

DEPARTMENT NAME
Health & Wellness: P.E.
GRADE LEVEL: Kinder

YEAR AT A GLANCE
Student Learning Outcomes by Marking Period
2019-2020

FIRST TERM	Overarching/general themes and resources		
Dates	Unit Overview	District Endorsed Curricula Resources	To Demonstrate Proficiency by the End of the Quarter Students Will.... (with eligible content references):
Marking Period Starts: 9/9/19 Suggested Completion Date: 9/27/19	Unit: Intro to PE Unit Title: PE 101 (Routines, Rituals and Relevance) Suggested Equipment: -Boundary Cones -Visual of class rules and routines -Poly spots per student	SPARK: K-2 Building a Foundation SPARK: K-2 ASAPs	Content/skill SWBAT statement (corresponding standards) <ul style="list-style-type: none"> Identify physical education as a class purposed with making the body healthy (F. 13) Demonstrate the ability to follow basic class routines and rules (M. 24, PS. 3) Demonstrate the ability to form a line, circle or other instructed set with a group (M. 24) Identify ways to share equipment and space with others (PS. 2) Demonstrate the ability to follow basic safety procedures (M. 25, PS. 3) Identify activity area boundaries (M. 15) Identify personal space (M. 15)
Suggested Completion Date: 10/18/19	Unit: Movement Skills & Concepts: Locomotor Skills Unit Title examples: Locomotor Skills Suggested Equipment: -Cones -Poly spots per student	SPARK: K-2 Building a Foundation SPARK: K-2 ASAPs OPEN Phys. Ed: K-2 Locomotors	Content/skill SWBAT statement (corresponding standards) <ul style="list-style-type: none"> Demonstrate the ability to safely walk and run at varying speeds (M. 1, M. 18) Demonstrate a simple slide, gallop, hop and jump (M. 1) Demonstrate the ability to move safely within a given activity space (M.25, PS. 3) Demonstrate the ability to move in forward and side to side directions (M. 1, M. 19) Demonstrate the ability to move in straight and curved pathways (M. 1, M. 20) Demonstrate the ability to move at different levels (high, medium, low) (M. 1, M. 21) Demonstrate the ability to abide by given rules within various activities (PS. 5)
Suggested Completion Date: 11/8/19	Unit: Movement Skills & Concepts: Non-locomotor Skills Unit Title examples: Non-locomotor Movements; Stunts & Balancing, Body Awareness, Movement Exploration Suggested Equipment: -Cones -Poly spots per student	SPARK: K-2 Balance, Stunts, and Tumbling	Content/skill SWBAT statement (corresponding standards) <ul style="list-style-type: none"> Demonstrate the ability to perform several non-locomotor movements (bend, twist, sway, stretch, lift, shake, pull, push, extend, rotate) (M. 4) Demonstrate several non-locomotor skills at various speeds (M.4, M. 18) Demonstrate several non-locomotor skills at different levels (M.4, M. 21) Demonstrates wide versus narrow body shapes and positions (M.4) Demonstrate the ability to support own body weight in various positions for at least five seconds (M. 5, F. 6) Identify basic body parts such as head, legs, arms, stomach, etc (F. 8, F.12) Recognize the basic function of muscles (F. 7) Demonstrate the ability to hold various stretch positions (F. 9) Identify right and left sides of the body (M. 16) Use positive forms of communication (PS. 3, PS. 9)

	-Yoga mats per student		
Suggested Completion Date: 11/27/19	Unit: Movement Skills & Concepts: Manipulating Objects with Hands Unit Title: Roll & Receive Suggested Equipment: -Cones -Poly spots -Medium/Large no bounce ball per pair of students	SPARK: K-2 Catching and Throwing (see rolling lessons)	Content/skill SWBAT statement (corresponding standards) <ul style="list-style-type: none"> ● Roll a ball, using two hands along a large, smooth surface (M.9) ● Roll a ball, using two hands toward a large target (M.9) ● Roll a ball in different directions (M.9) ● Roll a ball at varying speeds (M.8) ● Receive a ball, rolled on center, using two hands (M.8) ● Demonstrate attributes of a good partner (PS.4)
First Marking Period Ends: 11/29/19 Assessments During This Period: <i>SPARK Folio K-2 assessments; OPEN Phys. Ed assessments</i>			

