

Perry Elementary Kindergarten Physical Education Yearly Plan 2018-2019

<u>Weeks</u>	<u>Unit</u>
1 - 4	Recess Games - 4 corners, agility ladder, green gym, tricycles, swings, hula hoops, basketball, and soccer. Color teams, personal space, exercise songs, voice levels, speed levels, water fountain and bathroom rules.
5 - 8	Motor Lab - Hoppy balls, stacking cups, spooner boards, cross crawl, balance beam, power cross, push up, curl up, pull up. Locomotor skills, safe vs. unsafe environment.
9 - 12	Ball skills - 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	Basketball Skills - dribbling, bounce pass, chest pass, shooting, and around the world.
17 -20	Tag Games - Octopus tag, zookeepers, rocks, capture the frisbee, personal and social responsibility.
21 -24	Striking Skills - grip, stance, swing nerf baseball bats, and hustleball.
25 -28	Foot Skills - dribbling, passing, trapping, and kicking with control. Follow the leader, treasure hunt, and kick bowling.
29 - 32	Tumbling and Fitness
33 - 36	Balloons and Flexibility
37	Field Day