

Curriculum Guide
 Subject Focus: Physical Education
 Grades Kindergarten - Second Grade

STANDARD 2.5 (Motor Skill Development) All students will utilize safe, efficient, and effective movement to develop and maintain a healthy lifestyle.

STANDARD 2.6 (Fitness) All students will apply health related and skill related fitness concepts and skills to develop and maintain a healthy lifestyle

ESSENTIAL QUESTIONS

- Why do we need rules when playing games?
- Why is it important to be able to run?
- What skills are needed to successfully complete an obstacle course?

Cooperative Games/Problem Solving

NJ CCCS	Outcomes: Students will...	Activities	MATERIALS	ASSESSMENT
<u>By 2nd Grade</u> 2.5.A.1,2,4 2.5.B.1,3,4 2.5.C.1,2 2.6.A.2	<ul style="list-style-type: none"> • Work with others to obtain a common goal • Explore a variety of solutions to problems • Plan a strategy to successfully complete physical and mental challenges • Differentiate between cooperative and competitive skills • Analyze the problems and challenges 	<ul style="list-style-type: none"> • Play signal games • Play Shake Hands • Play Fun walks • Play Red Rover • Play Little A, Big A • Play Freeze Tag • Play Group signals • Play In the dog House • Play Goldilocks and the 3 bears • Play musical hoops 	Balls, Hula Hoops, Cones, poly spots, <u>Ready to Use PE Activities Grades K-2</u>	<ul style="list-style-type: none"> -Teacher Observations -Question and Answer -Demonstrate, understand and follow verbal directions

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ESSENTIAL QUESTIONS

- Why do we need rules when playing games?
- Why is throwing and catching an object important for games?

Throwing and Catching

NJ CCCS	Outcomes: Students will...	Activities	MATERIALS	ASSESSMENT
<p><u>By 2nd Grade</u> 2.5.A.1,4 2.5.B.1,2,3,4 2.5.C.1,2 2.6.A.2,3</p>	<ul style="list-style-type: none"> • Develop proficiency in throwing and catching to self • Begin developing catching skills from varying body planes • Incorporate throwing and catching in a variety of games and activities 	<ul style="list-style-type: none"> • Orally review of rules of classroom and games • Throwing with 2 hands and 1 hand • Underhand toss and overhead toss • Toss of beanbags, deck rings, playground balls, scarfs • Play Newcomb • Play Sky ball • Play Hot Potato 	<p>Balls, Hula Hoops, Cones, Mats, deck rings, Beanbags, Plyo Spots, playground balls, nerf balls, <u>Ready to Use PE Activities</u> <u>Grades K-2</u></p>	<p>-Teacher Observations -Question and Answer -Demonstrate, understand and follow verbal directions</p>

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ESSENTIAL QUESTIONS

- Why is important to move in be able to move in different ways around an open space?

Locomotor Skill Development

NJ CCCS	Outcomes: Students will...	Activities	MATERIALS	ASSESSMENT
By 2 nd <u>Grade</u> 2.5.A.1-4 2.5.B.3,4 2.5.C.1,2 2.6.A.1-3	<ul style="list-style-type: none"> • Demonstrate proficiency of locomotor skill • Recognize the locomotor skill • Participate in a game using the locomotor skills • Exercise and move to music 	<ul style="list-style-type: none"> • Explore personal and general space • Locomotion stations • Making movement sequences • Cross-Lateral combinations • Sliding, Crawling and Creeping 	Balls, Hula Hoops, Cones, Mats, deck rings, Beanbags, Plyo Spots, <u>Ready to Use PE Activities</u> <u>Grades K-2</u>	<ul style="list-style-type: none"> -Teacher Observations -Question and Answer -Demonstrate, understand and follow verbal directions

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ESSENTIAL QUESTIONS

- How do we throw objects at targets?
- What are different ways to catch an object?

