

Physical Education Grade 4

Teacher: Master Map

Month	Content and Essential Questions	Skills	Assessment	Resources
<p>September 2003</p>	<p>ESSENTIAL QUESTIONS: HEALTH-RELATED FITNESS SKILLS: 1. What is physical fitness? 2. How does physical fitness affect my life? 3. How will I stay physically fit?</p> <p>ESSENTIAL QUESTIONS: SPORT SKILLS(agility, balance, coordination, power, reaction time, speed): 1. What skills will I use in the sport of softball? 2. What sport skills will improve my performance in softball?</p>	<p>Warm-up Activities ----- Standard / Assessments : NY_Learning_Standards Subject Area : Physical Education Items Addressed : •{1 } Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. •{2 } Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment. ----- -Aerobic activities -Flexibility exercises -Strength exercises P.E. Homework ----- Standard / Assessments : NY_Learning_Standards Subject Area : Physical Education Items Addressed : •{1 } Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. •{2 } Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment. •{3 } Students will understand and be able to manage their personal and community resources. -----</p>	<p>Teacher Observation Fitnessgram Monthly Activity Calendars</p> <p>Teacher Observation</p>	<p>Cooper Aerobic Institute Human Kinetics Pedometers Human Skeleton replica Human Anatomy software programs Calendar Maker software program</p> <p>P.E. Websites P.E. Skills Books Equipment: -softballs -batting tees -bats -bases</p>

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		<p>-4th Grade-My Favorites -Muscle Map</p> <p>Throwing and Catching ----- Standard / Assessments : NY_Learning_Standards Subject Area : Physical Education Items Addressed :</p> <ul style="list-style-type: none"> •{1 } Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. •{2 } Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment. <p>-----</p> <p>-agility -balance -coordination -power -speed(arm)</p> <p>Batting ----- Standard / Assessments : NY_Learning_Standards Subject Area : Physical Education Items Addressed :</p> <ul style="list-style-type: none"> •{1 } Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. •{2 } Students will acquire the knowledge and ability necessary to create and 		

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		maintain a safe and healthy environment. ----- -balance -coordination -power -reaction time -speed(bat) Pitching ----- Standard / Assessments : NY_Learning_Standards Subject Area : Physical Education Items Addressed : •{1 }Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. •{2 }Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment. ----- -coordination -power -speed(arm)		
October 2003	ESSENTIAL QUESTIONS: HEALTH-RELATED FITNESS SKILLS: 1. What is physical fitness? 2. How does physical fitness affect my life? 3. How will I stay physically fit?	Warm-up Activities ----- Standard / Assessments : NY_Learning_Standards Subject Area : Physical Education Items Addressed : •{1 }Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. •{2 }Students will acquire the knowledge and ability necessary to create and	Teacher Observation Fitnessgram Monthly Activity Calendars Test Item -1 Mile Walk/Run	Cooper Aerobic Institute Human Kinetics Pedometers Human Skeleton replica Human Anatomy software programs Calendar Maker software program

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	<p>ESSENTIAL QUESTIONS: SPORT SKILLS(agility, balance, coordination, power, reaction time, speed): 1. What skills will I use in the sport of football? 2. What sport skills will improve my performance in football?</p> <p>Curriculum Content Extension: -Jelly Bean Field Day</p>	<p>maintain a safe and healthy environment. ----- -Aerobic activities -Flexibility exercises -Strength exercises P.E. Homework ----- Standard / Assessments : NY_Learning_Standards Subject Area : Physical Education Items Addressed : •{1 }Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. •{2 }Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment. •{3 }Students will understand and be able to manage their personal and community resources. ----- -4th Grade-Sternocleidomastoid PACER ----- Standard / Assessments : NY_Learning_Standards Subject Area : Physical Education Items Addressed : •{1 }Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. -----</p>	<p>Teacher Observation</p>	<p>P.E. Websites P.E. Skills Books Equipment: -footballs -kicking tees</p> <p>Parent Volunteers</p>

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		<p>Fitnessgram Testing ----- Standard / Assessments : NY_Learning_Standards Subject Area : Physical Education Items Addressed : •{1 } Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. ----- -Cardiovascular Endurance</p> <p>Passing, Receiving, and Centering ----- Standard / Assessments : NY_Learning_Standards Subject Area : Physical Education Items Addressed : •{1 } Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. •{2 } Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment. ----- -agility -balance -coordination -power -speed(arm)</p> <p>Punting and Kicking ----- Standard / Assessments : NY_Learning_Standards</p>		

