

## **Physical Education Trimester Curricula**

Dear Parents,

You may help support the physical education curriculum that your child is learning in several ways. Physical education activities are needed to increase physical skills, health related fitness levels, self-esteem, and the enjoyment of physical activity so all students can be physically active for a lifetime. The goal for each and every student should be individual improvement, and also to gain knowledge in physical activities in order to transfer these skills outside of the gymnasium. Keep in mind that many video games (xbox kinect, wii, playstation move) have a movement component, and are excellent sources to increase fitness levels, even when the weather is bad. Please take a moment to read the curricula concepts your child is learning as well as how you may support these concepts at home. Your cooperation in your child's education is greatly appreciated.

| <u>Concepts Covered (With Grade)</u>                  | <u>Trimester 1</u>   |
|---|--|
| *Jumping/Leaping (K-2)                                | Practice jumping or leaping on ground- over low objects, play hopscotch.   |
| *Chasing/Fleeing (K-5)                                | Play tag game in yard or at park.  |
| *Balancing (K-2)                                      | Balance on one foot, knee, arms, or a combination of these parts, hold for at least ten seconds each time.             |
| *Skipping, Sliding Sideways, Galloping, Hopping (K-2) | Practice these movements anywhere, can use music.  |
| *Throwing/Catching (K-5)                              | Play catch with any object, at home or at the park. Use softer object for younger students.                            |
| *Hula Hoops (K-2)                                     | Practice around waist, arm, neck, or leg.  |
| *Beanbags (K-2)                                       | Practice throwing and catching, sliding on floor, or balancing beanbags on different parts of the body.                |
| *Jump Ropes (K-5)                                     | Great for cardiovascular endurance, need a small area that has a higher ceiling, or can practice outside or at a park. |
| *Upper Body Flexibility (K-5)                         | Stretch arms behind back, out to side, above head, touch hands behind back, hold stretches for at least 30 seconds.    |

- \*Lower Body Flexibility (K-5) Sit down and reach towards feet, legs can be together or apart (straddle), hold stretches for at least 30 seconds.
- \*Upper Body Strength (K-5) Push ups, push holds, shoulder taps, or planks (up pushup position).
- \*Lower Body Endurance (K-5) Sit ups, crunches, lift legs and hold while lying on back.
- \*Cardiovascular Endurance (K-5) Running, jogging, speed walking, swimming, bike riding, dancing. Perform activity for minimum of 20 minutes.
- \*Jogging/Running (K-5) Can be done in yard, at a park, around your neighborhood, on a treadmill, even in place!
- \*Dancing (K-5) Can use dance songs (cha cha slide, chicken dance, hokey pokey, etc.), or put music on to free dance.
- \*Pacer Jog (3-5) Practice by jogging back and forth from one line to another-can use chalk or sticks to make two lines. Distance is 60 feet, as two laps back and forth is 120 feet.
- \*Kicking (Soccer) (K-5) Practice kicking any ball back and forth to a partner, off of a wall, or across a field, using the inside, outside, or laces of the foot.

\*Soccer Passing, Trapping (K-5)

Practice passing any ball back and forth to a partner, using the inside, outside, and laces of foot to pass and trap (which means stop).

\*Soccer Goaltending (K-5)

Can use any ball and two cones/pins/ or other conelike item to make a goal. Practice blocking ball from going in between the cones.

\*Football Pass, Catching (2-5)

Play catch with a soft/nerf football, standing at close distance, and moving back progressively after several catches.

\*Bowling (K-5)

Use any ball to roll, can use paper towel rolls or other long items for pins. Increase distance accordingly.