Manipulative Skills

NJ CCCS	Outcomes: Students will...	Activities	MATERIALS	ASSESSMENT
<p><u>By 2nd Grade</u> 2.5.A.1-4 2.5.B.1-4 2.5.C.1,2 2.6.A.1-3</p>	<ul style="list-style-type: none"> • Demonstrate manipulative ability with right and left hands • Develop manipulative skills with a variety of objects • Choreograph skills with partner and/or group • Practice a sequence of skills • Demonstrate an original sequence of skills • Perform a task within a time limit 	<ul style="list-style-type: none"> • Successfully Self Toss with Objects • Toss at Floor, Wall, and Receptacles • Play Newcomb (Beginner) • Play Sky Ball (Beginner) • Play Hot Potato (Beginner) • "Cane You" Activities • Cup activities 	<p>Balls, Hula Hoops, Cones, Mats, deck rings, Beanbags, Plyo Spots, playground balls, nerf balls, <u>Ready to Use PE Activities</u> <u>Grades K-2</u></p>	<p>-Teacher Observations -Question and Answer -Demonstrate, understand and follow verbal directions</p>

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ESSENTIAL QUESTIONS

- What are movement directions?
- Hey, you are in my Space! How do we play in personal and public space?
- What is balance?

Movement Education

NJ CCCS	Outcomes: Students will...	Activities	MATERIALS	ASSESSMENT
<p><u>By 2nd Grade</u> 2.5.A.1-4 2.5.B.3,4 2.5.C.1,2 2.6.A.1-3</p>	<ul style="list-style-type: none"> • Use a variety of body parts to perform activities • Differentiate between levels, speeds and directions • Exercise using different movement patterns • Combine varying status and dynamic movement patterns • Discover new ways to move the space • Explore creative ways to perform skills 	<ul style="list-style-type: none"> • Play Red Light, Green Light • Follow the Leader • Play Simon Says • Participate in Parachute Activities • Participate in Scooter Activities • Maneuver on Balance Bean • Practice Body Parts Balance 	<p>Scarves, Beanbags, Balls, Plyo spots, Rackets, Hula Hoops, Jump Ropes, Scooters, Balance Beam, Parachutes, <u>Ready to Use PE Activities</u> <u>Grades K-2</u></p>	<p>-Teacher Observations -Question and Answer -Demonstrate, understand and follow verbal directions</p>

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ESSENTIAL QUESTIONS

- Why is it important to know how to kick and strike different objects?

Striking

NJ CCCS	Outcomes: Students will...	Activities	MATERIALS	ASSESSMENT
<p><u>By 2nd Grade</u> 2.5.A.1,2,4 2.5.B.1-4 2.5.C.1,2 2.6.A.3</p>	<ul style="list-style-type: none"> • Distinguish the trajectories of objects by using different ways to strike • Demonstrate Striking by using a variety of body parts • Demonstrate an age-appropriate progression of striking skills • Attempt skills using both dominant and non-dominant sides • Enhance eye-hand/eye-foot coordination • Show ability in various games and activities 	<ul style="list-style-type: none"> • Participate in Modified Kickball game • Participate in Modified Tee-ball game • Participate in Modified Soccer game • Participate in Modified Bowling games 	<p>Paddles, Balls, Tee, Bats, Rackets, Bowling Pins, Plyo spots, Bases, Nets.</p>	<p>-Teacher Observations -Question and Answer -Demonstrate, understand and follow verbal directions</p>

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ESSENTIAL QUESTIONS

- Why is it important to warm-up before activity?
- What happens to your heart rate when you exercise?
- What are safe and appropriate exercise techniques?

Fitness

NJ CCCS	Outcomes: Students will...	Activities	MATERIALS	ASSESSMENT
<p>By 2nd Grade 2.5.A.1-4 2.5.B.3,4 2.5.C.1,2 2.6.A.1-3</p>	<ul style="list-style-type: none"> • Understand the significance of warm-up exercises prior to physical activity • Participate in warm-up exercise • Have a general understanding of how heart rate relates to exercise • Monitor the heart as it changes with exercise • Understand the importance of exercise as it related to good health • Differentiate between the mean components of exercise • Participate in aerobic exercise • Understand how different exercises affect different parts of the body 	<ul style="list-style-type: none"> • Participate in warm-up activities at beginning of class • Participate 10-Minute Workouts • Participate in Yoga Techniques • Be able to run an obstacle course using play ground equipment • Play Follow the Leader • Participate in a Fitness Circuit • Participate in Imaginary "Swim Routine" 	<p>mats. Ply-spots, hoops, playground equipment, lines on court, carpet squares, <u>Ready to Use PE Activities</u> <u>Grades K-2</u></p>	<p>-Teacher Observations -Question and Answer -Check lists and record sheets -Pre-and post-fitness testing</p>

	<ul style="list-style-type: none">• Participate in strength training exercise• Demonstrate safe and appropriate exercise techniques• Understand the risks of inappropriate exercise techniques			
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ESSENTIAL QUESTIONS

- Why do we need rules when playing games?
- What is good sportsmanship?
- Why is it important to be able to run?

