

Westchester Public Schools 92½

Elementary PE/Health Curriculum

[PE/Health Standards](#)

[SEL Standards](#)

- [Illinois Mandated Units of Study Requirements are met through this curriculum and through presentations provided by](#)
 - Erin's law - Pillars Community Health
 - Human Growth and Development - Candor
 - Relationships - Sarah's Inn

Mission Statement: The goal of physical education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity. (SHAPE)

Benefits and Goals

The benefits of comprehensive health and physical education include promoting a healthy generation of students who are able to achieve their highest potential, reversing the trend of deteriorating health and physical fitness among youth, and helping to lower the cost of healthcare in the United States.

The goals and standards for physical development and health foster workplace skills, including identifying short- and long-term goals, utilizing technology, following directions, and working cooperatively with others. Problem-solving, communication, responsible decision-making, and team-building skills are also major emphases. (ISBE)

Kindergarten

Key goals:

- Introducing students to PE
 - Learning rules, procedures, responses
 - Variety of movement experiences
 - Encouraging all students, promoting positive/exemplary output
 - Clearly define sportsmanship and teach to it
- Effort, performance and teamwork
 - Evaluation criteria
 - Self-Challenges are opportunities to self-monitor and test personal limits
 - Positive sportsmanship will be rewarded and exemplified
- Establishing a community
 - PE is an integral part of the school curriculum
 - PE should be a safe and welcoming environment
 - Outside sport activity opportunities should be encouraged and highlighted

Focus Statement:	The student will demonstrate how to safely use their body in space and interact with others and equipment while performing fitness related activities.
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Outcomes: Locomotor Skills

PE.K.01	Students will demonstrate locomotor skills and movement patterns, while being active in personal and general space.	Illinois Standard	
	PE.K.01.01	Demonstrate walk, speed-walk, jog, run, gallop, 2-foot hop, and 1-foot hop	19.A.1a 19.A.1b 20.A.1b

	PE.K.01.03	Recognize personal and general space and demonstrate safe travels throughout	19.B.1a 19.B.1b	
	PE.K.01.04	Identify levels of height, distance and speed	19.A.1b 19.B.1b 20.A.1b	

Academic Vocabulary: gallop, patterns, animal walks, freeze, body control, here, there, next-to, around, over, under, ahead, behind, faster, slower, challenge, control, together apart, switch, forward, behind, boundary lines

Outcomes: Non-Locomotor Skills

	Students will be able to move effectively in a variety of positions and sequences			
	PE.K.01.01	Maintains momentary stillness on different bases of support	19.A.1a 19.A.1b 20.A.1b	
	PE.K.01.03	Forms wide, narrow, curled and twisted body shapes.	19.B.1a 19.B.1b	

Academic Vocabulary: Pose, balance, roll, twist, curl, bend, tripod, stretch, yoga, poses

Outcomes: Manipulative Skills

PE.K.02	Students will perform manipulative skills using a variety of equipment.		Standard	
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	PE.K.02.01	Perform a soccer dribble, pass and shot with both feet	19.A.1a 19.A.1b 20.A.1b	
	PE.K.02.02	Drops a ball and catches it before it bounces twice.	19.A.1a 19.A.1b 20.A.1b	
	PE.K.02.03	Perform the underhand roll in a forward direction with a variety of speeds	19.A.1a 19.A.1b 20.A.1b	
	PE.K.02.03	Demonstrate safe scooter skills	19.A.1a 19.A.1b 20.A.1b	

Academic Vocabulary: overhand, underhand, dribble, bounce pass, opposite, target, follow through, stop, freeze, extend, control, catchable, finesse, instep, outstep, balance and accurate

Outcomes: Cooperative Skills

PE.K.03	Students will execute movement patterns individually and with others.		Standard	
	PE.K.03.01	Perform movement sequences to the beat and tempo of various forms music	19.A.1a 19.A.1b 20.A.1b	
	PE.K.03.02	Perform parachute skills	19.A.1a 19.A.1b 20.A.1b	

Academic Vocabulary: beat, rhythm, count, tag, flee, dodge, tempo, clockwise, counter-clockwise, depending, co-operating

Outcomes: Short handled manipulative skills

PE.K.04		Students will perform short-handled manipulative skills: underhand/overhand strike and flick.	Standard	
	PE.K.04.01	Perform an underhand and overhand paddle strike using visual tracking	19.A.1a 19.A.1b 20.A.1b	
	PE.K.04.02	Perform a pick up with an scoop/paddle with the dominant and non-dominant hand	19.A.1a 19.A.1b 20.A.1b	
	PE.K.04.03	Perform an overhand and underhand toss with the scoop/paddle	19.A.1a 19.A.1b 20.A.1b	

Academic Vocabulary: stationary, kick, strike, twist, flick, lever, backhand, forehand

