

# Red Bank Charter School

## K-2 Physical Education Curriculum

<b>Recommended Pacing Guide</b>	
<p><b>Unit 1: Movement Education/ Rhythm</b></p> <ul style="list-style-type: none"> <li>● Body Awareness</li> <li>● Space Awareness</li> <li>● Locomotor Skills</li> <li>● Transferring Body Weight</li> <li>● Movement Safety</li> <li>● Team Etiquette</li> <li>● Personal Behavior</li> </ul>	18 Days
<p><b>Unit 2: Lifelong Fitness</b></p> <ul style="list-style-type: none"> <li>● Mental and Emotional Wellness</li> <li>● Adapting to various environments</li> <li>● Muscular Endurance</li> <li>● Muscular Strength</li> <li>● Flexibility</li> <li>● Mindfulness breathing</li> <li>● Traditional vs Nontraditional activities</li> <li>● Lifetime wellness activities</li> </ul>	18 Days
<p><b>Unit 3: Motor Skill Development: Locomotor/ Non- Locomotor Skills</b></p> <ul style="list-style-type: none"> <li>● Manipulating Objects and Movements</li> <li>● Transferring Body Weight</li> <li>● Response to Feedback</li> <li>● Movement Safety</li> <li>● Movement Creativity</li> <li>● Teamwork</li> </ul>	18 Days
<p><b>Unit 4: Throwing, Rolling, Kicking, Catching</b></p> <ul style="list-style-type: none"> <li>● Applying Proper Technique</li> <li>● Assessing Skill Ability</li> <li>● Determining Skill Level</li> <li>● Personal and General Space</li> <li>● Application of Strategies</li> <li>● Eye Hand and Eye Foot Coordination</li> <li>● Reaction Time</li> <li>● Pacing</li> <li>● Soccer: Dribbling, Shooting, Passing</li> <li>● Baseball: Batting, fielding, throwing, hit stationary</li> </ul>	18 Days

ball, base running <ul style="list-style-type: none"> <li>● Dodgeball: Overhand and underhand throwing and catching, aim at moving and stationary targets</li> <li>● Kickball: Kick stationary ball, base running</li> </ul>	
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<a href="#"><u>ACCOMODATIONS</u></a>	<a href="#"><u>MATERIALS</u></a>	<a href="#"><u>INTERDISCIPLINARY STANDARDS</u></a>
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<b>Evidence of Student Learning</b>
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<b>Formative Tasks:</b> <ul style="list-style-type: none"> <li>● Teacher Observation</li> <li>● Teacher Checklist</li> <li>● Verbal question &amp; answer</li> <li>● Self-evaluation of performance and progress</li> <li>● Quizzes</li> <li>● Exit Slips</li> <li>● Running Records</li> <li>● Class Observation</li> <li>● Think-pair-share</li> </ul>	<b>Summative Assessments:</b> <ul style="list-style-type: none"> <li>● Student participation</li> <li>● Rubric score</li> <li>● Fitnessgram</li> <li>● Performance Test</li> </ul>	<b>Benchmark Assessments:</b> <ul style="list-style-type: none"> <li>● Baseline SGO</li> <li>● Mid-year SGO</li> <li>● End of year SGO</li> </ul>
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# Unit 1: Movement Education/Rhythm

## 18 Days

Standards	Objectives
<b>2.2.2.MSC.1:</b> Perform a combination of sequences of locomotor movements and rhythmic activities (e.g., walking, balancing, hopping, skipping, running).	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>● Develop and improve motor skills and performance through practice.</li> <li>● Practice dance steps/skills to increase eye-hand, eye-foot coordination.</li> <li>● Dance independently and cooperatively with a partner or small group.</li> <li>● Utilize developmentally appropriate cooperative strategies in games and activities.</li> <li>● Make appropriate choices when engaged in independent and group activities.</li> <li>● Demonstrate basics of relay running.</li> <li>● Acquire beginning skills for a few specialized movement forms.</li> <li>● Participate in a variety of modified games, developmentally appropriate tasks, activities, creative movement, dance and play.</li> <li>● Demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that occur in movement.</li> </ul>
<b>2.2.2.MSC.2:</b> Differentiate non-locomotor movements as well transferring body weight (e.g., stretching, bending, twisting, curling).	
<b>2.2.2.MSC.3:</b> Demonstrate manipulative movements (e.g., throwing, catching, dribbling, running, kicking) while moving in personal and general space, time, directions, pathways and ranges.	
<b>2.2.2.MSC.4:</b> Adjust and correct movements and skill in response to feedback.	
<b>2.2.2.MSC.5:</b> Execute appropriate behaviors and etiquette while participating in and viewing activities, games, sports, and other events contribute to a safe environment.	
<b>2.2.2.MSC.6:</b> Demonstrate kindness towards self and others during physical activity to create a caring environment.	