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		<p>Subject Area : Physical Education Items Addressed :</p> <ul style="list-style-type: none"> •{1 } Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. •{2 } Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment. <p>-----</p> <ul style="list-style-type: none"> -balance -coordination -power -reaction time -speed(leg) <p>Cooperative Learning</p> <p>-----</p> <p>Standard / Assessments : NY_Learning_Standards</p> <p>Subject Area : Physical Education Items Addressed :</p> <ul style="list-style-type: none"> •{1 } Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. •{2 } Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment. •{3 } Students will understand and be able to manage their personal and community resources. <p>-----</p>		
<p>November 2003</p>	<p>ESSENTIAL QUESTIONS: HEALTH-RELATED FITNESS SKILLS: 1. What is physical fitness?</p>	<p>Warm-up Activities</p> <p>-----</p> <p>Standard / Assessments : NY_Learning_Standards</p>	<p>Teacher Observation Fitnessgram Monthly Activity Calendars</p>	<p>Cooper Aerobic Institute Human Kinetics Human Skeleton replica Human Anatomy software programs</p>

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	<p>2. How does physical fitness affect my life? 3. How will I stay physically fit?</p> <p>Curriculum Content Extension: -Circus Skills</p>	<p>Subject Area : Physical Education Items Addressed :</p> <ul style="list-style-type: none"> •{1 } Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. •{2 } Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment. <p>-----</p> <p>-Aerobic activities -Flexibility exercises -Strength exercises P.E. Homework</p> <p>-----</p> <p>Standard / Assessments : NY_Learning_Standards Subject Area : Physical Education Items Addressed :</p> <ul style="list-style-type: none"> •{1 } Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. •{2 } Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment. •{3 } Students will understand and be able to manage their personal and community resources. <p>-----</p> <p>-4th Grade-Deltoids</p> <p>Fitnessgram Testing</p> <p>-----</p> <p>Standard / Assessments :</p>	<p>Test Items -Curls and Push Ups -Back Saver Sit and Reach and Trunk Lift -Skinfold Measurements</p>	<p>Calendar Maker software program</p> <p>National Circus Project P.E. Websites P.E. Skills Books</p>

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		<p>NY_Learning_Standards Subject Area : Physical Education Items Addressed :</p> <ul style="list-style-type: none"> •{1 } Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. <p>-----</p> <ul style="list-style-type: none"> -Muscular Strength and Endurance -Flexibility -Body Composition <p>Cooperative Learning</p> <p>-----</p> <p>Standard / Assessments : NY_Learning_Standards Subject Area : Physical Education Items Addressed :</p> <ul style="list-style-type: none"> •{1 } Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. •{2 } Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment. •{3 } Students will understand and be able to manage their personal and community resources. <p>-----</p> <ul style="list-style-type: none"> -Plate Spinning -Devil Sticks -Peacock Feathers -Rope Jumping 		
<p>December 2003</p>	<p>ESSENTIAL QUESTIONS: HEALTH-RELATED FITNESS SKILLS:</p>	<p>Warm-up Activities</p> <p>-----</p> <p>Standard / Assessments :</p>	<p>Teacher Observation Fitnessgram Monthly Activity Calendars</p>	<p>Cooper Aerobic Institute Human Kinetics Human Skeleton replica</p>

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	<p>1. What is physical fitness? 2. How does physical fitness affect my life? 3. How will I stay physically fit?</p> <p>ESSENTIAL QUESTIONS: SPORT SKILLS(agility, balance, coordination, power, reaction time):</p> <p>1. What skills will I use while using the physioball? 2. What sport skills will improve my performance on the physioball?</p>	<p>NY_Learning_Standards Subject Area : Physical Education Items Addressed :</p> <ul style="list-style-type: none"> •{1 } Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. •{2 } Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment. <p>-----</p> <p>-Aerobic activities -Flexibility exercises -Strength exercises</p> <p>P.E. Homework</p> <p>-----</p> <p>Standard / Assessments : NY_Learning_Standards Subject Area : Physical Education Items Addressed :</p> <ul style="list-style-type: none"> •{1 } Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. •{2 } Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment. •{3 } Students will understand and be able to manage their personal and community resources. <p>-----</p> <p>-4th Grade-Trapezius</p>	<p>Teacher Observation</p>	<p>Human Anatomy software programs Calendar Maker software program</p> <p>P.E. Websites P.E. Skills Books Equipment: -physioballs</p>