Outcomes: Identifying factors for healthy living

PE. K. 05		Students will be able to assess their own levels of physical fitness and health		
	PE.K.05.01	Notice the change of heart rate and other biological changes (sweating, increased breathing) after moderate to vigorous activity	20.A.1b	

	PE.K.05.02	Recognize which foods are “good” and which ones are “bad”	22.B.1a	
	PE.K.05.03	Use various forms of technology to monitor intensity (heart rate monitors)	23.A.1a	

Academic Vocabulary: heart rate, target zone, diet, pulse, vegetables, fruits, breads, fats, “carbs”, servings, heart rate monitors, pedometers

Outcomes: Social Emotional Learning

PE.K.06	Describe and demonstrate ways to express emotions in a socially acceptable manner			
	PE.K.06.1	Recall safety rules at home, at school, and in the community	24.A.1a 24.A.1b	
	PE.K.06.2	Recognize when to ask an adult for help.	24.A.1b	

Academic Vocabulary: feelings, mood, mad, safe, happy, sad, confused, worried, upset, peaceful, dysregulated, levels

First Grade

Key Goals:

- Advance basic understanding and skills
- New concepts in first grade are self-propelling jump rope, pedometer usage, basic fitness testing practices

Focus Statement:	The student will demonstrate how to use their body in space and interact with others and equipment while performing fitness related activities.
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Outcomes: Locomotor Skills

PE.1.01		Students will demonstrate locomotor skills and movement patterns, while being active in personal and general space.	Standard	
	PE.1.01.01	Demonstrate slide, shuffles, backwards walking and skipping	19.A.1a 19.A.1b 20.A.1b	
	PE.1.01.02	Demonstrate movements in a zig-zag pattern	19.A.1b 19.B.1b 20.A.1b	
	PE.1.01.03	Can recognize and move safely in a personal space	19.B.1a 19.B.1b	

Academic Vocabulary: skip, slide, gallop, run, walk, Patterns, zig-zag, diagonal, personal space, general space, animal walks, FBody Control,

Outcomes: Manipulative Skills

PE.1.02		Students will perform manipulative skills underhand throw, roll, and dribble.	Standard	
	PE.1.02.01	Perform a one hand dribble using a pushing motion	19.A.1a 19.A.1b 20.A.1b	
	PE.1.02.02	Perform the underhand throw demonstrating opposition	19.A.1a 19.A.1b 20.A.1b	
	PE.1.02.03	Perform the roll demonstrating opposition	19.A.1a 19.A.1b 20.A.1b	
	PE.1.02.04	Perform short jumping rope skills	19.A.1a 19.A.1b 20.A.1b	
	PE.1.02.05	Perform non-jumping skills	19.A.1a 19.A.1b 20.A.1b	

Manipulative Skills: Academic Vocabulary: overhand throw, underhand throw, roll, dribble, bounce pass, one hand, two hand, opposite, target, follow-through, jump

Outcomes: Cooperative Skills

PE.1.03		Students will execute movement patterns individually and with others.	Standard	
	PE.1.03.01	Perform movement sequences to the beat of music	19.A.1a 19.A.1b 20.A.1b	
	PE.1.03.02	Perform individual jump rope patterns	19.A.1a 19.A.1b	

Academic Vocabulary: beat, rhythm, timing, revolution**Outcomes: Lever Skills**

PE.1.04		Students will perform lever skills: kick and underhand strike.	Standard	
	PE.1.04.01	Perform a kick with a step and follow through with a stationary ball	19.A.1a 19.A.1b 20.A.1b	
	PE.1.04.02	Perform an underhand object strike using opposition, visual tracking, and striking with the hand	19.A.1a 19.A.1b 20.A.1b	

Academic Language: contact, open/close-handed, arc

Outcomes: Social Emotional Learning

PE.1.05	Describe and demonstrate ways to express emotions in a socially acceptable manner			
	PE.1.05.1	Identify socially acceptable manners.		
	PE.1.05.2	List behaviors at home, at school, and in the community that show respect toward others		

Academic Language: respect, patience, community, thoughtful, helpful

2nd Grade Physical Education

Focus Statement:	The student will demonstrate proficiency with object control, body control, while working with others in fitness related activities.
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Outcomes: Locomotor Skills

PE.2.01		Students will apply locomotor skills and problem solving skills through low organized games/activities.	Standard	
	PE.2.01.01	Skips using a mature pattern	19.A.1a 19.A.1b 20.A.1b	
	PE.2.01.02	Travels showing differentiation between jogging and sprinting.	19.A.1a 19.A.1b 20.A.1b	
	PE.2.01.03	Will be able to use a combination of various locomotor movements during activity	19.A.1a 19.A.1b 20.A.1b	
	PE.2.01.04	Students will be able to identify and implement most effective locomotor movement patterns	19.A.1a 19.A.1b 20.A.1b	
	PE.2.01.05	Students will be able to move safely through the general space with little or no direction	19.A.1a 19.A.1b	

