upper Body Strength Mat			<u>Ball Rolling &amp; Weight Transfer</u> Introduction to bowling Fitness Stations One Turn Bowling No Pin Bowling		
WK 40	<u>Ball Rolling &amp; Weight Transfer</u> Continuation of Bowling Wii Bowling Bowling Checklist			<u>Ball Rolling &amp; Weight Transfer</u> Continuation of Bowling Wii Bowling		
WK 41	<u>Ball Rolling &amp; Weight Transfer</u> Team Scoring 7-pin bowling Jump Rope Stations			<u>Ball Rolling &amp; Weight Transfer</u> Bowling on Lanes 7-Pin Bowling		
WK 42	<b>Last Week!!!!</b>			<b>Last Week!!!</b>		

\*\*Fitness Flex Weeks should be added to the pacing guide after each three week unit, or as needed.