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		<p>Physioball Activities ----- Standard / Assessments : NY_Learning_Standards Subject Area : Physical Education Items Addressed :</p> <ul style="list-style-type: none"> •{1 } Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. •{2 } Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment. <p>-----</p> <ul style="list-style-type: none"> -Seated Posture -Basic Bounce -Quick Stop -Hip Movements -Flexibility Activities -Arm/Leg Coordination -Cardiorespiratory Activities -Prone Balances -Prone Rocking -Strength Activities -Rhythms 		
<p>January 2004</p>	<p>ESSENTIAL QUESTIONS: HEALTH-RELATED FITNESS SKILLS: 1. What is physical fitness? 2. How does physical fitness affect my life? 3. How will I stay physically fit?</p> <p>ESSENTIAL QUESTIONS: SPORT SKILLS(agility, balance,</p>	<p>Warm-up Activities ----- Standard / Assessments : NY_Learning_Standards Subject Area : Physical Education Items Addressed :</p> <ul style="list-style-type: none"> •{1 } Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. •{2 } Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment. 	<p>Teacher Observation Fitnessgram Monthly Activity Calendars</p> <p>Teacher Observation Self Assessment</p>	<p>Cooper Aerobic Institute Human Kinetics Human Skeleton replica Human Anatomy software programs Calendar Maker software program</p> <p>P.E. Websites P.E. Skills Books Equipment:</p>

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	coordination, power, reaction time): 1. What skills will I use in tumbling? 2. What sport skills will improve my performance in tumbling?	----- -Aerobic activities -Flexibility exercises -Strength exercises P.E. Homework ----- Standard / Assessments : NY_Learning_Standards Subject Area : Physical Education Items Addressed : •{1 }Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. •{2 }Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment. •{3 }Students will understand and be able to manage their personal and community resources. ----- -4th Grade-Pectoralis Major Tumbling Skills ----- Standard / Assessments : NY_Learning_Standards Subject Area : Physical Education Items Addressed : •{1 }Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.		-mats

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		<ul style="list-style-type: none"> •{2 }Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment. ----- -Body Positions *lay-out *pike *squat *tuck -Log rolls -Egg rolls -Side roll -Front shoulder roll -Forward roll -Straddle forward roll -Roll back -Back shoulder roll -Fish flop -Backward roll -Back straddle roll Balances ----- Standard / Assessments : NY_Learning_Standards Subject Area : Physical Education Items Addressed : •{1 }Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. •{2 }Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment. ----- -Shoulder stand -Tripod -Tip-up -Headstand 		

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<p>February 2004</p>	<p>ESSENTIAL QUESTIONS:h HEALTH-RELATED FITNESS SKILLS: 1. What is physical fitness? 2. How does physical fitness affect my life? 3. How will I stay physically fit?</p> <p>ESSENTIAL QUESTIONS: SPORT SKILLS(agility, balance, coordination, power, reaction time): 1. What skills will I use in gymnastics ? 2. What sport skills will improve my performance in gymnastics?</p>	<p>Warm-up Activities ----- Standard / Assessments : NY_Learning_Standards Subject Area : Physical Education Items Addressed : •{1 } Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. •{2 } Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment. ----- -Aerobic activities -Flexibility exercises -Strength exercises P.E. Homework ----- Standard / Assessments : NY_Learning_Standards Subject Area : Physical Education Items Addressed : •{1 } Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. •{2 } Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment. •{3 } Students will understand and be able to manage their personal and community resources. ----- -4th Grade-Biceps and Triceps</p>	<p>Teacher Observation Fitnessgram Monthly Activity Calendars</p> <p>Teacher Observation Self Assessment</p>	<p>Cooper Aerobic Institute Human Kinetics Human Skeleton replica Human Anatomy software programs Calendar Maker software program</p> <p>P.E. Websites P.E. Skills Books</p>

