



Course Outline: Kindergarten – 2nd Grade Physical Education

Standards: [Physical Education - Grade Kindergarten](#); [Physical Education - Grade 1](#); [Physical Education - Grade 2](#)

Length: 36 Week Course (1 Year) based on a 4 day rotation. 180 school days/ 4 rotations = 45 Classes

Curriculum Resources: [Elementary Canvas Resources](#), [OPEN PE](#), Spark PE (Binders)

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Classes	Unit	Lesson Concept	Standards Addressed	Notes/Resources
1-5	Unit 1: Introduction, Rules and Routines, Cooperatives, Parachute	<p>Introduction, Rules and Routines, Cooperatives/Parachutes</p> <p>Introduction to Class: Class norms/expectations, Rules and Routines, Groupings, Safety/Signals for Attention</p> <p>Physical Education Components: Safety, Cooperation, Respect, Teamwork</p> <p>Health Education Components: Ability to Share and Take Turns, Injury Prevention, Being Kind and Respectful, Understanding Consequences for not Following Directions, Benefits of Sharing and Cooperating</p>	PE.K.M.1.1, 1.13 PE.K.C.2.1, 2.2, 2.7 PE.K.L.3.6 PE.K.R.5.1, 5.2, 5.3 PE.1.M.1.1 PE.1.C.2.2, 2.9 PE.1.L.3.6, 4.5 PE.1.R.5.1, 5.2, 5.3 PE.2.C.2.2, 2.8 PE.2.L.4.5 PE.2.R.5.1, 6.3 HE.K.R.1.3, 2.2 HE.K.PHC.3.3 HE.1.R.1.1 HE.1.R.1.3 HE.1.PHC.3.3 HE.2.R.1.1, 4.1 HE.2.PHC.3.3 ELA.K.V.1.2 ELA.1.V.1.1 ELA.2.V.1.1	Elem. PE Canvas Course Spark Resources Openphysed.org CPALMS
6-10	Unit 2: Personal/General Space, Locomotor and Non Locomotor Skills, Movement Concepts, Intro to Health Related Fitness	<p>Physical Education Components: Personal and General Space, Locomotor, Speed, Pathway, Jump, Hop, Gallop, Slide, Leap, Skip, Spatial Awareness, Slow, Fast, Moderate and Vigorous Physical Activity, Chase, Flee, Dodge, Warm-up signals</p> <p>Health Education Components: Rules to maintain Health/Safety, making Safe and Healthy Decisions, Heart, Lungs, Muscles.</p>	PE.K.M.1.1, 1.13 PE.K.C.2.1, 2.2, 2.7 PE.K.R.5.2, 5.3, 6.2 PE.1.M.1.1, 1.13 PE.1.C.2.1, 2.2 PE.1.L.3.1, 3.2 PE.1.R.5.2, 5.3, 6.2, 6.3 PE.2.M.1.1, 1.12 PE.2.C.2.1, 2.2 PE.2.L.3.1, 3.2 HE.K.R.1.3, 2.2 HE.1.R.1.1, 2.1 HE.2.PHC.1.1 ELA.K.V.1.2 ELA.1.V.1.1 ELA.2.V.1.1	Elem. PE Canvas Course Spark Resources Openphysed.org CPALMS