Academic Vocabulary: skip, gallop, run, walk, patterns, zig-zag, diagonal, personal space, general space, animal walks, stop, freeze, anticipate, predict

Outcomes: Manipulative Skills

PE.2.02	Students will demonstrate manipulative skills (e.g.-overhand throw) in activities while working with others.		Standard	
	PE.2.02.01	Perform the overhand throw demonstrating opposition	19.A.1a 19.A.1b 20.A.1b	
	PE.2.02.02	Perform the roll demonstrating opposition	19.A.1a 19.A.1b 20.A.1b	
	PE.2.02.03	Perform a bounce pass using a forward pushing motion	19.A.1a 19.A.1b 20.A.1b	
	PE.2.02.04	Perform individual jump rope skills	19.A.1a 19.A.1b 20.A.1b	

Academic Vocabulary: Overhand Throw, Underhand Throw, Roll, Dribble, Bounce Pass, One Hand, Two Hand, Opposition, Target, Follow-Through, Jump, Personal Space, General Space, Stop, Freeze

Outcomes: Cooperative Skills

PE.2.03		Students will execute age appropriate movement patterns.	Standard	
	PE.2.03.01	Perform parachute skills	19.A.1a 19.A.1b 20.A.1b	
	PE.2.03.02	Perform a simple dance routine to music	19.A.1a 19.A.1b 21.B.1a	
	PE.2.03.03	Perform long jump rope turning	19.A.1a 19.A.1b 20.A.1b 21.B.1a	

Academic Vocabulary: beat, rhythm, count, clockwise, counter clockwise, tempo, interpret

Outcomes: Lever Skills

PE.2.04		Students will perform age appropriate lever skills (kicking and underhand strike) while working with others.	Standard	
	PE.2.04.01	Perform the kick with a step, strike, and follow through with a moving ball	19.A.1a 19.A.1b 20.A.1b	
	PE.2.04.02	Perform an underhand object strike using opposition, visual tracking, and striking with the palm of their hand	19.A.1a 19.A.1b 20.A.1b	

Academic Vocabulary: kick, follow-through, opposite, strike

Outcomes: Health and Wellness

		Describe and explain the structure and functions of the human body and how they interrelate	Standard	
	PE.2.05.01	Students will be able to identify the following bones: Clavicle, Humerus, Ulna, Radius, Tibia, Fibula and Patella	23.A.1a	
	PE.3.05.02	Students will be able to explain what the Immune system is and what the normal signs and symptoms are when it works properly	23.B.1a	

Academic Vocabulary: immune system, skeletal system, clavicle, humerus, ulna, radius, tibia, fibula and patella, rash, swelling, infection, immunity, vaccinations

Outcomes: Social Emotional Learning

PE.2.06		Describe and demonstrate ways to express emotions in a socially acceptable manner		
	PE.2.06.1	Give examples of how one shows basic emotions.	24.A.1a	
	PE.2.06.2	Practice good communication techniques.	24.A.1b	

Academic Language: Expression, social, temper, mood, apologize, positive vs negative, self-talk, self-control

3rd Grade Physical Education, Health and Wellness

Focus Statement:	The student will demonstrate skills, equipment use, and working with others in sport and fitness related activities.
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Outcomes: Soccer

PE.3.01	Students will demonstrate passing and dribbling skills in age appropriate soccer activities.		Standard	
	PE.3.01.01	Pass to another using the inside of the foot	19.A.2a 19.A.2b 19.B.2a 19.B.2b 21.B.2a	
	PE.3.01.02	Dribble using the inside of the foot	19.A.2a 19.A.2b 19.B.2a 19.B.2b 21.B.2a	

Academic Vocabulary: Inside Foot Pass/Kick, Dribble, Wedge Trap, Inside Foot Trap, Goalie, Offense, Defense

Outcomes: Volleyball

PE.3.02	Students will demonstrate passing and serving skills in age appropriate volleyball activities.		Standard	
	PE.3.02.01	Perform a forearm pass	19.A.2a 19.A.2b 19.B.2a 19.B.2b 21.B.2a	
	PE.3.02.02	Perform an underhand serve	19.A.2a 19.A.2b 19.B.2a 19.B.2b 21.B.2a	

Academic Vocabulary: Pass, Underhand Serve, Bump Hit, Set, Sportsmanship, In-bounds, Out-of bounds, Side out

