

Mendham Township Elementary School
Physical Education Curriculum
K-4

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Unit 1: Team, Individual and Cooperative Activities Grades: PK-4

Essential Questions	Skills	Suggested Activities	NJSLS	Assessment	List of Core Inst. Materials
<p>How do communication skills help us to positively interact with our peers?</p> <p>How do we work with others to achieve a goal?</p> <p>How can setting and tracking goals help us to achieve a desired outcome?</p> <p>How do character traits such as trustworthiness, responsibility, respect, and fairness help us interact positively with others?</p> <p>What are the characteristics of a good leader?</p> <p>Where can you find support for a healthy lifestyle within the school and greater community?</p> <p>How does following the rules of games help us to safely and positively interact with our peers?</p>	<ul style="list-style-type: none"> Identify and employ ways to Improve listening skills Demonstrate respect for the opinions of others Explain when and how to use refusal skills in health and safety situations Discuss how parents, peers, and the media influence health decisions Develop a wellness goal and explain why setting a goal is important Explain that a person’s character and values are reflected in the way the person thinks, feels, and acts Identify factors that lead to group success Explain when and how to seek help when feeling ill, scared, sad, lonely, or bullied Explain rules Develop a group goal Organize and participate in a school or community service activity and discuss how helping others impacts personal and community wellness Follow multi-part directions Express ideas and feelings Exhibit good sportsmanship Follow the rules of games 	<p>Fitness presentations</p> <p>Parachute</p> <p>Scooter Work/Games</p> <p>Cargo</p> <p>Net</p> <p>Battle</p> <p>Ship</p> <p>Octopus</p> <p>Tag Games-Partner Tag</p> <p>Relay Races</p> <p>Island Hopping</p> <p>Obstacle</p> <p>Course Station</p> <p>Activities</p> <p>Partner</p> <p>Challenges</p> <p>Project Book</p> <p>buddy activities in gym.</p> <p>Field Day</p>	<p>2.2.2 A 1</p> <p>2.2.2 B 1 2 3 4</p> <p>2.2.2 C 1 2</p> <p>2.2.2 D 1</p> <p>2.2.2 E 1</p>	<p>Student developed rubrics</p> <p>Teacher developed rubrics</p> <p>Teacher observation</p> <p>Performance task sheets Benchmark</p> <p>Check Lists</p>	<p>Station Games- Maggie C. Burke</p> <p>Project Aces Handbook- Len Saunders</p> <p>Field Day Survival Guide- Krista Winn</p> <p>Cooperative Learning in Physical Education- Steve Grineski</p> <p>MTES Guidance Department</p>

		Goal Setting Cooperative Challenge			
		Character Education Activities			

Unit 2: Fitness Skills and Concepts Grades: PK-4

Essential Questions	Skills	Suggested Activities	NJSLS	Assessment	List of Core Inst. Materials
How do heredity, training, and diet influence fitness?	<ul style="list-style-type: none"> • Explain how exercise and diet can affect fitness. • Use technology to monitor fitness goals 	Variety of Daily Warm-ups Timed jogs	2.6.2 A 1 2 3	Fitnessgram Testing Physical Fitness Test Fall/Spring	Fitness Education for Children- Stephen J. Virgilio
How can technology be used to improve fitness?	<ul style="list-style-type: none"> • Demonstrate age-appropriate fitness skills • Identify upper body skills • Identify lower body skills 	Fitnessgram Testing Physical Fitness Testing Cardiovascular Activities		Performance task sheets Teacher Observation	Concepts of Physical Fitness- Charles Corbin and Ruth Lindsey
What are the physical, social, and emotional benefits of regular physical activity?	<ul style="list-style-type: none"> • Set a pace while jogging • Develop proper method of breathing • Develop individual fitness levels • Improve posture and muscle tone • Enhance flexibility 	Fitness Testing Jumping Rope Modified Push-ups		Personal Goal Tracking Log	Hooked on Fitness- James C. Harrison
What activities can you engage in to maintain a healthy lifestyle?	<ul style="list-style-type: none"> • Develop better coordination • Engage in expressive movements • Engage in upper body strength activities • Engage in lower body strength activities • Increase heart rate in response to exercise • Monitor heart rate 	Crunches Stretches Jumping Jacks Timed Running Parachute Running in Place			Take the President's Challenge