### **Alternative Assessments**

- Project Fit America Challenge

### **Unit Materials**

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## Unit 2: Lifelong Fitness

### 18 Days

Standards	Objectives
<p><b>2.2.2.LF.1:</b> Express one's feelings and emotions when involved in movement and physical activities increases positive behaviors.</p>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>● Demonstrate an understanding of a variety of movements and how they affect the body.</li> <li>● Use physical activity as a positive opportunity for social and group interaction, and self-expression.</li> <li>● Recognize physiological indicators (heart rate, body temperature, perspiration, thirst).</li> </ul>
<p><b>2.2.2.LF.2:</b> Perform movement skills that involve controlling and adapting posture and balance, to successfully negotiate different environments (e.g., mats, turf fields, grass fields, hard surfaces, gym floors, sand, water, snow) during physical activity.</p>	
<p><b>2.2.2.LF.3:</b> Explore the body's range of motion through participating in flexibility and breathing exercises (e.g., stretching, mindfulness, yoga).</p>	
<p><b>2.2.2.LF.4:</b> Identify physical activities available outside of school that are in the community.</p>	

Alternative Assessments
<ul style="list-style-type: none"> <li>● Project Fit America Challenge</li> </ul>

Unit Materials
<ul style="list-style-type: none"> <li>●</li> </ul>

## Unit 3: Motor Skills Development

### 18 Days

Standards	Objectives
<b>2.2.2.MSC.1:</b> Perform a combination of sequences of locomotor movements and rhythmic activities (e.g., walking, balancing, hopping, skipping, running).	Students will be able to: <ul style="list-style-type: none"> <li>● Develop competence in locomotor skills.</li> <li>● Learn the fundamental techniques related to the performance of locomotor skills.</li> <li>● Understand that repetitive practice of new skills learned will enhance one's ability to play.</li> <li>● Implement movement principles such as space, speed, force, projection or tempo.</li> </ul>
<b>2.2.2.MSC.2:</b> Differentiate non-locomotor movements as well transferring body weight (e.g., stretching, bending, twisting, curling).	
<b>2.2.2.MSC.3:</b> Demonstrate manipulative movements (e.g., throwing, catching, dribbling, running, kicking) while moving in personal and general space, time, directions, pathways and ranges.	
<b>2.2.2.MSC.4:</b> Adjust and correct movements and skill in response to feedback.	

#### Alternative Assessments

- Project Fit America Challenge

#### Unit Materials

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## Unit 4: Throwing, Rolling, Kicking, Catching 18 Days

Standards	Objectives
<p><b>2.2.2.MSC.1:</b> Perform a combination of sequences of locomotor movements and rhythmic activities (e.g., walking, balancing, hopping, skipping, running).</p>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>● Demonstrate developmentally appropriate underhand and overhand throwing techniques using various balls, objects and targets.</li> <li>● Demonstrate changes in time, force and flow while moving in different directions and pathways in personal and general space while carrying a ball.</li> <li>● Practice hitting a stationary and moving target (through kicking, throwing, rolling).</li> <li>● Develop eye-hand coordination with tossing, catching, bouncing and volleying activities.</li> <li>● Develop foot-eye coordination with kicking activities, and during movement.</li> </ul>
<p><b>2.2.2.MSC.2:</b> Differentiate non-locomotor movements as well transferring body weight (e.g., stretching, bending, twisting, curling).</p>	
<p><b>2.2.2.MSC.3:</b> Demonstrate manipulative movements (e.g., throwing, catching, dribbling, running, kicking) while moving in personal and general space, time, directions, pathways and ranges.</p>	
<p><b>2.2.2.MSC.4:</b> Adjust and correct movements and skill in response to feedback.</p>	

### Alternative Assessments

- Project Fit America Challenge

### Unit Materials

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