Outcomes: Basketball

PE.3.03	Students will demonstrate the shooting form using Balance, Eyes, Elbow, Follow Through (BEEF) and dribbling skills		Standard	
	PE.3.03.01	Demonstrate the shooting form using Balance, Eyes, Elbow, Follow Through (BEEF)	19.A.2a 19.A.2b 19.B.2a 19.B.2b 21.B.2a	
	PE.3.03.02	Dribble with proper form: waist high, pushing with finger pads, non-dribbling arm up, eyes up, ball out in front and to the dribbling hand side	19.A.2a 19.A.2b 19.B.2a 19.B.2b 21.B.2a	

Academic Vocabulary: Dribble, Defense, Offense, Beef, Shoot, Waist-High, Finger Pads, Bounce Pass, Chest Pass, Violations, Fouls,

Outcomes: Fitness

PE.3.04	Students will identify cardiovascular, strength and flexibility activities.		Standard	
	PE.3.04.01	Identify strength activity	20.B.2a 20.B.2b 20.C.2a 20.C.2b	

	PE.3.04.02	Identify cardiovascular activity	20.B.2a 20.B.2b 20.C.2a 20.C.2b	
	PE.3.04.03	Identify flexibility activity	20.B.2a 20.B.2b 20.C.2a 20.C.2b	

Academic Vocabulary: Push-Up, Curl Up, Stretch, Reach, Heart Rate, Pulse, Muscular Strength, Muscular Endurance, Flexibility, Cardiovascular Endurance, Pacer

Outcome - Social/Emotional for Grades 3-5

Goal 1 - Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.

3-5A.1a - Consider ethical, safety, and societal factors in making decisions.

3-5A.1b - Identify social norms and safety considerations that guide behavior.

Goal 2 - Use social-awareness and interpersonal skills to establish and maintain positive relationships.

3-5A.1a - Recognize the feelings and perspectives of others.

3-5A.1b - Identify verbal, physical, and situational cues that indicate how others may feel.

3-5A.1c - Describe the expressed feelings and perspectives of others.

3-5B.1a - Identify differences among and contributions of various social and cultural groups

3-5B.1b - . Demonstrate how to work effectively with those who are different from oneself.

Goal 3 - Develop self-awareness and self-management skills to achieve school and life success.

3-5A.1a - Identify and manage one's emotions and behavior.

3-5A.1b - Describe and demonstrate ways to express emotions in a socially acceptable manner.

4th Grade Physical Education

Focus Statement:

The student will demonstrate age appropriate skills, equipment usage, and working with others in sport and fitness related activities.

Outcomes: Soccer

P.E. 4.01		Students will demonstrate passing and dribbling skills in age appropriate activities.	Standard	
	P.E. 4.01.01	Pass to another using the inside of the foot	19.A.2a 19.A.2b 19.B.2a 19.B.2b 21.B.2a	

	P.E. 4.01.02	Dribble using the inside of the foot	19.A.2a 19.A.2b 19.B.2a 19.B.2b 21.B.2a	
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Academic Vocabulary: Inside Foot Pass/Shot, Dribble, Goalie, Offense, Defense, Steal, Toe Kicks

Outcomes: Volleyball

P.E. 4.02	Students will demonstrate passing and serving skills in age appropriate activities.		Standard	
	P.E. 4.02.01	Pass to another using a forearm pass	19.A.2a 19.A.2b 19.B.2a 19.B.2b 21.B.2a	
	P.E. 4.02.02	Serve the ball underhand	19.A.2a 19.A.2b 19.B.2a 19.B.2b 21.B.2a	

Academic Vocabulary: Pass, Underhand Serve, Bump Hit, Set, Sportsmanship, Rotation, In-bounds, Out-of bounds, Side out, Violations, Positions(rotation)

Outcomes: Basketball

P.E. 4.03		Students will demonstrate B.E.E.F. shooting form and dribbling skills in basketball activities.	Standard	
	P.E. 4.03.01	Demonstrate shooting form using Balance, Eyes, Elbow, Follow Through (BEEF)	19.A.2a 19.A.2b 19.B.2a 19.B.2b 21.B.2a	
	P.E. 4.03.02	Dribble with proper form while moving and keeping control of the ball	19.A.2a 19.A.2b 19.B.2a 19.B.2b 21.B.2a	
	P.E. 4.03.03	Identify basketball game rules	19.C.2a 19.C.2b	

Academic Vocabulary: Dribble, Offense, Defense, BEEF, Shoot, Rebound, Waist-high, Finger pads, Bounce Pass, Chest Pass, Inbounds, Out of Bounds, Free Throws,

Outcomes: Baseball

P.E. 4.04	Students will apply age appropriate game rules for base running activities in game play	Standard	
	P.E. 4.04.01	Identify the three outs: tag out, fly out, and force out	19.C.2a 19.C.2b

