

COTTAGE SCHOOL P.E. UNITS

(Units may vary and are subject to change for reasons, including but not limited to, weather, equipment availability, and schedule changes)

August/September: Discuss what it means to be physical. Focus on the importance of exercise and being physically active. Discuss ways of being active at the various age groups. *Teamwork* as a character trait to be applied.

K - 2

- Discuss what it means to be physically active
- Understanding personal Space
- Understand the concept of relays/relay race
- 2nd grade: introducing Foam Frisbees (throwing, catching, aim)

3rd -6th

(Units below vary appropriately for age group):

- Ice breakers to promote Teambuilding, Cooperation
- Frisbee Skills and games
- Techniques to build endurance/mile run/to be able to self- pace during cardiovascular activities

October: Discuss *kindness* as a character trait and how it applies to sports. Importance of hydration/detriments of dehydration. Endurance.

K - 2

- Basic Calisthenics (ie. Skipping, galloping, sliding)
- Movement Exploration
- Running, fleeing, dodging safely/tag games

3rd - 6th

(Units below vary appropriately based on age group)

- Techniques to build endurance
- Football/Baseball skills
- Games involving passing, catching, running

November: Character trait of *Humility* will be applied. Nutrition/overeating/healthy eating will to be discussed.

K - 2nd

- Intro to various equipment (balls, scooters)
- More complex locomotor skills (grapevine, crab walk, bear crawl, inchworm)

3rd- 6th

- Soccer (dribbling, shooting, passing)
- Nutrition Unit

December: *Zest* as a character trait to be discussed. Exercising/staying active during the winter months to be addressed.

K - 2nd

- Holiday games involving relays, various equipment; teamwork
- Hula Hooping

(Units below vary appropriately depending on age)

3rd- 6th

- Volleyball skills (setting, bumping, serving)
- Newcomb
- Holiday games involving relays, teamwork

January: *Bravery* as a character trait to be discussed. The hazards of tobacco use/nicotine to be discussed to appropriate age levels.

K-2nd

- Introducing Jump Roping
- Intro to various equipment (ie bowling, topsy towers)

(Various units below vary appropriately depending on age)

4th-6th

- Dance/Rhythm
- Flexibility

February: Self- Regulation as a character trait to be emphasized.

K-2nd

- Proper form for more complicated, coordinated calisthenics (sit ups, push-ups, jumping jacks)
- Fitness stations

(Units below vary appropriately depending on age)

4th-6th

- Fitness Stations and games that introduce and reinforce the components of physical fitness. (strength, agility, speed, balance, coordination, reaction time)
- Discuss/Understand how these effect athletic ability

March: Character traits of *honesty and forgiveness* to be emphasized

K-2nd

- Learn/Practice throwing and catching with a partner
- Aiming at a target

4th-6th

- Basketball skills (dribbling, shooting, passing)
- Games to enhance basketball skills
- Mile Run/weather permitting

April: Discuss *Leadership* as a character trait. Get J.H students on board to help volunteer for field day and prepare them for the responsibility it holds.

K-2

- Outside games: hopscotch, jump rope, parachute
- Running for endurance/laps

4th- 6th

- outdoor games: four square, gaga ball, kickball

May: Review previous sports, skills. Talk about Field Day and introduce some field day games in preparation.

K-2

- Prepare for field day activities: parachute, cup stacking, Sammy Spider.

4th-6th

- Additionally, complete the mile run/to be able to self-pace during endurance/cardiovascular activities.