

Teacher: CORE PhyEd K-3

Course: PhysEd K-3

Month: All Months

A Invasion Games

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
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g  
u  
s  
t

S Safety

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
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p What is the role of the individual for being safe during physical activity?

Moving safely through general space

make conscious decisions about applying rules and procedures

self space

Safety Checklist

Personal Space  
VS General Space

Safe Moving Video

10.3.3.D-Safety and Injury Prevention ~ Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).

t  
e  
m  
b

Staying in personal space while moving safely during physical activities

follows proper safety methods

general space  
safety  
rules

e  
r

Rules to maintaining a safe and cooperative learning environment

O Fitness

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
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t What is the connection between physical activity and health?

making the connection between physical activity and heart health

Describe the relationship of physical activity and good health

Muscle

Fitness Worksheet

Fitness Fun

10.3.3.D-Safety and Injury Prevention ~ Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).

o How does the level of physical activity effect physical fitness?

10.4.3.B-Physical Activity ~ Know the positive and negative effects of regular participation in moderate to vigorous physical activities.

b  
e  
r

the benefits of life-long fitness activities

Complete a modified version of a health enhancing fitness assessment

Pace

Fitness  
Health  
Healthy lifestyle

N Monitoring Heart Rate

o	Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
v	Why is it important to montior the body's response to exercise?	Identify 3 areas to check for the pulse	Identify the body's response to physical activity	Heart rate	Heart Rate Sheet	Jump Roping	Heart Rate Video	10.4.3.C-Physical Activity ~ Know and recognize changes in body responses during moderate to vigorous physical activity.
e m b e		Recognize how the pulse increases during physical activities	Recognize the importance of knowing the signs of exercise	Pulse Blood Flow Heart				
r	What are the movement strategies needed to be successful in invasion games?	Identify strategies used to avoid being tagged (dodging, fleeing etc.)	Chasing	Chasing		Goldmine		10.5.3.A-Concepts, Principles and Strategies of Movement ~ Recognize and use basic movement skills and concepts. 10.5.3.F-Concepts, Principles and Strategies of Movement ~ Recognize and describe game strategies using appropriate vocabulary.
			Fleeing Dodging	Fleeing Dodging Proper Tag				

D Activity Enjoyment

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
what are the factors that lead to the enjoyment to physical activity?	Activities that promote enjoyment, sportsmanship, and teamwork	engage in new and different physical activities  recognize reasons for liking or disliking physical activity	Personal interest	Total Participation Techniques	Can you catch it  Tag Games  Earth Ball		10.4.3.D-Physical Activity ~ Identify likes and dislikes related to participation in physical activities.
			Social interaction				
			Sportsmanship Encourage				

J Motor Skill Development

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
What is the connection between physical activity and the improvement of motor skill development?	introducing the use of motor skills  relating motor skills to physical activities	Describing how time and effort have a positive effect on skill development	Motor skills	Skills Checklist	Motor Tag  Motor Stations		10.4.3.E-Physical Activity ~ Identify reasons why regular participation in physical activities improves motor skills.  10.5.3.B-Concepts, Principles and Strategies of Movement ~ Recognize and describe the concepts of motor skill development using appropriate vocabulary.
			Transfer of skill Repetition Form Feedback				

F Cooperative Games

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
How does group cooperation lead to group success?	Develop the connection between positive group interaction and group success  Using communication as a component of teamwork	Recognize the link between positive group communication and success  Identify positive ways to interact with others in small and large groups	Teamwork  Communication  Cooperation Encouragement	Cooperative Checklist	Ship Wreck		10.4.3.F-Physical Activity ~ Recognize positive and negative interactions of small group activities.

M Skill Themes

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
How does developing basic movement skills improve physical activity?	Develop locomotor and non-locomotor skills  Use manipulative skills	Demonstrate developmentally appropriate skill themes	Locomotor  Non-locomotor  Manipulative	Pick-a-Pathway	Pathways  Partner Pathways		10.5.3.A-Concepts, Principles and Strategies of Movement ~ Recognize and use basic movement skills and concepts.

A Components of fitness

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
How do the components of fitness relate to motor skills?	Developing the relationship between practice and skill improvement	Identify the link between practice and skill development	Fitness Components: Flexibility, endurance, agility, balance, strength	Gymnastics Checklist	Gymnastics		10.5.3.C-Concepts, Principles and Strategies of Movement ~ Know the function of practice. 10.5.3.D-Concepts, Principles and Strategies of Movement ~ Identify and use principles of exercise to improve movement and fitness activities.

Identify activities that increase strength, endurance, flexibility, and agility  
Modified fitness assessment

M Scientific Principles and Movement

a	Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
y	How can scientific principles be applied to movement?	Applying multiple levels of force to objects to determine how they move	analyze the connection between science and movement  Apply the basic scientific principles to movements	Force  Mass  Levers Striking	Striking Assessment	Striking		10.5.3.E-Concepts, Principles and Strategies of Movement ~ Know and describe scientific principles that affect movement and skills using appropriate vocabulary.

J Game Strategies/Game Play

u	Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
n	How do strategies allow for more successful game play?	Developing team strategies  Using open space  Game strategies	Demonstrate strategies to use during game activities  Use of team strategies and individual strategies	Game strategies  Open Space Give and Go	Strategy Rubric	Invasion Intros		10.5.3.F-Concepts, Principles and Strategies of Movement ~ Recognize and describe game strategies using appropriate vocabulary.