Academic Vocabulary: Fly out, Tag out, Force out, Pitcher, Catcher, Home base, Pitcher's hand, Opposition, Foul ball, 1st base, 2nd base, 3rd base, Underhand throw/pitch

5th Grade Physical Education

Focus Statement:	The student will demonstrate age appropriate skills, equipment usage, and working with others in sport and fitness related activities.
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Outcomes: Fitness/Jumprope

P.E. 5.05	Students will identify and define cardiovascular, strength and flexibility activities and perform jump rope skills.		Standard	
	P.E. 5.05.01	Identify and define strength activities	20.A.2a, 20.A.2b, 20.B.2a, 20.B.2b, 20.C.2b	
	P.E. 5.05.02	Identify and define cardiovascular activities	20.A.2a, 20.A.2b, 20.B.2a, 20.B.2b, 20.C.2b	
	P.E. 5.05.03	Identify and define flexibility activities	20.A.2a, 20.A.2b, 20.B.2a, 20.B.2b, 20.C.2b	
	P.E. 5.05.04	Set a personal fitness goal	20.C.2a	
	P.E. 5.05.05	Perform long jump rope group skills	19.A.2a, 19.A.2b, 19.B.2a, 19.B.2b	
	P.E. 5.05.06	Perform short jump rope skills	19.A.2a, 19.A.2b, 19.B.2a, 19.B.2b	

Academic Vocabulary: Push-Up, Curl Up, Stretch, Reach, Heart Rate, Pulse, Muscular Strength, Muscular Endurance, Flexibility, Cardiovascular Endurance, Outfield, Infield, Home Run

Outcomes: Fitness/Jump Rope

P.E. 4.05		Students will identify and classify cardiovascular, strength and flexibility activities and perform jump rope skills.	Standard	
	P.E. 4.05.01	Identify and classify strength activity	20.B.2a 20.B.2b 20.C.2a 20.C.2b	
	P.E. 4.05.02	Identify and classify cardiovascular activity	20.B.2a 20.B.2b 20.C.2a 20.C.2b	
	P.E. 4.05.03	Identify and classify flexibility activity	20.B.2a 20.B.2b 20.C.2a 20.C.2b	

	P.E. 4.05.04	Perform short jump rope skills	19.A.2a 19.A.2b 19.B.2a 19.B.2b 21.B.2a	
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Academic Vocabulary: Push-Up, Curl Up, Stretch, Reach, Heart Rate, Pulse, Muscular Strength, Muscular endurance, Flexibility, Cardiovascular Endurance

5 th Grade Physical Education
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Focus Statement:	The student will demonstrate knowledge of game rules and apply skills in game play and fitness activities.
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Outcomes: Soccer

P.E. 5.01	Students will apply passing and dribbling skills in grade appropriate soccer activities.	Standard	
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	P.E. 5.01.01	Pass to another using the inside of the foot while keeping the ball away from the defense	19.A.2a, 19.A.2b, 19.B.2a, 19.B.2b	
	P.E. 5.01.02	Dribble using the inside of the foot while keeping the ball away from the defense	19.A.2a, 19.A.2b, 19.B.2a, 19.B.2b	

Academic Vocabulary: Pass, Dribble, Goalie, Offense, Defense, Steal

Outcomes: Fitness

P.E. 5.05	Students will identify and define cardiovascular, strength and flexibility activities and perform jump rope skills.		Standard	
	P.E. 5.05.01	Identify and define strength activities	20.A.2a, 20.A.2b, 20.B.2a, 20.B.2b, 20.C.2b	
	P.E. 5.05.02	Identify and define cardiovascular activities	20.A.2a, 20.A.2b, 20.B.2a, 20.B.2b, 20.C.2b	
	P.E. 5.05.03	Identify and define flexibility activities	20.A.2a, 20.A.2b, 20.B.2a,	

			20.B.2b, 20.C.2b	
	P.E. 5.05.04	Set a personal fitness goal	20.C.2a	
	P.E. 5.05.05	Perform long jump rope group skills	19.A.2a, 19.A.2b, 19.B.2a, 19.B.2b	
	P.E. 5.05.06	Perform short jump rope skills	19.A.2a, 19.A.2b, 19.B.2a, 19.B.2b	

Focus Statement:	The student will demonstrate knowledge of game rules and apply skills in game play and fitness activities.
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Outcomes: Soccer

P.E. 5.01	Students will apply passing and dribbling skills in grade appropriate soccer activities.	Standard	
	P.E. 5.01.01	Pass to another using the inside of the foot while keeping the ball away from the defense	19.A.2a, 19.A.2b, 19.B.2a, 19.B.2b

	P.E. 5.01.02	Dribble using the inside of the foot while keeping the ball away from the defense	19.A.2a, 19.A.2b, 19.B.2a, 19.B.2b	
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Academic Vocabulary: Pass, Dribble, Shoot, Offense, Defense, Steal