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SECOND TERM			
Overarching/general themes and resources			
Dates	Unit Overview	District Endorsed Curricula Resources	To Demonstrate Proficiency by the End of the Quarter Students Will.... (with eligible content references):
Marking Period Starts: 12/2/19 Suggested Completion Date: 12/20/19	Unit: Movement Skills & Concepts: Manipulating Objects with Hands Unit Title example: Bounce & Catch Suggested Equipment: -Cones -Poly spots -Playground or other large bounce ball per pair of students	SPARK: K-2 Dribbling, Volleying and Striking (see bounce lessons) OPEN Phys. Ed: K-2 Ball Handling Skills (see bounce activity plans)	Content/skill SWBAT statement (corresponding standards) <ul style="list-style-type: none"> ● Demonstrate the ability to self-bounce and catch a large, lightweight ball at least three times from stationary position using two hands (M. 10) ● Demonstrate the ability to self-bounce and catch a large, lightweight ball at least three times while moving forward (M. 10, M. 19) ● Demonstrate the ability to bounce and catch at low and medium levels using two hands (M.10, M.21) ● Demonstrate the ability to bounce a ball forward toward a large target (M. 10) ● Demonstrate the ability to follow instructed safety procedures while bouncing a ball to a partner (M. 10, M. 25) ● Recognize simple skill cues associated with bounce and catch (M. 14) ● Include peers while participating in various activities (PS. 8)
Suggested Completion Date: 1/17/20	Unit: Movement Skills & Concepts: Manipulating Objects with Hands Unit Title example:	SPARK: K-2 Catching and Throwing (see underhand lessons)	Content/skill SWBAT statement (corresponding standards) <ul style="list-style-type: none"> ● Demonstrate the ability to balance a bean bag on various upper body parts (M. 5) ● Demonstrate a simple underhand throw an object above the head (M. 6) ● Demonstrate a simple underhand throw away from the body, toward a large target (M. 6) ● Demonstrate the ability to catch a self-tossed object at head level, using two hands (M. 6, M. 8)

	<p>Underhand Throw & Catch</p> <p>Suggested Equipment: -Cones -Poly spots -Beanbag per student -Juggling scarf per student -Fleece ball per student</p>		<ul style="list-style-type: none"> ● Demonstrate the ability to catch a lightweight object underhand thrown from a partner at close proximity (M. 8) ● Recognize simple skills cues associated with underhand throw and catch (M. 14) ● Demonstrate the attributes of a cooperative partner (PS.4)
<p>Suggested Completion Date: 2/7/20</p>	<p>Unit: Health-Related Fitness: Aerobic Capacity</p> <p>Unit Title example: Aerobic Games/Activities; Heart Health</p> <p>Suggested Equipment: -Cones -Poly spots -Noodle tag sticks -Shoulder folders for stations -Jump ropes -Hoops</p>	<p>SPARK: K-2 Games</p>	<p>Content/skill SWBAT statement (corresponding standards)</p> <ul style="list-style-type: none"> ● Demonstrate the ability to move at moderate to vigorous physical activity (MVPA) levels for increasing periods of time without stopping (F. 1) ● Demonstrate the ability to use locomotor and non-movements in aerobic activities or games (F. 1, M1, M. 4) ● Demonstrate the ability to recognize simple roles in aerobic activities or games (M. 26) ● Demonstrate the ability to follow simple rules in aerobic activities or games (M. 24) ● Identify a fast heart beat and rise in body temperature as short-term effects of aerobic exercise (F. 3) ● Identify the general location of the heart (F. 4) ● Identify the general size of the heart (F. 4) ● Identify the heart as a muscle (F.4)
<p>Suggested Completion Date: 3/13/20</p>	<p>Unit: Lifelong Physical Activity Skills: Rhythms & Dance</p> <p>Unit Title examples: Dance, Rhythm Sticks</p> <p>Suggested Equipment: -Poly spots -Speaker for music -SPARK CD -Rhythm Sticks per student (if needed) *Rhythms and Dance Unit from PE Lending Library</p>	<p>SPARK: K-2 Dance</p> <p>OPEN Phys. Ed: K-2 Dance</p>	<p>Content/skill SWBAT statement (corresponding standards)</p> <ul style="list-style-type: none"> ● Move in response to a given beat (LL. 2) ● Clap along to a given tempo (LL. 2) ● Clap using simple patterns (LL. 2) ● Demonstrate the ability to try new or challenging rhythms and/or dance activities (LL. 8, LL.9) ● Exhibit verbal or non-verbal indicators of enjoyment while participating in rhythms and/or dance activities (LL.10) ● Identify places to perform rhythms and/or dance activities outside of physical education (LL.1)
<p>Second Marking Period Ends: 3/13/20</p> <p>Assessments During This Period: <i>SPARK Folio K-2 assessments; OPEN Phys. Ed assessments</i></p>			

