

Physical Education Trimester Curricula

Dear Parents,
You may help support the physical education curriculum that your child is learning in several ways. Physical education activities are needed to increase physical skills, health related fitness levels, self-esteem, and the enjoyment of physical activity so all students can be physically active for a lifetime. The goal for each and every student should be individual improvement, and also to gain knowledge in physical activities in order to transfer these skills outside of the gymnasium. Keep in mind that many video games (xbox kinect, wii, playstation move) have a movement component, and are excellent sources to increase fitness levels, even when the weather is bad. Please take a moment to read the curricula concepts your child is learning as well as how you may support these concepts at home. Your cooperation in your child's education is greatly appreciated.

<u>Concepts Covered (With Grade)</u>	<u>Trimester 1</u>	<u>Trimester 2</u>	<u>Trimester 3</u>
*Jumping/Leaping (K-2)	Practice jumping or leaping on ground- over low objects, play hopscotch.	Continue jumping, leaping, and even hopping on one foot.	
*Chasing/Fleeing (K-5)	Play tag game in yard or at park.		
*Balancing (K-2)	Balance on one foot, knee, arms, or a combination of these parts, hold for at least ten seconds each time.	Many movement video games use balancing activities.	
*Skipping, Sliding Sideways, Galloping, Hopping (K-2)	Practice these movements anywhere, can use music.		
*Throwing/Catching (K-5)	Play catch with any object, at home or at the park. Use softer object for younger students.	Can use implements like gloves and scoops to practice catching at various distances.	
*Hula Hoops (K-2)	Practice around waist, arm, neck, or leg.		
*Beanbags (K-2)	Practice throwing and catching, sliding on floor, or balancing beanbags on different parts of the body.	Can find various beanbags with children's characters on it to make it more enjoyable for the student.	
*Jump Ropes (K-5)	Great for cardiovascular endurance, need a small area that has a higher ceiling, or can practice outside or at a park.	Started rope jumping with grades K through 2. Can also practice jumping over rope on ground, letters and shapes,mazes, etc.	
*Upper Body Flexibility (K-5)	Stretch arms behind back, out to side, above head, touch hands behind back, hold stretches for at least 30 seconds.	Stretching can be done in any room at home.	

*Lower Body Flexibility (K-5)	Sit down and reach towards feet, legs can be together or apart (straddle), hold stretches for at least 30 seconds.	Stretching can be done in any room at home.
*Upper Body Strength (K-5)	Push ups, push holds, shoulder taps, or planks (up pushup position).	Grades 3 to 5 can start to practice upper body activities for the fitness test in March.
*Lower Body Endurance (K-5)	Sit ups, crunches, lift legs and hold while lying on back.	Grades 3 to 5 can start to practice lower body activities for the fitness test in March.
*Cardiovascular Endurance (K-5)	Running, jogging, speed walking, swimming, bike riding, dancing. Perform activity for minimum of 20 minutes.	Many activities can be performed in place. Cardiovascular endurance is also greatly improved in video games with movement.
*Jogging/Running (K-5)	Can be done in yard, at a park, around your neighborhood, on a treadmill, even in place!	Running in place and aerobic activities work well when indoors.
*Dancing (K-5)	Can use dance songs (cha cha slide, chicken dance, hokey pokey, etc.), or put music on to free dance.	Students have learned three dances thus far (chicken dance, cha-cha slide, and hokey pokey) to practice in any area at home, using a cd or digital song.
*Pacer Jog (3-5)	Practice by jogging back and forth from one line to another-can use chalk or sticks to make two lines. Distance is 60 feet, as two laps back and forth is 120 feet.	Running in place and aerobic activities work well when indoors.
*Kicking (Soccer) (K-5)	Practice kicking any ball back and forth to a partner, off of a wall, or across a field, using the inside, outside, or laces of the foot.	
*Soccer Passing, Trapping (K-5)	Practice passing any ball back and forth to a partner, using the inside, outside, and laces of foot to pass	Practice with a softer ball when the weather becomes cold.

and trap (which means stop).

*Soccer Goaltending (K-5)

Can use any ball and two cones/pins/ or other conelike item to make a goal. Practice blocking ball from going in between the cones.

*Football Pass, Catching (2-5)

Play catch with a soft/nerf football, standing at close distance, and moving back progressively after several catches.

Practice with a softer ball when the weather becomes cold.

*Bowling (K-5)

Use any ball to roll, can use paper towel rolls or other long items for pins. Increase distance accordingly.

Great family activity for the winter months using a soft ball.

*Scooter Activities (K-2)

Can use upright scooters, or any object with wheels to develop leg strength and endurance.

*Scarf/Handkerchiefs (K-2)

Great as a precursor to juggling. Can use any light, soft object, such as scarves, handkerchiefs, rags, towels, etc. Start with two and work up to three.

*Feather Activities (K-2)

Like scarves and handkerchiefs, find a light object to balance, but make sure it is upright. Paper towel rolls or light pins work well. Practice balancing on various body parts, then move around with balanced object.

*Fitness Stations.Centers (K-5)

Can set up area stations around room, and switch to each station after a few minutes. Can use a combination of any of the activities