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		<p>Gymnastics Skills ----- Standard / Assessments : NY_Learning_Standards Subject Area : Physical Education Items Addressed :</p> <ul style="list-style-type: none"> •{1 } Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. •{2 } Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment. <p>-----</p> <ul style="list-style-type: none"> -Climbing ropes -Peg boards -Wall ladders -Chin-up bar -Still rings -Tight rope -Small balance beam -Traveling rings -Flying rings -Horizontal ladder -Cargo net -Climbing wall -Swinging ropes -Large balance beam -Horse 		
<p>March 2004</p>	<p>ESSENTIAL QUESTIONS: HEALTH-RELATED FITNESS SKILLS: 1. What is physical fitness? 2. How does physical fitness affect my life? 3. How will I stay physically fit?</p>	<p>Warm-up Activities ----- Standard / Assessments : NY_Learning_Standards Subject Area : Physical Education Items Addressed :</p> <ul style="list-style-type: none"> •{1 } Students will have the necessary 	<p>Teacher Observation Fitnessgram Monthly Activity Calendars</p>	<p>Cooper Aerobic Institute Human Kinetics Pedometers Human Skeleton replica Human Anatomy software programs Calendar Maker software program</p>

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		<p>Subject Area : Physical Education Items Addressed :</p> <ul style="list-style-type: none"> •{1 } Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. •{2 } Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment. <p>-----</p> <p>-agility -balance -coordination -reaction time -speed</p> <p>Passing and Receiving</p> <p>-----</p> <p>Standard / Assessments : NY Learning Standards</p> <p>Subject Area : Physical Education Items Addressed :</p> <ul style="list-style-type: none"> •{1 } Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. •{2 } Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment. <p>-----</p> <p>-agility -balance -coordination -power -reaction time</p> <p>Shooting</p> <p>-----</p> <p>Standard / Assessments :</p>		

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		<p>NY_Learning_Standards Subject Area : Physical Education Items Addressed :</p> <ul style="list-style-type: none"> •{1 } Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. •{2 } Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment. <p>-----</p> <ul style="list-style-type: none"> -balance -coordination -power -reaction time <p>The Forearm Pass</p> <p>-----</p> <p>Standard / Assessments : NY_Learning_Standards Subject Area : Physical Education Items Addressed :</p> <ul style="list-style-type: none"> •{1 } Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. •{2 } Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment. <p>-----</p> <ul style="list-style-type: none"> -agility -balance -coordination -reaction time -speed 		

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		<p>The Set ----- Standard / Assessments : NY_Learning_Standards Subject Area : Physical Education Items Addressed :</p> <ul style="list-style-type: none"> •{1 } Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. •{2 } Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment. <p>-----</p> <ul style="list-style-type: none"> -agility -balance -coordination -power -reaction time -speed <p>The Serve ----- Standard / Assessments : NY_Learning_Standards Subject Area : Physical Education Items Addressed :</p> <ul style="list-style-type: none"> •{1 } Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. •{2 } Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment. <p>-----</p> <ul style="list-style-type: none"> -balance -coordination -power 		

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<p>April 2004</p>	<p>ESSENTIAL QUESTIONS: HEALTH-RELATED FITNESS SKILLS: 1. What is physical fitness? 2. How does physical fitness affect my life? 3. How will I stay physically fit?</p> <p>ESSENTIAL QUESTIONS: SPORT SKILLS(agility, balance, coordination, power, reaction time, speed): 1. What skills will I use in cup stacking and juggling? 2. What sport skills will improve my performance in cup stacking and juggling?</p>	<p>-reaction time</p> <p>Warm-up Activities ----- Standard / Assessments : NY_Learning_Standards Subject Area : Physical Education Items Addressed : •{1 } Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. •{2 } Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.</p> <p>----- -Aerobic activities -Flexibility exercises -Strength exercises P.E. Homework ----- Standard / Assessments : NY_Learning_Standards Subject Area : Physical Education Items Addressed : •{1 } Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. •{2 } Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment. •{3 } Students will understand and be able to manage their personal and community resources.</p> <p>----- -4th Grade-The Quadriceps The Hamstrings</p>	<p>Teacher Observation Fitnessgram Monthly Activity Calendars</p> <p>Teacher Observation Peer Observation/Assessment Self Assessment</p>	<p>Cooper Aerobic Institute Human Kinetics Human Skeleton replica Human Anatomy software programs Calendar Maker software program</p> <p>P.E. Websites P.E. Skills Books Equipment: -cups -scarves -juggling balls</p>

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		<p>Cup Stacking ----- Standard / Assessments : NY_Learning_Standards Subject Area : Physical Education Items Addressed : •{1 }Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. -----</p> <p>-Upstack/Downstack -agility -balance -coordination -reaction time -speed</p> <p>Juggling ----- Standard / Assessments : NY_Learning_Standards Subject Area : Physical Education Items Addressed : •{1 }Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. -----</p> <p>-balance</p>		

