

Syllabus and Long Range Plans

Physical Education Syllabus Themes and Activities

Body control

Movement of the body through space in a safe and purposeful manner.

locomotor movements, body management, stunts and tumbling, jump ropes (individual / long), games (low organized, cooperative, black top), track and field, movement concepts.

Fitness

The capability of the body to distribute oxygen to muscle tissue during increased physical effort and achieving the target heart rate zone during activity.

Continuous movement progression, Pre & Post nationally normed test (Fitnessgram), health related fitness components, concepts of healthy eating/nutrition, skill related fitness practice, goal setting.

Propelling

Gradual generation of force and momentum within the body which is transferred to an object at release. (throwing)

Rolling a ball, forward pass, overhand throw, underhand throw, dribbling with feet, dribbling with hands, shooting, passing, passing with the foot, cross-body-throw (frisbee), bouncing, juggling.

Receiving

To absorb and control the force of an object in flight. (catching)

Stationary catching, receive an object in a variety of ways, foot trap, receive an object at different levels, field fly balls, receive while moving, control and object with an object.

Striking

The momentary contact with an object resulting from force and momentum generated within the body, with an implement or body part.

Strike an object with an object, strike a stationary object with a body part or object, strike a moving object with a body part or object, shots on goal, point of contact, underhand serve, forehand stroke, backhand stroke, variety of striking skills.

Units of Instruction Aligned with the 2014 South Carolina State Physical Education Standards

The units of instruction for physical education are presented in a circular fashion, due to the skill theme approach to instruction. This means there is no time line for specific skill content. The physical education content required by the state of South Carolina according to the standards is taught throughout the year in various physical activities and movement forms.

LONG RANGE PLANS

Learning and Development Goals

At the completion of a physical education semester, my students will be able to:

- 1) Demonstrate competency in many movement forms and proficiency in a few movement forms.
- 2) Apply movement concepts and principles to the learning and development of motor skills.
- 3) Make strides to exhibit a physically active lifestyle.
- 4) Achieve and maintain a health-enhancing level of physical fitness.
- 5) Demonstrate responsible personal and social behavior in physical activity settings.
- 6) Demonstrate understanding and respect for differences among people in physical activity settings.
- 7) Understand that physical activity provides the opportunity for enjoyment, challenge, self-expression, and social interaction.

STATE STANDARDS FOR PHYSICAL EDUCATION

The physical literate individual...

Standard 1: demonstrates competency in a variety of motor skills and movement patterns.
(Psychomotor Domain)

Standard 2: demonstrates knowledge of concepts, principles, strategies, and tactics related to movement and performance. (Cognitive Domain)

Standard 3: achieves and maintains a health-enhancing level of physical activity and fitness.
(Psychomotor Domain)

Standard 4: exhibits responsible personal and social behavior that respects self and others in physical-activity settings. (Affective Domain)

Standard 5: demonstrates awareness that physical activity provides the opportunity for health, enjoyment, challenge, self-expression, and/or social interaction. (Affective Domain)

Instructional Units

2016-2017 Long Range Plan for Kindergarten

First 9 Weeks

Week 1 - Orientation/Rules

Week 2 – Movement Concepts: Non-Locomotor Skills, Spatial Awareness

Week 3 – Movement Concepts: Non-Locomotor Skills, Spatial Awareness

Week 4 – Movement Concepts: Locomotor Skills, Directions, Relations

Week 5 - Movement Concepts: Locomotor Skills, Directions, Relations

Week 6 - Movement Concepts: Locomotor Skills, Directions, Relations (ASSESSMENT- Development of motor skills)

Week 7 – Cooperative Games

Week 8 – Cooperative Games

Week 9 – Cooperative Games (ASSESSMENT- Development of social skills (personal and social behavior) and sportsmanship)

Second 9 Weeks

Week 1 – Foundational Fitness

Week 2 – Foundational Fitness

Week 3 – Rolling (bowling)

Week 4 – Manipulative: Kicking

Week 5 – Underhand Tossing with Catching

Week 6 – Underhand Tossing with Catching

Week 7 – Overhand Throwing with Catching

Week 8 - Overhand Throwing with Catching

Week 9 – Review of Underhand Tossing, Rolling, Overhand Throwing, and Catching (ASSESSMENT- Development of manipulative skills)

Third 9 Weeks

Week 1 – Dance/Rhythms

Week 2 – Jump Rope

Week 3 – Jump Rope (ASSESSMENT- Development of balance and body control when jumping)

Week 4 – Body Management/ Educational Gymnastics

Week 5 - Body Management/ Educational Gymnastics

Week 6 – Body Management/ Educational Gymnastics (ASSESSMENT- Balance and body management)

Week 7 – Foundational Fitness (Uno Fitness)

Week 8 – Parachute Play

Week 9 – Foundational Fitness (Introduction to Pacer)

Fourth 9 Weeks

Week 1 – Manipulative: Ball handling skills

Week 2 - Manipulative: Ball handling skills (ASSESSMENT- Development of Manipulative skills)

