**Physical Education Pacing Guide 2019-2020**

**Grades: K.G.-5th(Elementary School) Teacher: Brady Trace**

**Trimble Local**

**Time Frame**

**Units Topic:**

Daily warm-up, stretching and cardiovascular pacing.

**Enduring**

**Understanding**

**Essential**

**Questions**

**Standards**

**1st *9* weeks** (K.G.-5th), **2nd**  ***9* weeks (**K.G.-5th), & **3rd**  ***9* weeks**(K.G.-5th)

**ODE Standards pre/post evaluation of all assessment guidelines:** Assess students ability to demonstrate and knowledge of the ODE standards covered each grade band level. Document pre and reevaluate at the end of the 9 weeks and document post.

**Good Sportsmanship/ Leader qualities and appropriate action to winning/losing situations.**

**Fitness Unit:** Perform all Fitness stations, show an understanding of the five health­ related fitness components and how each fitness test relate to a particular component. Analyze what stations students struggled on and excelled at. Introduce new exercise weekly, Cover 8 exercises over 9 weeks.

**Volleyball:** hit a volleyball solo and against wall using correct technique on the set, bump and serve. Start with balloon then progress to beach ball, trainer ball then to grade appropriate ball.

**Hitting implement with object:** Students use object and ball to work on coordination and implement striking ability from stationary, moving and partner throwing.

**Invasion games:** teamwork cheese tag, working together to accomplish 1 goal, strategy, sportsmanship, and using judgement. Space awareness.

 **Basketball:** perform the chest, bounce and overhead pass, dribble a basketball using

both dominant and non-dominant hand, shoot a basketball using the correct stance and form. Mini/modified games to enhance knowledge.

**Bowling:** Demonstrate the proper grip or the proper way to hold the bowling ball, demonstrate the four step approach in bowling. Mini games, cardio bowling and positioning of pins.

**Frisbee/disc throwing:** appropriate throwing tech, passing/catching with partner. Understanding dominate hand proper form. Mini games.

Teacher Demonstration/Student Demonstration, The teacher will demonstrate each test/drill. The students will practice the skill and perform each task. Understand what types of skills are needed for certain game situations. Asking questions to ensure students understanding, Student lead activities peer teaching peers, Make it fun to help keep students involved and wanting to learn. Show enthusiasm while teaching.

What is the importance of warming up before physical activity? Can you demonstrate the I 0 core exercise covered during 9 weeks? How many minutes of physical activity should you get each day? Can you identify heathy eating habits and lifestyle? Do you know the rules and regulations of games and sports we have covered? What is good sportsmanship?

A physically literate individual demonstrates competency in a variety of Applies knowledge of concepts, principles, strategies and tactics related to movement and performance motor skills and movement patten1S. Demonstrates the knowledge and skills to achieve and maintain a health­ enhancing level of physical activity and fitness. Exhibits responsible personal behavior and

social behavior that respects self and others in physical activity settings. Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.