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<p>May 2004</p>	<p>ESSENTIAL QUESTIONS: HEALTH-RELATED FITNESS</p> <p>SKILLS: 1. What is physical fitness? 2. How does physical fitness affect my life? 3. How will I stay physically fit?</p> <p>Curriculum Content Extension</p>	<p>-coordination -reaction time</p> <p>Warm-up Activities -----</p> <p>Standard / Assessments : NY_Learning_Standards Subject Area : Physical Education Items Addressed :</p> <ul style="list-style-type: none"> •{1 } Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. •{2 } Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment. <p>-----</p> <p>-Aerobic activities -Flexibility exercises -Strength exercises</p> <p>P.E. Homework -----</p> <p>Standard / Assessments : NY_Learning_Standards Subject Area : Physical Education Items Addressed :</p> <ul style="list-style-type: none"> •{1 } Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. •{2 } Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment. •{3 } Students will understand and be able to manage their personal and community resources. <p>-----</p> <p>-4th Grade-The Gastrocnemius</p>	<p>Teacher Observation Fitnessgram Monthly Activity Calendars</p> <p>Test Items -1 Mile Walk/Run -Curls and Push Ups -Back Saver Sit and Reach and Trunk Lift -Skinfold Measurements</p>	<p>Cooper Aerobic Institute Human Kinetics Human Skeleton replica Human Anatomy software programs Calendar Maker software program</p> <p>P.E. Websites P.E. Skills Books</p>

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		<p>Fitnessgram Testing ----- Standard / Assessments : NY_Learning_Standards Subject Area : Physical Education Items Addressed : •{1 } Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. ----- -Cardiovascular Endurance -Muscular Strength and Endurance -Flexibility -Body Composition</p> <p>Cooperative Learning ----- Standard / Assessments : NY_Learning_Standards Subject Area : Physical Education Items Addressed : •{1 } Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. •{2 } Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment. ----- -Climbing Wall -Swinging Ropes -Cup Stacking -Juggling</p>		

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		-Rope Jumping -Dome Cones -Agility Ladders -Buddy Walkers -Reaction Balls -Yo-yos -Scooters		
<p>June 2004</p>	<p>ESSENTIAL QUESTIONS: HEALTH-RELATED FITNESS SKILLS: 1. What is physical fitness? 2. How does physical fitness affect my life? 3. How will I stay physically fit?</p> <p>ESSENTIAL QUESTIONS: SPORT SKILLS(agility, balance, coordination, power, reaction time, speed): 1. What skills will I use in the sport of soccer? 2. What sport skills will improve my performance in soccer?</p>	<p>Warm-up Activities ----- Standard / Assessments : NY Learning Standards Subject Area : Physical Education Items Addressed : •{1 }Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. •{2 }Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment. ----- -Aerobic activities -Flexibility exercises -Strength exercises</p> <p>Dribbling ----- Standard / Assessments :</p>	<p>Teacher Observation P.E. Folder Review ----- Standard / Assessments : NY Learning Standards Subject Area : Physical Education Items Addressed : •{1 }Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. •{3 }Students will understand and be able to manage their personal and community resources. ----- Teacher Observation</p>	<p>Cooper Aerobic Institute Human Kinetics Pedometers</p> <p>P.E. Websites P.E. Skills Books Equipment: -soccer balls</p>

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		<p>NY_Learning_Standards Subject Area : Physical Education Items Addressed :</p> <ul style="list-style-type: none"> •{1 } Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. •{2 } Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment. <p>-----</p> <ul style="list-style-type: none"> -agility -balance -coordination -reaction time -speed <p>Passing and Trapping</p> <p>-----</p> <p>Standard / Assessments : NY_Learning_Standards Subject Area : Physical Education Items Addressed :</p> <ul style="list-style-type: none"> •{1 } Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. •{2 } Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment. <p>-----</p> <ul style="list-style-type: none"> -agility -balance -coordination -reaction time -speed <p>Kicking and Punting</p> <p>-----</p>		

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		<p>Standard / Assessments : NY_Learning_Standards Subject Area : Physical Education Items Addressed :</p> <ul style="list-style-type: none"> •{1 }Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. •{2 }Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment. <p>-----</p> <ul style="list-style-type: none"> -agility -balance -coordination -reaction time -speed 		