

Reading Public Schools

Instilling a joy of learning and inspiring the innovative leaders of tomorrow



Curriculum Guide for Course: Physical Education

Grade: K-2

Program of Studies

This curriculum guide serves as an outline for the Reading Public Schools elementary physical education program, which is designed to actively promote the health and wellness of all students. In an effort to create high quality physical education, this document will serve as the guiding foundation for physical education curriculum and instruction across the district. Physical education as an academic subject consists of planned, sequential programs of curricula and instruction, based on standards, which results in all students, developing the knowledge, skills and confidence needed to become physically literate individuals.

National Standards

Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

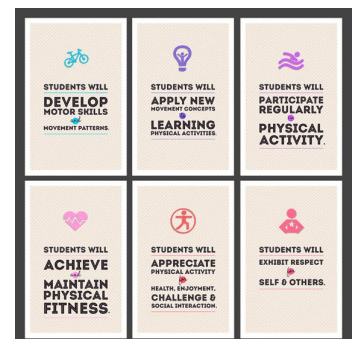
Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

<https://www.shapeamerica.org/standards/pe/>

Skills

Students will be able to:

- demonstrate competency in a variety of motor skills and movement patterns.
- demonstrate the ability to apply personal and social skills in a collaborative setting.





Units	Essential Questions	Key Activities
1. Establishing a Safe Learning Environment.	<ul style="list-style-type: none"> How can I keep myself and others safe in the physical education setting? Why do we need routines and procedures? 	Key activities may include; Physical Education Routines, and Procedures, Expected Behaviors, Getting to know you Tag, Safety Protocol, Personal Space vs General Space, and Equipment Etiquette.
2. Cooperation/ Teamwork	<ul style="list-style-type: none"> What does it mean to show good sportsmanship and be a good teammate? How can I show the ability to work cooperatively with others? 	Key activities may include; Noodle Challenges, Cross the Pond, Scarf Challenges, Roadway, Locomotor Challenges, Over/Under/Flip Flops, Island Hopper, Over/Under/Around/Through, Cups and Saucers, Relay and Scooter Challenges, and Parachute.
3. Underhand Throwing & Catching	<ul style="list-style-type: none"> What does throwing with opposition look like? What does it look like to demonstrate the critical elements of catching at or below the waist. What does it look like to demonstrate the critical elements of catching above the waist. 	Key activities may include; Toss & Switch, Catch it Take it, Flip the Hoop, Hula Hoop Bowling, Bean Bag Toe Tag, Partner Pin Pick Up, and Various Throwing & Catching Stations.
4. Parachute / Rhythm Activities	<ul style="list-style-type: none"> Why is it important to work cooperatively while using the parachute? 	Key activities may include; Wave Machine, Igloo/Clubhouse, Popcorn, Switching Colors, Mushroom Levels, Flying Mushroom, Ostrich Run, Cat & Mouse, Numbers Game, Turtle Shell Challenge, <i>Cotton-Eyed Joe</i> , and <i>Cha Cha Slide</i> .
5. Foot Skills	<ul style="list-style-type: none"> What does it look like to dribble with control? 	Key Activities may include; Soccer Minefield, Soccer Make-it Take-it, Soccer Pin Knock-down, Trap-it Take-it, Dribbling for Straws, Freeze Trap, Partner work and Hide the Ball.
6. Dribbling with Hands	<ul style="list-style-type: none"> Why is it important to dribble with control? 	Key Activities may include; Ball Handling Challenges, Stationary Dribbling Challenges, Moving Dribbling Challenges, Hoop Stealers, Dribbling for Straws, Bean Bag Relay Challenge and Various Stations.
7. Overhand Throwing & Catching	<ul style="list-style-type: none"> What does overhand throwing with opposition look like? What does it look like to demonstrate the critical elements of catching above the waist. What does it look like to demonstrate the critical elements of catching at or below the waist. 	Key Activities may include; Throw and Catch to self, Throw at Various Sized Wall & Floor Targets, Partner Throwing and Catching, Modified Bench Ball (adjusted distances), Throwing and Catching Challenges, Step Boards, and Curious George (Moving Targets), and Giant Marbles (Pumpkin Ball).
8. Fitness	<ul style="list-style-type: none"> What are the benefits of maintaining physical fitness? Can you name an activity that requires flexibility? 	Key Activities may include; Yoga Tag, Yoga, Mindfulness, Jump Roping, Weekly Challenge, Fitness Stations, 5 Min Challenge, Balance Challenges, Obstacle Courses, Snowshoeing and Relay Races.
9. Striking (Long and Short Implements)	<ul style="list-style-type: none"> What should your eyes focus on when striking? Why is it important to be in your own self-space while striking? What position should your body be in when striking? What are the cues for striking an object? How do body parts work together when striking? What are different activities that include striking? How can practice effect the ability to strike? 	Key Activities may include; Striking off a Tee or Cone, Striking with Paddle, Striking with Hand, Volleying, Striking Stations, and 2 Square.
10. Traveling, Chasing, Fleeing, and Dodging (K-2 Invasion Games)	<ul style="list-style-type: none"> How to travel safely in general space while avoiding others and objects? Why is self-control important during activities? Why is it important to be able to change pathways? Why is a strong heart important in tag games? 	Key Activities may include; Soccer, Bubble Breakers, Steal the Bacon, Cheese Movers, Bean Bag Toe-Tag, Zombie Tag, Line Tag, Hula-Hoop Personal Bubble, Dribble Tag, Park Rangers vs. Squirrels, Harry the Hand, and Scooter Games.