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11-15	Unit 3: Self Toss and Catch, Underhand and Overhand Throwing	<p>Physical Education Components: Opposition: Throw, Catch, Overhand, Underhand, Roll, Dominant Hand, Stepping with Opposite Foot, Weight Transfer, Follow Through, Force, Accuracy, Cooperation, Backhand, Body Parts,</p> <p>Health Education Components: Take Turns and Share with others. Compare Consequences of not following rules/practices. Making Healthy and Safe Decisions.</p>	PE.K.M.1.7, 1.8, 1.9 PE.K.C.2.2, 2.5 PE.K.R.5.1, 5.2 PE.1.M.1.8, 1.9 PE.1.C.2.5, 2.7 PE.1.R. 5.3, 6.3 PE.2.M.1.7, 1.8 PE.2.C.2.2, 2.5, 2.6 PE.2.R.5.1, 5.3 HE.K. R.1.2, 2.2, 4.3 HE.1.R.1.1, 1.3 HE.1.PHC.3.3 HE.2.R.1.1, 2.2, 4.2 HE.2.PHC.1.2, 3.3 ELA.K.V.1.2 ELA.1.V.1.1 ELA.2.V.1.1 MA.2.NSO.2.3	Elem. PE Canvas Course Spark Resources Openphysed.org CPALMS
16-20	Unit 4: Dribbling with Hands and Feet	<p>Physical Education Components: Dominant and Non-Dominant, Dribble, Bounce, Catch, Strike, Trap, Control, Soft (force), Hard (force), Kick, Pathways Body Parts: Finger Pads, Waist, Top of Foot, inside/outside of foot, toes. Offense and Defense, Practice Improves Performance Change of Direction</p> <p>Health Education Components: Injury Prevention, Following Rules and Procedures, Being a Good Friend & Partner, Respecting Personal Space and Personal Property, Why rules make activities safer</p>	PE.K.M.1.1, 1.5, 1.7 PE.K.C.2.2, 2.5 PE.K.R.5.2, 5.3 PE.1.M.1.1, 1.5, 1.7 PE.1.C.2.2, 2.7 PE.1.R.5.2, 5.3 PE.2.M.1.5 PE.2.C.2.2, 2.5, 2.9 PE.2.R.5.1, 5.2 HE.K.R.1.1, 2.4 HE.1.R.1.1 HE.2.R.1.1 ELA.K.V.1.2 ELA.1.V.1.1 ELA.2.V.1.1	Elem. PE Canvas Course Spark Resources Openphysed.org CPALMS
21-25	Unit 5: Kidnastics	<p>Physical Education Components: Rolling: Egg, Log; Jumping: Bunny, Straight, Pike Tuck, Star; Leaping, Balancing on feet, Balancing on different body parts, Weight Transfer, Flexibility, Stretching, Yoga,</p>	PE.K.M.1.10, 1.11, 1.12 PE.K.C.2.2, 2.6 PE.K.L.4.5 PE.K.R.5.2 PE.1.M.1.10, 1.11, 1.12 PE.1.C.2.2	Elem. PE Canvas Course Spark Resources Openphysed.org

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		<p>Rhythmic Gymnastics, Ribbons, Swings, Cooperation, Scales, V-seat, Dismount, Muscular Strength, Muscular Endurance.</p> <p>Health Education Components: Safety Awareness, Flexibility, Self-Expression, Making Healthy Choices, Being Respectful of Property and Space, Follow, Healthy Behaviors, Injury Prevention, Understanding Consequences, Making Short-Term Goals</p>	<p>PE.1.L.4.5 PE.1.R.5.2 PE.2.M.1.10, 1.11 PE.2.C.2.2 PE.2.L.4.7 HE.K.R.1.3, 2.1 HE.K.PHC.1.2, 1.3 HE.1.R.2.1 HE.1.PHC.1.1, 1.2 HE.2.R.2.2 HE.2.PHC.1.2 ELA.K.V.1.2 ELA.1.V.1.1 ELA.2.V.1.1</p>	CPALMS
26-30	Unit 6: Striking with Hands and Feet	<p>Physical Education Components: Strike, Upwards (Up), Downwards (Down), Forward, Kick, Trap, Bump, Coordination Dominant and Non-Dominant, Forearms, Underhand, Overhand, Punt, Hard (force), Soft (force) Parts of Feet: Top, Inside, Outside Skill Cues</p> <p>Health Education Components: Recognize physical dimensions of health: hygiene, exercise, cooperation. Being a good listener and partner. Being safe and considerate</p>	<p>PE.K.M.1.1, 1.2 PE.K.C.2.2, 2.5, 2.6 PE.K.R.5.1, 5.2, 6.3 PE.1.M.1.2 PE.1.C.2.2, 2.7 PE.1.R.5.2, 5.3 PE.2.M.1.2 PE.2.C.2.2, 2.5 PE.2.R.5.1 HE.K.R.1.1, 2.2, 4.3 HE.1.R.1.1, 2.1 HE.2.R.1.1, 2.2 HE.2.PHC.3.3 ELA.K.V.1.2 ELA.1.V.1.1 ELA.2.V.1.1</p>	<p>Elem. PE Canvas Course</p> <p>Spark Resources</p> <p>Openphysed.org</p> <p>CPALMS</p>
31-35	Unit 7: Jumping, Landing, Jumping Rope, Dance	<p>Physical Education Components: Locomotor Movements, Jump, Leap, Personal and General Space, Cooperation, Muscular Strength and Endurance, Heart, Lungs, Muscles, Exercise, Fitness</p> <p>Health Education Components: Importance of rules to maintain health and safety.</p>	<p>PE.K.M.1.1 PE.K.C.2.1, 2.2, 2.7 PE.K.L.3.5, 4.1, 4.2 PE.K.R.6.2, 6.3 PE.1.M.1.14 PE.1.C.2.1, 2.2 PE.1.R.5.2 PE.2.M.1.1, 1.9 PE.2.C.2.2</p>	<p>Elem. PE Canvas Course</p> <p>Spark Resources</p>