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THIRD TERM			
Dates	Unit Overview	District Endorsed Curricula Resources	To Demonstrate Proficiency by the End of the Quarter Students Will.... (with eligible content references):
Marking Period Starts: 3/16/20 Suggested Completion Date: 4/3/20	Unit: Personal & Social Skills: Cooperation Unit Title examples: Project Adventure, Parachute Games, Cooperative Games Suggested Equipment: -Cones -Poly spots -Fleece balls -Rubber or beanbag animals -Parachute -Noodle sticks -Beach balls *Project Adventure PE Lending Library Pack	Project Adventure, Elementary: Kindergarten SPARK: K-2 Parachute OPEN Phys. Ed: K-2 Parachute OPEN Phys. Ed: K-2 Personal and Social Responsibility	Content/skill SWBAT statement (corresponding standards) <ul style="list-style-type: none"> • Demonstrate the ability to share and fulfill various roles in cooperative games (PS. 1, PS. 2) • Share equipment with a partner or group without conflict (PS. 2) • List the attributes of a good partner in physical education (PS.4) • List ways to demonstrate cooperative behavior in physical education (PS. 3) • Demonstrate the ability to use kind and encouraging words during a cooperative activity (PS.3) • Solve a problem with a partner during a physical activity or game (PS. 7)
Suggested Completion Date: 5/1/20	Unit: Manipulative Skills: Manipulating Objects with Hands & Short-handled implements Unit Title examples: Strike with Hands & Paddles Suggested Equipment: -Cones -Poly spots -Beach balls or balloons	SPARK: K-2 Dribbling, Volleying and Striking (see striking lessons) OPEN Phys. Ed: K-2 Volleying and Striking Unit	Content/skill SWBAT statement (corresponding standards) <ul style="list-style-type: none"> • Strike a large, lightweight object with hands (M.13) • Strike a large, lightweight object to varying heights (M.13) • Strike a large, lightweight object gently tossed from a partner (M.13) • Strike a large, lightweight object towards a large target (M.13) • List safety consideration for striking an object (M. 25, PS. 3) • Identify acceptable responses to challenges in learning a new skill (P. 6)
Suggested Completion Date: 5/22/20	Unit: Manipulative Skills: Manipulating Objects with Feet	SPARK: K-2 Kicking and Trapping OPEN Phys. Ed: K-2 Foot	Content/skill SWBAT statement (corresponding standards) <ul style="list-style-type: none"> • Kick a stationary ball from a stationary position (M.12) • Kick a ball toward a large target (M. 12) • Stop a slow rolling ball with legs or feet (M.12)

	Unit Title examples: Strike with Feet (dribble and kick) Suggested Equipment: -Cones -Poly spots -Soccer ball per pair	<i>Skills Unit</i>	<ul style="list-style-type: none"> ● List safety considerations for kicking a ball amongst a group (M. 25, PS. 2, PS. 5) ● Identify different parts of the body involved in striking activities (M. 17)
Suggested Completion Date: 6/17/20 Third Marking Period Ends: 6/19/20	Unit: Lifelong Physical Activity Skills Unit Title example: Outdoor Games, Summer Leisure Activities, Yard Games; Recess Games	SPARK: K-2 Recess Activities	Content/skill SWBAT statement (corresponding standards) <ul style="list-style-type: none"> ● Demonstrate basic movement skills needed to participate in given physical activities outside of physical education (LL. 1) ● Analyze safety considerations for physical activities played outside of physical education (M. 25) ● Analyze reasons that practice is important to improving performance (LL. 8) ● Demonstrate a willingness to participate in new activities (LL.9) ● Identify ways that participation in physical activity can improve health and wellness (LL. 5, LL. 6) ● Encourage a partner or teammate during a physical activity or game (PS. 9)
Third Marking Period Ends: 6/19/20 Assessments During This Period: <i>SPARK Folio K-2 assessments; OPEN Phys. Ed assessments; Project Adventure assessments</i>			