Team Sports

NJ CCCS	Outcomes: Students will...	Activities	MATERIALS	ASSESSMENT
<u>By 2nd Grade</u> 2.5.A.1,2,4 2.5.B.1-4 2.5.C.1,2 2.6.A.1-3	<ul style="list-style-type: none"> • Compare and contrast movements and skills • Distinguish between skills used in team sports; i.e., throwing, passing, etc. • Recognize skills used in games • Incorporate skills used in games • Tell skills used in team sports 	<ul style="list-style-type: none"> • Be able to explain rules of classroom and games • Be able to explain the meaning of sportsmanship • Play Shark Island (tag and running games) • Run the bases 	Balls, Hula Hoops, Cones, Mats, Beanbags, Bowling Pins, Balance Beams, Plyo Spots. <u>Ready to Use PE Activities Grades K-2</u>	-Teacher Observations -Question and Answer

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ESSENTIAL QUESTIONS

- How can dance be used as a way to exercise and maintain a healthy lifestyle?

Dance

NJ CCCS	Outcomes: Students will...	Activities	MATERIALS	ASSESSMENT
<p><u>By 2nd Grade</u> 2.5.A.1-4 2.5.B.3,4 2.5.C.1,2 2.6.A.1-3</p>	<ul style="list-style-type: none"> • Acquire dance knowledge to tell others • Count beats, steps in dance • Incorporate moves in dance • Describe a dance of dance move • Recall a move to add another one to it • Express themselves through dance 	<ul style="list-style-type: none"> • Be able to do "Chicken Dance" • Be able to do "Hokey Pokey" • Be able to do "Conga Line" • Be able to do "Beanie Bag Dance" 	<p>Bean bags, CD "Kids in Action", CD "Heart Healthy", <u>Ready to Use PE Activities</u> <u>Grades K-2</u></p>	<p>-Teacher Observations -Question and Answer</p>

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ESSENTIAL QUESTIONS

- Why do we need rules when playing games?
- Why is it important to be able to run?
- What skills are needed to successfully complete an obstacle course?

Cooperative Games/Problem Solving

NJ CCCS	Outcomes: Students will...	Activities	MATERIALS	ASSESSMENT
<p><u>By 4th Grade</u> 2.5.A.1,2,4 2.5.B.1,2 2.5.C.1,2 2.6.A.2</p>	<ul style="list-style-type: none"> • Work with others to obtain a common goal • Explore a variety of solutions to problems • Plan a strategy to successfully complete physical and mental challenges • Differentiate between cooperative and competitive skills • Analyze the problems and challenges 	<ul style="list-style-type: none"> • Cooperative shuttle run • Play Fox and Squirrel • Play Capture the Flag • Play Steal the Bacon • Play Sky ball • Run and obstacle course • Play musical hoops • Play Pac man 	<p>Balls, Hula Hoops, Cones, plyo spots, playground equipment, <u>Ready to use PE Activities</u> <u>Grades 3-4</u></p>	<p>-Teacher Observations -Question and Answer -Demonstrate, understand and follow verbal directions</p>

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ESSENTIAL QUESTIONS

- Why is throwing and catching an object important for games?

Throwing and Catching

NJ CCCS	Outcomes: Students will...	Activities	MATERIALS	ASSESSMENT
<p><u>By 4th Grade</u> 2.5.A.1-4 2.5.B.1,2 2.5.C.1,2 2.6.A.2,3</p>	<ul style="list-style-type: none"> • Develop proficiency in throwing and catching to self • Begin developing catching skills from varying body planes • Incorporate throwing and catching in a variety of games and activities 	<ul style="list-style-type: none"> • Orally review of rules of classroom and games • Throwing with 2 hands and 1 hand • Underhand toss and overhead toss • Toss of beanbags, deck rings, playground balls, scarfs • Play Newcomb • Play Sky ball • Play Hot Potato • "Can You" Activities 	<p>Balls, Hula Hoops, Cones, Mats, deck rings, Beanbags, Plyo Spots, playground balls, nerf balls, <u>Ready to use PE Activities</u> <u>Grades 3-4</u></p>	<p>-Teacher Observations -Question and Answer -Demonstrate, understand and follow verbal directions</p>

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ESSENTIAL QUESTIONS

- Why is important to move in be able to move in different ways around an open space?

