

Board Approval Date: June 2011

Course Theme: Physical Education: Movement (K-3)

Credit/Hours: Approximately 43 days

Course Description:

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

The students will move their bodies in various ways demonstrating the ability to move at different levels, speeds, directions and understand spatial awareness. Students will be able to balance their bodies in various positions, improve in muscular strength/endurance and improve their cardiovascular endurance. Many concepts from the fitness theme overlap into the movement theme and reinforce previous topics where students can demonstrate prior learning.

Learning Activities/Modes of Assessment:

Large Group Instruction
Small Group Activities
Partner Activities
Student/Teacher Demonstrations
Skill Development
Student Practice
Cooperative Activities
Teacher Observation
Individual/Partner Checklists
Teacher Quizzes
Worksheets

Instructional Resources:

Appropriate Equipment for each learning activity

Course Pacing Guide

Course: K-3 Physical Education: Movement

Course Unit (Topic)	Length of Instruction (Days)
1. Tumbling Unit	10 Days
2. Dance & DDR	6 Days
3. Locomotor	6 Days
4. Rock Wall Unit	6 Days
5. Flag Tag Games	6 Days
6. Obstacle Maze Unit	3 Days
7. Field Day Unit	6 Days