Outcomes: Basketball

P.E. 5.03	Students will demonstrate shooting form using B.E.E.F. and dribbling skills in age appropriate basketball activities.		Standard	
	P.E. 5.03.01	Demonstrate BEEF shooting form	19.A.2a, 19.A.2b, 19.B.2a, 19.B.2b	
	P.E. 5.03.02	Dribble while keeping the ball away from the defense	19.A.2a, 19.A.2b, 19.B.2a, 19.B.2b	

Academic Vocabulary: Dribble, Offense, Defense, BEEF, Shoot, Rebound, waist-high, finger pads, Bounce Pass, Chest Pass, Inbounds, Out of Bounds, steal, pivot

Outcomes: Bowling

P.E. 5.04	Students will perform a three step bowling approach (Opposite Push/Same Pull/Opposite Dip and Roll), follow through, and scoring.		Standard	
	P.E. 5.04.01	Perform a three step bowling approach and follow through	19.A.2a, 19.A.2b, 19.B.2a, 19.B.2b	
	P.E. 5.04.02	Mark their bowling score and add the running total	19.C.2a	

Academic Vocabulary: 3 step approach, pin setting, strike, spare, lane, opposition, scoring, turkey

6th Grade Physical Education

Focus Statement:	The student will demonstrate age appropriate skills, equipment usage, and working with others in sport and fitness related activities.
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Outcomes: Fitness/Jumprope

P.E. 5.05	Students will identify and define cardiovascular, strength and flexibility activities and perform jump rope skills.		Standard	
	P.E. 5.05.01	Identify and define strength activities	20.A.2a, 20.A.2b, 20.B.2a, 20.B.2b, 20.C.2b	
	P.E. 5.05.02	Identify and define cardiovascular activities	20.A.2a, 20.A.2b, 20.B.2a, 20.B.2b, 20.C.2b	
	P.E. 5.05.03	Identify and define flexibility activities	20.A.2a, 20.A.2b, 20.B.2a, 20.B.2b, 20.C.2b	
	P.E. 5.05.04	Set a personal fitness goal	20.C.2a	
	P.E. 5.05.05	Perform long jump rope group skills	19.A.2a, 19.A.2b, 19.B.2a, 19.B.2b	
	P.E. 5.05.06	Perform short jump rope skills	19.A.2a, 19.A.2b, 19.B.2a, 19.B.2b	

Focus Statement:	The student will demonstrate knowledge of game rules and apply skills in game play and fitness activities.
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Outcomes: Football

P.E. 5.01	Students will apply passing, catching and tackling skills in grade appropriate flag football activities.		Standard	
			19.A.2a, 19.A.2b, 19.B.2a, 19.B.2b	
			19.A.2a, 19.A.2b, 19.B.2a, 19.B.2b	

Academic Vocabulary: Quarterback, Line of Scrimmage, Receiver, Offense, Defense, Interception

Focus Statement:	Students will consistently execute the serve and rally of a paddle sport. Exhibit personal responsibility by using appropriate etiquette, respect for facilities and safe practices.
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Outcomes: Pickleball[Open physed](#)

		Standard	
		<p>Rally practice</p> <p>Explain the proper grip on the paddle. Demonstrate the forehand drive. Practice hitting after one bounce.</p> <p>Explain the double bounce rule. Practice the double bounce rule.</p>	<p>19.A.3 19.C.3b 21.A.3c</p>
		<p>Explain and demonstrate the proper serve /receive technique explaining the non-volley area.</p>	<p>19.A.3 19.C.3b 21.A.3c</p>
		<p>Demonstrate the serve rotation.</p> <p>Review the boundary lines, double bounce rule and serve rotation.</p>	<p>19.A.3 19.C.3b 21.A.3c</p>
		<p>Tournament play.</p> <p>Use students as line judges and score keepers.</p>	<p>21.A.3b 21.A.3c 21.B.3</p>

Academic Vocabulary: Double Bounce Rule, Volley, Inbounds, Out of Bounds, Diagonal, Accuracy, Backhand, Baseline, Centerline, Doubles

Focus Statement:	The student will demonstrate knowledge of game rules and apply skills in game play and fitness activities.
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Outcomes: Soccer

P.E. 5.01	Students will apply passing and dribbling skills in grade appropriate soccer activities.		Standard	
	P.E. 5.01.01	Pass to another using the inside of the foot while keeping the ball away from the defense	19.A.2a, 19.A.2b, 19.B.2a, 19.B.2b	
	P.E. 5.01.02	Dribble using the inside of the foot while keeping the ball away from the defense	19.A.2a, 19.A.2b, 19.B.2a, 19.B.2b	
	P.E. 5.01.02		19.A.2a, 19.A.2b, 19.B.2a, 19.B.2b	
	P.E. 5.01.02		19.A.2a, 19.A.2b, 19.B.2a, 19.B.2b	