Week 3 - Manipulative: Striking with long and short handled implements

Week 4 – Manipulative: Striking with long and short handled implements

Week 5 – Manipulative: Striking an object with the body

Week 6 – Manipulative: Striking an object with the body

Week 7 – Field Day Practice

Week 8 – Field Day Activities

Week 9 – Water Safety

2016-2017 Long Range Plans for 1st and 2nd Grade

First 9 Weeks

Week 1 - Orientation/Rules
Week 2 – Movement Concepts: Non-Locomotor Skills, Spatial Awareness
Week 3 – Movement Concepts: Non-Locomotor Skills, Spatial Awareness
Week 4 – Movement Concepts: Locomotor Skills, Directions, Relations
Week 5 - Movement Concepts: Locomotor Skills, Directions, Relations
Week 6 - Movement Concepts: Locomotor Skills, Directions, Relations (ASSESSMENT- Development of motor skills)
Week 7 – Cooperative Games
Week 8 – Cooperative Games
Week 9 – Cooperative Games (ASSESSMENT- Development of social skills (personal and social behavior) and sportsmanship)

Second 9 Weeks

Week 1 – Foundational Fitness
Week 2 – Rolling (bowling)
Week 3 – Rolling (bowling) – (ASSESSMENT- Development of motor skills)
Week 4 – Manipulative: Kicking
Week 5 – Underhand Tossing with Catching
Week 6 – Underhand Tossing with Catching
Week 7 – Overhand Throwing with Catching
Week 8 - Overhand Throwing with Catching
Week 9 – Review of Underhand Tossing, Rolling, Overhand Throwing, and Catching (ASSESSMENT- Development of manipulative skills)

Third 9 Weeks

Week 1 – Dance/Rhythms
Week 2 – Jump Rope
Week 3 – Jump Rope (ASSESSMENT- Development of balance and body control when jumping)
Week 4 – Body Management/ Educational Gymnastics
Week 5 - Body Management/ Educational Gymnastics
Week 6 – Body Management/ Educational Gymnastics (ASSESSMENT- Balance and body management)
Week 7 – Foundational Fitness (Uno Fitness)
Week 8 – Parachute Play
Week 9 – Foundational Fitness (Pacer Practice)

Fourth 9 Weeks

Week 1 – Manipulative: Ball handling skills
Week 2 - Manipulative: Ball handling skills (ASSESSMENT- Development of Manipulative skills)
Week 3 - Manipulative: Striking with long and short handled implements
Week 4 – Manipulative: Striking with long and short handled implements
Week 5 – Manipulative: Striking an object with the body
Week 6 – Manipulative: Striking an object with the body
Week 7 – Field Day Practice
Week 8 – Field Day Activities
Week 9 – Water Safety

2016-2017 Long range Plans for 3rd – 5th Grade

First 9 Weeks

Week 1 – Rules/Orientation
Week 2 – Cooperative Games
Week 3 – Cooperative Games
Week 4 – Cooperative Games
Week 5 – Cooperative Games (ASSESSMENT- Development of social skills (personal and social behavior) and sportsmanship)
Week 6 – FitnessGram Fall Assessment (Height & Weight and Sit & Reach)
Week 7 – FitnessGram (PACER)
Week 8 – FitnessGram (Push-Ups)
Week 9 – FitnessGram (Curl-ups and Trunk Lift) (Assessment of the individual's health-enhancing level of physical fitness)

Second 9 Weeks

Week 1 – Manipulative: Rolling to a target (bowling)
Week 2 – Manipulative: Rolling to a target (bowling)
Week 3 – Manipulative: Rolling to a target (bowling) (ASSESSMENT- Development of manipulative and social skills)
Week 4 – Soccer
Week 5 – Soccer
Week 6 – Soccer (ASSESSMENT- Development of Manipulative skills)
Week 7 – Manipulative: Throwing/Catching
Week 8 – Manipulative: Throwing/Catching
Week 9 – Manipulative: Throwing/Catching (ASSESSMENT-Development of Manipulative skills)

Third 9 Weeks

Week 1 – Dance/Rhythms
Week 2 – Jump Rope
Week 3 – Jump Rope (ASSESSMENT- Development of balance and body control when jumping)
Week 4 – Basketball (Dribbling/Passing)
Week 5 – Basketball (Shooting)
Week 6 – Review of Basketball Skills (ASSESSMENT- Development of Manipulative skills)
Week 7 – Fitnessgram Practice- (Fitness Uno)
Week 8 – FitnessGram Spring Assessment (Height & Weight and Sit & Reach)
Week 9 – FitnessGram (PACER)

Fourth 9 Weeks

Week 1 – FitnessGram (Push-Ups)
Week 2 – FitnessGram (Curl-Ups and Trunk Lift)(Assessment of the individual's health enhancing level of physical fitness)
Week 3 – Manipulative: Striking with long and short handled implements)
Week 4 – Manipulative: Striking with long and short handled implements
Week 5 – Volleyball (Striking and Object with the body)
Week 6 – Volleyball (Striking and Object with the body)
Week 7 – Field Day Practice
Week 8 – Field Day Activities
Week 9 – Water Safety

Assessment

During the performance and completion of most instructional units, students will be assessed by the teacher or use varying forms of self-evaluation. Each child will also be assessed on class participation and skill development. A child's class participation encompasses their willingness to actively take part in skills work, fitness exercises, game play, and whether or not they dress in proper PE attire.