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		<p>Identify human body parts.</p> <p>Be respectful to personal property and personal space.</p> <p>Identify strategies to work to together to solve problems.</p> <p>Recognize the locations and functions of major organs, heart, function of heart, lungs, function of lungs, muscles, function of muscles.</p>	<p>PE.2.L.4.5</p> <p>PE.2.R.5.1, 5.2</p> <p>HE.K.R.1.2, 2.2, 2.3</p> <p>HE.1.R.1.1</p> <p>HE.2.R.2.2</p> <p>HE.2.PHC.1.1</p> <p>ELA.K.V.1.2</p> <p>ELA.1.V.1.1</p> <p>ELA.2.V.1.1</p>	<p>Openphysed.org</p> <p>CPALMS</p>
36-40	Unit 8: Using Short and Handled Implements	<p>Physical Education Components:</p> <p>Dominant and Non-Dominant Hands, Grip, Strike, Upwards (Up), Downwards (Down), Hard (force), Soft (force), Follow-through, Hand-Eye Coordination</p> <p>Health Education Components:</p> <p>Injury Prevention, Importance of rules to maintain health, Being respectful of personal property and personal space, Explain consequences of not following rules, making healthy and safe decisions, Recognize social dimensions of health, Being a good partner.</p>	<p>PE.K.M.1.2, 1.3, 1.7, 1.8</p> <p>PE.K.C.2.2, 2.5</p> <p>PE.K.R.5.2</p> <p>PE.1.M.1.2, 1.3, 1.7, 1.8</p> <p>PE.1.C.2.2, 2.7</p> <p>PE.1.R.5.2, 5.3</p> <p>PE.2.M.1.2, 1.3</p> <p>PE.2.C.2.5</p> <p>PE.2.R.5.1, 5.2</p> <p>HE.K.R.1.2, 2.2, 4.3</p> <p>HE.1.R.1.1, 3.2</p> <p>HE.2.R.1.1</p> <p>HE.2.PHC.3.3</p> <p>ELA.K.V.1.2</p> <p>ELA.1.V.1.1</p> <p>ELA.2.V.1.1</p>	<p>Elem. PE Canvas Course</p> <p>Spark Resources</p> <p>Openphysed.org</p> <p>CPALMS</p>
41-45	Unit 9: Water Safety, Pedestrian Safety, Nutrition	<p>Physical Education Components:</p> <p>Water Safety, Life Jacket, Pedestrian Safety, Traffic, Cooperation, Benefits of learning new skills, Aquatic Skills, Left and Right.</p> <p>Health Education Components:</p> <p>Strategies to overcome a challenge, Ability to follow rules and directions, Consequences of not following directions, Making safe decisions, Problem solving strategies.</p>	<p>PE.K.M.1.1, 1.6</p> <p>PE.K.C.2.2, 2.4</p> <p>PE.K.L.3.4, 3.7, 4.6</p> <p>PE.1.M.1.1, 1.6</p> <p>PE.1.C.2.2, 2.4</p> <p>PE.1.L.3.4, 3.7, 4.7</p> <p>PE.2.M.1.1, 1.6</p> <p>PE.2.C.2.2, 2.4</p> <p>PE.2.L.3.4, 3.8</p> <p>HE.K.R.2.1, 4.1</p> <p>HE.K.PHC.1.1, 1.2, 3.3</p> <p>HE.1.R.2.1</p> <p>HE.1.PHC.1.1, 1.2, 3.3</p> <p>HE.2.PHC.1.1, 1.2, 3.1</p>	<p>Elem. PE Canvas Course</p> <p>Spark Resources</p> <p>Openphysed.org</p>

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English Language Development ELD Standards Special Notes Section: [si.pdf \(windows.net\)](#)