	P.E. 5.01.02		19.A.2a, 19.A.2b, 19.B.2a, 19.B.2b	
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Academic Vocabulary: Pass, Dribble, Goalie, Offense, Defense, Steal

Outcomes: Basketball

https://openphysed.org/wp-content/uploads/2018/11/I-14-000A-Skillastics_FullModule.pdf

P.E. 5.01	Students will apply passing, catching, dribbling, and shooting skills in grade appropriate basketball activities.		Standard	
		Preformed controlled basic passing techniques in a large group setting	19.A.2a, 19.A.2b, 19.B.2a, 19.B.2b	
		Small group game play	19.C. 2b	
		Being COVID safe while participating actively in group activities	21.A.2a 21.A.2b	

Academic Vocabulary:, Offense, Defense, Interception, Ball handling, Balance, Bounce Pass, Chest Pass, Control, Dribbble, B.E.E.F.

Outcomes: Volleyball

P.E. 5.01	Students learn the fundamentals for passing, setting and serving to control the ball.		Standard	
		Students learn the fundamentals for setting and attacking.	19.A.3a, 19.C.3a, 19.C.3b	
		Execute and explain the need to serve correctly.	19.A.3a, 19.C.3a, 19.C.3b	
		Students learn the fundamentals of serve receive and continue to develop ball control during play	19.A.3a, 19.C.3a, 19.C.3b	

Academic Vocabulary: Ace, Defense, Dig, Double hit, Forearm pass, Overhead Pass, Side out

Outcomes: Tchoukball

P.E. 5.01	Students will apply passing, catching, and throwing skills in an organized team setting.		Standard	
			19.A.2a, 19.A.2b, 19.B.2a, 19.B.2b	
			19.A.2a, 19.A.2b, 19.B.2a, 19.B.2b	

Academic Vocabulary:**Outcomes: Frisbee**

<https://openphysed.org/wp-content/uploads/2018/10/M-11-00-Ultimate-FullModule.pdf>

P.E. 5.01	Students will apply throwing & catching skills in group frisbee activities		Standard	
		Demonstrating an understanding of how to properly throw & catch a frisbee	19.A.2a, 19.B.2b	

		Actively engage in Ultimate Frisbee gameplay	19.C.2b	
		Independent practice throwing & catching a frisbee	21.A.2c	

Academic Vocabulary: Catch, Backhand, Forehand, Control, Communication, Cut, Defense, Disc, Grip, Pivot

Outcomes: Pilo Polo/Floor Hockey

Pillow Polo/Hockey I is a great activity to build a student's cardiorespiratory endurance, muscular strength and flexibility as well as their ability to cooperate with teammates to achieve a common goal. In this unit, students will learn the rules and essential movement skills in order to successfully participate in a game of Pillow Polo/Hockey.

P.E. 5.01	how to strike a ball with a pillow polo stick how pillow polo enhances their personal fitness level. how to cooperate with teammates to achieve a common goal.		Standard	
			19.A.2a, 19.A.2b, 19.B.2a, 19.B.2b	
			19.A.2a, 19.A.2b, 19.B.2a, 19.B.2b	

Academic Vocabulary:

7th Grade Physical Education

Focus Statement:	The student will demonstrate knowledge of game rules and apply skills in game play and fitness activities.
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Outcomes: Football

	Students will apply passing, catching, and punting skills in grade appropriate flag football activities.		Standard	
			19.A.2a, 19.A.2b, 19.B.2a, 19.B.2b	
			19.A.2a, 19.A.2b, 19.B.2a, 19.B.2b	

Academic Vocabulary: Quarterback, Line of Scrimmage, Receiver, Punt return, Offense, Defense, Interception

Focus Statement:	
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Outcomes: Pickleball

			Standard	
			19.A.2a, 19.A.2b, 19.B.2a, 19.B.2b	
			19.A.2a, 19.A.2b, 19.B.2a, 19.B.2b	

Academic Vocabulary:

Focus Statement:	The student will demonstrate knowledge of game rules and apply skills in game play and fitness activities.
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Outcomes: Soccer

P.E. 5.01	Students will apply passing and dribbling skills in grade appropriate soccer activities.		Standard	
	P.E. 5.01.01	Pass to another using the inside of the foot while keeping the ball away from the defense	19.A.2a, 19.A.2b, 19.B.2a, 19.B.2b	
	P.E. 5.01.02	Dribble using the inside of the foot while keeping the ball away from the defense	19.A.2a, 19.A.2b, 19.B.2a, 19.B.2b	

