

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.		Good to play a chasing and fleeing game in the spring since the weather is just right, and the grass is safe in case of a fall.
*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.	Best time to practice throwing and catching, since the weather is great in the spring, and baseball season has arrived.
*Hula Hoops (K-2)	Practice around waist, arm, neck, or leg.		Can practice hula hoops at a party or public event where they are often given out.
*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.	Good time to get outdoors and jump rope.
*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.	Flexibility can also be developed on an outdoor playground.

*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.	One of the best ways to increase cardiovascular endurance is through swimming, which can be accomplished often in the upcoming summer months.
*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.	Jogging and running are also a great activity when the weather is optimal. Can practice running around the bases for baseball.
*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.	Students have learned five dances thus far (chicken dance, cha-cha slide, hokey pokey the macarena, and the cotton eye joe) to practice in any area at home, using a cd or digital song. Can practice outside since the weather is adequate.
*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,	Practice with a softer ball when the weather becomes cold.	

outside, and laces of foot to pass 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 listed, or even create your own!

* Ball Activities (K-2)

Can use any type of ball, any size, any texture, and any weight. Can practice bouncing with one or two hands, kicking with either foot, rolling with either hand, striking (hitting) with either hand, or catching with either hand. If the texture of the ball is soft enough, you can practice several of these skills indoor if the weather is inclement.

* Ball Target Activities (K-5)

Using any type of ball and container (buckets, cups, storage containers), attempt to toss the ball into the container from various distances. Can practice several times, or have a small competition, taking alternate turns.

* Scavenger Hunt/Memory Activities (K-5)

Hide objects (plastic eggs, tennis balls, small toys, etc.) under an object that hides them (cups, napkins, plates, etc.), and attempt to find them, taking turns.

* Balloon Activities (K-5)

Practice keeping a balloon up in the air as a really fun activity, or a lead up activity to volleyball. Can do this anywhere.

* Basketball Dribbling (1-5)

Practice dribbling (bouncing) any ball off of the ground (focus on using one hand at a time, keeping the ball below the waist). Work on not looking at the ball when dribbling.

* Basketball Passing (2-5)

Practice passing any ball off of a wall, or to a partner, either bouncing the ball once on the ground, or in the air directly.

* Basketball Shooting (1-5)

Try to find an adjustable rim at a park or school so children can reach. Can use a very small portable rim, or even a waste paper basket on a ledge. Any ball will work, but a real basketball will be better for future success. Shoot from various distances.

* Basketball Spot Shooting (2-5)

Place numbered markers on ground (can use cardboard and a marker), and place them at various distances, with higher numbers farther away). You receive the amount of points on the marker when you make the shot).

* Baseball Hitting (2-5)

Can use any type of bat to practice swinging. Can hit a ball thrown into the air, off of a tee or stool, or thrown from another person. Make sure there is enough room for safety.

* Volleyball Skills (2-5)

Practice keeping up a balloon, with a larger balloon better for younger children. Progress to a larger sized ball for older students, and as skill level advances. Can use two hands facing up (set), wrists together underhand (bump), or underhand with one hand (serve). Can also use a beach ball.