Locomotor Skill Development

NJ CCCS	Outcomes: Students will...	Activities	MATERIALS	ASSESSMENT
<p><u>By 4th Grade</u> 2.5.A.1-4 2.5.B.2 2.5.C.1,2 2.6.A.1-4</p>	<ul style="list-style-type: none"> • Demonstrate proficiency of locomotor skill • Recognize the locomotor skill • Participate in a game using the locomotor skills • Exercise and move to music 	<ul style="list-style-type: none"> • Explore personal and general space • Locomotion stations • Making movement sequences • Cross-Lateral combinations • Sliding, Crawling and Creeping 	<p>Balls, Hula Hoops, Cones, Mats, deck rings, Beanbags, Plyo Spots, playground balls, nerf balls, <u>Ready to use PE Activities</u> <u>Grades 3-4</u></p>	<p>-Teacher Observations -Question and Answer -Demonstrate, understand and follow verbal directions</p>

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ESSENTIAL QUESTIONS

- How do we throw objects at targets?
- What are different ways to catch an object?
- How do you pass a ball to a teammate?
- What are the proper ways to shoot a ball into a basket?
- What skills do we need to succeed in contact sports?

Manipulative Skills

NJ CCCS	Outcomes: Students will...	Activities	MATERIALS	ASSESSMENT
<p><u>By 4th Grade</u> 2.5.A.1-4 2.5.B.1,2 2.5.C.1,2 2.6.A.2,3</p>	<ul style="list-style-type: none"> • Demonstrate manipulative ability with right and left hands • Develop manipulative skills with a variety of objects • Choreograph skills with partner and/or group • Practice a sequence of skills • Demonstrate an original sequence of skills • Perform a task within a time limit 	<ul style="list-style-type: none"> • Successfully Self Toss with Objects • Toss at Floor, Wall, and Receptacles • Play Newcomb (Beginner) • Play Sky Ball (Beginner) • Play Hot Potato (Beginner) • "Cane You" Activities 	<p>Balls, Hula Hoops, Cones, Mats, deck rings, Beanbags, Plyo Spots, playground balls, nerf balls, <u>Ready to use PE Activities</u> <u>Grades 3-4</u></p>	<p>-Teacher Observations -Question and Answer -Demonstrate, understand and follow verbal directions</p>

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ESSENTIAL QUESTIONS

- What are movement directions?
- Hey, you are in my Space! How do we play in personal and public space?
- What is balance?

Movement Education

NJ CCCS	Outcomes: Students will...	Activities	MATERIALS	ASSESSMENT
<p><u>By 4th Grade</u> 2.5.A.1-4 2.5.B.2 2.5.C.1,2 2.6.A.1-4</p>	<ul style="list-style-type: none"> • Use a variety of body parts to perform activities • Differentiate between levels, speeds and directions • Exercise using different movement patterns • Combine varying status and dynamic movement patterns • Discover new ways to move the space • Explore creative ways to perform skills 	<ul style="list-style-type: none"> • Play Red Light, Green Light • Follow the Leader • Play Simon Says • Participate in Parachute Activities • Participate in Scooter Activities • Maneuver on Balance Bean • Practice Body Parts Balance 	<p>Scarves, Beanbags, Balls, Plyo spots, Rackets, Hula Hoops, Jump Ropes, Scooters, Parachutes, <u>Ready to use PE Activities</u> <u>Grades 3-4</u></p>	<p>-Teacher Observations -Question and Answer -Demonstrate, understand and follow verbal directions</p>

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- Why is it important to know how to kick and strike different objects?