Academic Vocabulary: Pass, Dribble, Goalie, Offense, Defense, Steal

Outcomes: Volleyball

P.E. 5.02	Students will identify passing and serving skills in age appropriate volleyball activities.		Standard	
	P.E. 5.02.01	Pass to another using a forearm pass while keeping the ball on their side of the net	19.A.2a, 19.A.2b, 19.B.2a, 19.B.2b	
	P.E. 5.02.02	Underhand serve the ball over the net	19.A.2a, 19.A.2b, 19.B.2a, 19.B.2b	
	P.E. 5.02.03	Identify volleyball game rules	19.C.2a, 19.C.2b,	

			19.A.2a, 19.A.2b, 19.B.2a, 19.B.2b	
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			19.A.2a, 19.A.2b, 19.B.2a, 19.B.2b	
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			19.A.2a, 19.A.2b, 19.B.2a, 19.B.2b	
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Academic Vocabulary: Pass, Underhand Serve, Sportsmanship, Scoring, In-bounds, Out-of bounds

Outcomes: Basketball

P.E. 5.03	Students will demonstrate shooting form using B.E.E.F. and dribbling skills in age appropriate basketball activities.		Standard	
	P.E. 5.03.01	Demonstrate BEEF shooting form	19.A.2a, 19.A.2b, 19.B.2a, 19.B.2b	

	P.E. 5.03.02	Dribble while keeping the ball away from the defense	19.A.2a, 19.A.2b, 19.B.2a, 19.B.2b	
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Academic Vocabulary: Dribble, Offense, Defense, BEEF, Shoot, Rebound, waist-high, finger pads, Bounce Pass, Chest Pass, Inbounds, Out of Bounds, steal, pivot

Academic Vocabulary: 3 step approach, pin setting, strike, spare, lane, opposition, scoring, turkey

8 th Grade Physical Education
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Focus Statement:	The student will demonstrate knowledge of game rules and apply skills in game play and fitness activities.
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Outcomes: Football

	Students will apply passing, catching, punting, tackling skills as well as run set plays in grade appropriate flag football activities.		Standard	
			19.A.2a, 19.A.2b, 19.B.2a, 19.B.2b	
			19.A.2a, 19.A.2b, 19.B.2a, 19.B.2b	

Academic Vocabulary: Quarterback, Line of Scrimmage, Receiver, Punt return, Offense, Defense, Interception, Receiver routes.

Focus Statement:	
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Outcomes: Pickleball

		Standard	
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			19.A.2a, 19.A.2b, 19.B.2a, 19.B.2b	
			19.A.2a, 19.A.2b, 19.B.2a, 19.B.2b	

Academic Vocabulary:

Focus Statement:	The student will demonstrate knowledge of game rules and apply skills in game play and fitness activities.
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Outcomes: Soccer

P.E. 5.01	Students will apply passing and dribbling skills in grade appropriate soccer activities.	Standard	
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	P.E. 5.01.01	Pass to another using the inside of the foot while keeping the ball away from the defense	19.A.2a, 19.A.2b, 19.B.2a, 19.B.2b	
	P.E. 5.01.02	Dribble using the inside of the foot while keeping the ball away from the defense	19.A.2a, 19.A.2b, 19.B.2a, 19.B.2b	

Outcomes: Fitness/Jumprope

P.E. 5.05	Students will identify and define cardiovascular, strength and flexibility activities and perform jump rope skills.		Standard	
	P.E. 5.05.01	Identify and define strength activities	20.A.2a, 20.A.2b, 20.B.2a, 20.B.2b, 20.C.2b	
	P.E. 5.05.02	Identify and define cardiovascular activities	20.A.2a, 20.A.2b, 20.B.2a, 20.B.2b, 20.C.2b	

	P.E. 5.05.03	Identify and define flexibility activities	20.A.2a, 20.A.2b, 20.B.2a, 20.B.2b, 20.C.2b	
	P.E. 5.05.04	Set a personal fitness goal	20.C.2a	
	P.E. 5.05.05	Perform long jump rope group skills	19.A.2a, 19.A.2b, 19.B.2a, 19.B.2b	
	P.E. 5.05.06	Perform short jump rope skills	19.A.2a, 19.A.2b, 19.B.2a, 19.B.2b	Jump Rope Skill sheet AHA jump skill videos

Academic Vocabulary: Push-Up, Curl Up, Stretch, Reach, Heart Rate, Pulse, Muscular Strength, Muscular Endurance, Flexibility, Cardiovascular Endurance, Outfield, Infield, Home Run

Outcome - Social/Emotional Learning

3	Identify verbal, physical and situational cues that indicate how others may feel		
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		: Use social-awareness and interpersonal skills to establish and maintain positive relationships.		

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4	Describe the expressed feelings and perspective of others				

5	Identify differences among the contributions of various social and cultural groups Demonstrate how to work effectively with those who are different from oneself.			
