

Board Approval Date: June 2011

Course Title: K-3 Physical Education: Fitness

Credit/Hours: Approximately 54 Days

Course Description:

The fitness theme focuses on mastery of the PA Academic Standards for Health & Physical Education and the Early Learning Standards for Health & Physical Education.

The student's benefit by improving their fitness levels while learning various ways to exercise in a safe environment, using a variety of equipment. Exergaming is a concept taught to show how video games and technology can be used to improve fitness. A community event, Jump Rope for Heart is included in this theme. The students also participate in the Dragon Dash as part of the school fundraiser. Many of these activities can be performed outside of physical education class such as recess, playgrounds or at home.

Learning Activities / Modes of Assessment:

Large group instruction
Small group activities
Partner activities
Student/Teacher demonstrations
Skill Development
Student practice
Use of technology/active video games
Community involvement (Jump Rope for Heart)
Teacher Observation
Individual/Partner checklists

Instructional Resources:

Appropriate equipment for each activity

Course Pacing Guide

Course: K-3 Physical Education: Fitness

Course Unit (Topic)	Length of Instruction (Days/Periods)
1. Playground Unit	6 Days
2. Dance and DDR	6 Days
3. Jump Rope (JRFH event)	4 Days
4. Tag games	10 Days
5. Flag Tag games	6 Days
6. Dragon Dash Training	6 Days
7. Field Day Unit	6 Days