Unit 3: Movement Education Grades: PK-4

Essential Questions	Skills	Suggested Activities	NJSLS	Assessment	List of Core Inst. Materials
<p>What motor skills are necessary to develop an appreciation for life-long activities?</p> <p>In what ways can we move our bodies?</p> <p>How can competitive and cooperative strategies be utilized to enhance team activities?</p> <p>How does mental attitude influence physical performance?</p> <p>How does practice and being healthy contribute to safe and improved performance?</p>	<ul style="list-style-type: none"> • Perform locomotor skills: walk, skip, hop, gallop, run, jump, side- step • Perform non-locomotor: bend, reach, twist • Combine locomotor and non-locomoter patterns in time to music • Demonstrate static and dynamic balance • Kick a ball from stationary and moving positions • Throw a variety of objects using overhand and/or underhand techniques • Repeatedly jump a self-turned rope • Repeatedly jump a long rope turned by others • Bounce a ball in self-space and while traveling in different directions • Demonstrate skills of chasing, fleeing, and dodging and/or tagging safely • Follow safety and game play rules • Communicate with others at all times especially during game play • Respond to visual clues • Exhibit appropriate behavior as both a player and observer during physical activity • Demonstrate ways to handle and care for equipment safely and responsibly. 	<p>Games and Activities that reinforce:</p> <p>Throwing</p> <p>Catching</p> <p>Kicking</p> <p>Rolling</p> <p>Striking</p> <p>Expressive Movement</p> <p>Jumping</p> <p>Landing</p> <p>Dodge</p> <p>Chase</p> <p>Parachute</p> <p>Scooter Work/Games</p> <p>Cargo Net</p> <p>Battle Ship</p> <p>Octopus</p> <p>Tag Games-Partner Tag</p> <p>Relay Races Island</p> <p>Hopping Obstacle</p> <p>Course Station</p> <p>Activities Partner</p> <p>Challenges</p>	<p>2.5.2 A 1</p> <p>2</p> <p>3</p> <p>4</p> <p>2.5.2 B 1</p> <p>2</p> <p>3</p> <p>4</p> <p>2.5.2 C 1</p> <p>2</p>	<p>Student developed rubrics</p> <p>Teacher developed rubrics</p> <p>Teacher observation</p> <p>Performance task sheets Benchmark</p> <p>Check Lists</p>	<p>PE Central- online website</p> <p>Sports Rules Book- Human Kinetics</p> <p>Circuit Teaching Modules</p> <p>Hoop-La Games and Activities- Connie Crawford</p> <p>Physical Best Activity Guide- AAHPERD</p> <p>Ready to Use PE Activities for Grades 3-4 - Joanne Landy</p> <p>Elementary Teacher's Handbook of Indoor and Outdoor Games- Art Kamiya</p> <p>Cooperative Learning in Physical Education- Steve Grineski</p> <p>Games to Keep Kids Moving- Bob Dieden</p> <p>No Standing Around in My Gym- J.D. Hughes</p> <p>Physical Education for Children- Daily Lesson Plans- Jerry Thomas, Amelia Lee, Katherine Thomas</p>

K-4 Physical Education Pacing Guide

	K-2 Marking Period	3-4 Marking Period	Suggested Days/Weeks
Unit 1 Team/Indiv./Cooper. Activities	3,4	3,4	12 Weeks
Unit 2 Fitness Skills/Concepts	2	2	6 Weeks
Unit 3 Movement Education	1	1	6 Weeks

Interdisciplinary Connections: All students participate in a comprehensive, sequential, health and physical education program that emphasizes the natural interdisciplinary connection between wellness and health and physical education.

NJSLS Math Measurement and Data 4.MD

A. Solve problems involving measurement and conversion of measurements from a larger unit to a smaller unit.

NJSLS Math Algebraic Thinking 3.OA

A. Represent and solve problems involving multiplication and division.

NJSLS Operations and Algebraic Thinking 1.OA

A. Represent and solve problems involving addition and subtraction.

Integration of 21st Century Skills through NJSLS 9: 9.1 21st-Century Life & Career Skills All students will demonstrate the creative, critical thinking, collaboration, and problem solving skills needed to function successfully as both global citizens and workers in diverse ethnic and organizational cultures.

Integration of Technology through the NJSLS: 8.1 Educational Technology: All students will use digital tools to access, manage, evaluate, and synthesize information in order to solve problems individually and collaboratively and to create and communicate.