

## Yearly Plan for Physical Education

Students meet for physical education class twice per week with each class lasting 30 minutes. Each lesson is designed so that all students receive maximum participation and maximum success. Every lesson begins with a warm up to prepare students for physical activity. Students then participate in a variety of physical activities to improve their cognitive, motor, affective, and fitness skills. Each lesson ends with a cool down to allow students to return to their classroom with calm bodies and minds.

- September**    *Building a Foundation* – This unit focuses on establishing expectations and protocols to create a safe and positive learning environment. A variety of indoor and outdoor activities are included in this unit such as football and flying disc.
- October**        *Kicking and Trapping* – This unit focuses on developing foot striking skills. Activities include soccer and kickball.
- November -  
December**    *Throwing and Catching* – This unit focuses on developing throwing and catching skills. Activities include basketball, tchoukball, bocce ball, and bowling.
- January**        *Stunts and Dance* – This unit focuses on developing rhythmic and movement skills. Activities include dance, gymnastics, and juggling.
- February**      *Jumping and Landing* – This unit focuses on developing jumping and landing skills. Activities include long and short jump rope skills. Students also have the option to participate in Jump Rope for Heart.
- March**          *Striking with Hands* – This unit focuses on developing striking skills using the hands. Activities include volleyball, handball, and wall ball.
- April**            *Striking with Short Handled Implements* – This unit focuses on developing striking skills using rackets and paddles. Activities include badminton, tennis, and pickleball.
- May**             *Striking with Long Handled Implements* – This unit focuses on developing striking skills using equipment with long handles. Activities include hockey, golf, cricket, croquet, and baseball.
- June**            *Aerobic Games* – This unit focuses on developing motor skills, movement concepts, and strategies in a high activity format. Activities include capture the flag, bokwele, and track and field.