



Health and Physical Education

Course: Physical Education
Elementary School: Grade K

Essential Course Information

- Major Revision
- All Year

Course Overview

These courses provide a basic foundation of important physical education topics. The concepts in these units lay the framework for proper overall health and wellness.

Unit	Estimated Class Time	Overview
<u>Unit 1 Movement Skills & Concepts</u>	5	In this Movement Skills & Concepts unit, students will learn how to apply locomotor and non-locomotor movements into their daily fitness activities. Students will also learn how to perform yoga, dance, and other rhythmic activities. Students will apply knowledge of the health and skill-related fitness components to ensure overall health and wellness.
<u>Unit 2 Physical & Lifelong Fitness</u>	5	In this Physical & Lifelong Fitness unit, students will learn and apply fitness-related components that they can use on a daily basis. Students will learn the difference between muscular strength and muscular endurance. Students will learn that cardiovascular endurance can lead to overall wellness. Finally, students will learn that these health and fitness-related components are lifelong skills that we will use for the rest of our lives and that they will lead to overall health and wellness.
<u>Unit 3 Lifelong Sports & Games</u>	22	In this Lifelong Sports & Games unit, students will learn the importance of practicing sports skills and games as a way of improving overall health and wellness. Students will learn that certain skills learned in sports can be used in multiple activities. Students will also apply their knowledge of the fitness components to implement during this Lifelong Sports and Games unit. These sports can be played throughout our lives and improve our overall enjoyment of games as well as lead to healthy lifestyle choices.
<u>Unit 4 Cooperative Games/ Seasonal Games</u>	8	In this Cooperative Games unit, students will learn and apply problem-solving skills in order to succeed. Students will learn how to work cooperatively and collaboratively with their respective teams/groups. Students will apply proper sportsmanship during these activities. Students will learn how to come up with strategies and apply certain tactics during gameplay. Finally, students will apply team-building strategies in order to achieve the objectives of the Cooperative Games unit.

Content Continuum

1

Physical Education

2

Physical Education

3

Physical Education

4

Physical Education

5

Physical Education

INSTRUCTIONAL / SUPPLEMENTAL MATERIALS

1. **Google Slides** - Pear Deck and Google Slide presentations
2. **Youtube Videos** - videos related to the topic and unit.
3. **Smartboard** - to present material.
4. **Supplies** - Physical Education & Physical Fitness related equipment and other materials needed for projects/PBA's.
5. **Google Classroom** - to upload lessons and receive feedback from students.
6. **Chromebooks** - to use with Google Classroom, Google Slides, and Pear Deck.
7. **Technology** - various technology tools to aid in the delivery of instruction.

KEY FEATURES OF REVISION

- Technology integration
- Technology Standards and Career Ready Practice Standards in each Unit
- Student Presentation Opportunities
- PBA's

Differentiation and ELL strategies are included.

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