



Elementary P.E.

1st grade - 5th grade

Trimester 1

We will spend this year playing games and learning the basic rules of a variety of sports. The purpose of this class is to have fun, work on the character trait of good sportsmanship and learn some new skills. We will work cooperatively and encourage each other as we enjoy being active.

Please note: Every student should wear appropriate shoes that fit well and allow for activity. Also, each student will participate in each week's game/sport or he/she will be excused from class to join the parent or participate in Study Hall.

week 1: Frisbee Throwing Skills
outdoor play, weather permitting

week 2: Frisbee Golf
outdoor play, weather permitting

week 3: Dice Bonk—Overhand Throwing Skills
Hula Huts Game—Teamwork and Ball Throwing Skills

week 4: Sink the Ship--Ball Skills: Rolling/Catching/Throwing
indoor play

week 5: Gaga Ball—Underhand Ball Striking Skills
indoor play

week 6: Floor Square—Underhand Ball Striking Skills, Bouncing, Aiming
indoor play

week 7: Hoop Hopping—Jumping Skills and Endurance
Four Circle with Hula Hoops—Bouncing, Aiming/Hitting a Target
with a Ball

week 8: Air Pong—Striking a Target in the Air
Table Pong—Hitting a Fast-Moving Object

week 9: Capture the Flag--Skills of Fleeing and Dodging
outdoor play, weather permitting