

**Perry Elementary 1st Grade Physical Education Yearly Plan 2018-2019**

<b><u>Weeks</u></b>	<b><u>Unit</u></b>
1 - 4	<b>Recess Games</b> - 4 corners, agility ladder, blue gym, scoop 4 square, hula hoop, jump rope, hit the stick, freeze out, and around the world. <b>Color teams, voice levels, speed levels, water fountain and bathroom rules.</b>
5 - 8	<b>Motor Lab</b> - Hoppy balls, stacking cups, spooner boards, cross crawl, balance beam, power cross, push up, curl up, pull up. <b>Locomotor skills, safe vs. unsafe environment.</b>
9 - 12	<b>Ball skills</b> - underhand throw, overhand throw, step with opposition at target, force, low level, medium level, high level, bounce and catch, no bounce and catch, feet shoulder width apart, fingers up/down catching, watch ball in hands.
13 - 16	<b>Basketball Skills</b> - dribbling, bounce pass, chest pass, shooting, and around the world.
17 -20	<b>Tag Games</b> - Octopus tag, zookeepers, rocks, capture the frisbee, personal and social responsibility.
21 -24	<b>Striking Skills</b> - grip, stance, swing nerf baseball bats, base running, and hustle ball.
25 -28	<b>Foot Skills</b> - dribbling, passing, trapping, and kicking with control. Follow the leader, treasure hunt, and kick bowling.
29 - 32	<b>Tumbling and Fitness</b> - muscular strength, muscular endurance, reps, sets, partner supports, create a group tumbling routine.
33 - 36	<b>Balloons and Flexibility</b> - explore different body parts to strike a balloon, personal space, low level, medium level, high level, create an individual striking routine using at least 5 body parts.
37	<b>Field Day</b>