Striking

NJ CCCS	Outcomes: Students will...	Activities	MATERIALS	ASSESSMENT
<p><u>By 4th Grade</u> 2.5.A.1-4 2.5.B.1,2 2.5.C.1,2 2.6.A.2,3</p>	<ul style="list-style-type: none"> • Distinguish the trajectories of objects by using different ways to strike • Demonstrate Striking by using a variety of body parts • Demonstrate an age-appropriate progression of striking skills • Attempt skills using both dominant and non-dominant sides • Enhance eye-hand/eye-foot coordination • Show ability in various games and activities 	<ul style="list-style-type: none"> • Participate in Modified Kickball game • Participate in Modified Tee-ball game • Participate in Modified Soccer game • Participate in Modified Bowling games 	<p>Paddles, Balls, Tee, Bats, Rackets, Bowling Pins, Plyo spots, Bases, Nets. <u>Ready to use PE Activities Grades 3-4</u></p>	<p>-Teacher Observations -Question and Answer -Demonstrate, understand and follow verbal directions</p>

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ESSENTIAL QUESTIONS

- Why is it important to warm-up before activity?
- What happens to your heart rate when you exercise?
- What are safe and appropriate exercise techniques?

Fitness

NJ CCCS	Outcomes: Students will...	Activities	MATERIALS	ASSESSMENT
<p><u>By 4th Grade</u> 2.5.A.1-4 2.5.B.2 2.5.C.1,2 2.6.A1-4</p>	<ul style="list-style-type: none"> • Understand the significance of consistent exercise as it relates to good health • Understand some of the factors which make getting and staying I shape difficult • Understand the importance of warm-up exercises prior to physical activity • Participate in warm-up exercises • Understand how heart rate relates to exercise • Differentiate between the main components of exercise • Understand how different 	<ul style="list-style-type: none"> • Participate in warm-up activities at beginning of class • Participate 10-Minute Workouts • Participate in Yoga Techniques • Be able to run an obstacle course using play ground equipment • Play Follow the Leader • Participate in a Fitness Circuit • Participate in Imaginary "Swim Routine" • $\frac{1}{2}$ mile run/walk • Presidential Fitness Testing 	<p>mats. Ply-spots, hoops, playground equipment, lines on court, carpet squares, <u>Ready to use PE Activities Grades 3-4</u></p>	<p>-Teacher Observations -Question and Answer -Check lists and record sheets -Pre-and post-fitness testing</p>

NJ CCCS	Outcomes: Students will...	Activities	MATERIALS	ASSESSMENT
	<p>exercises work through those main components</p> <ul style="list-style-type: none"> • Participate in strength training exercises/activities • Demonstrate safe and appropriate exercise techniques • Understand the risks of inappropriate exercise techniques 			

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- Why do we need rules when playing games?
- What is good sportsmanship?
- Why is it important to be able to run?

Team Sports

NJ CCCS	Outcomes: Students will...	Activities	MATERIALS	ASSESSMENT
<p><u>By 4th Grade</u> 2.5.A.1,2,4 2.5.B.1,2 2.5.C.1,2 2.6.A.2</p>	<ul style="list-style-type: none"> • Communicate in a game setting • Recognize skills to be used in sports • Employ skills in games • Participate in team games • Practice skills used in games • Analyze plans used in games • Select strategy used in games • Solve challenges that arise in games • Distinguish skills used in games • Make decisions in a game situation • Break down skills used in game 	<ul style="list-style-type: none"> • Modified Soccer • Modified Field Hockey • Modified Football • Flag Football • Sideline Basketball • Modified Volleyball • Scooter games • Tee-ball • Kickball 	<p>Balls, Hula Hoops, Cones, Mats, Beanbags, Bowling Pins, Balance Beams, Plyo Spots. <u>Ready to use PE Activities Grades 3-4</u></p>	<p>-Teacher Observations -Question and Answer</p>

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ESSENTIAL QUESTIONS

- How can dance be used as a way to exercise and maintain a healthy lifestyle?

Dance

NJ CCCS	Outcomes: Students will...	Activities	MATERIALS	ASSESSMENT
<p><u>By 4th Grade</u> 2.5.A.1-4 2.5.B.2 2.5.C.1,2 2.6.A.1,2,3</p>	<ul style="list-style-type: none"> • Assemble in dance formation • Build upon dance move for combinations • Compare and Contrast movements • Exercise through dance 	<ul style="list-style-type: none"> • Jump routines using dance steps and performing to music • Popular dance routines "Soldier Boy" • Circuit training to music • Chicken Dance • Bunny Hop 	<p>Jump ropes, cd player, music cds, <u>Ready to use</u> <u>PE Activities</u> <u>Grades 3-4</u></p>	<p>-Teacher Observations -Question and Answer</p>