

Physical Education Curriculum 2007-2008

Month	Week One	Week Two	Week Three	Week Four
September: Presidential Fitness – Setting Goals Playground Games	<ul style="list-style-type: none"> • Stretches • Freeze Tag 	<ul style="list-style-type: none"> • Sit-ups and Push-ups • Hopscotch 	<ul style="list-style-type: none"> • Distance Run (1/2 mile) • Hula hooping 	<ul style="list-style-type: none"> • Running Lines • Tetherball
October: Presidential Fitness – Records Playground Games	<ul style="list-style-type: none"> • Stretches • Tag Games: TV Tag or Tunnel Tag 	<ul style="list-style-type: none"> • Sit-ups and Push-ups • Introduce 4-Square 	<ul style="list-style-type: none"> • Distance Run (1/2 mile) • Hula hooping 	<ul style="list-style-type: none"> • Running Lines • Parachute
November: Kickball Jumping Rope	<ul style="list-style-type: none"> • Running, kicking, catching • Kickball rules • Jump rope 	<ul style="list-style-type: none"> • Running, catching, kicking • Kickball rules • Jump rope 	<ul style="list-style-type: none"> • Kickball Game • Jump rope competition 	<ul style="list-style-type: none"> • Kickball Game • Jump rope competition
December: Races	<ul style="list-style-type: none"> • Backwards, sideways, over/under 	<ul style="list-style-type: none"> • Hopping, skipping, jumping, sliding 	<ul style="list-style-type: none"> • Partner: wheelbarrow, three-legged 	No School
January: Flag Football	No School	<ul style="list-style-type: none"> • Throwing, catching • Football rules • Dodgeball 	<ul style="list-style-type: none"> • Running, catching, throwing • Football rules 	<ul style="list-style-type: none"> • Football Game • Tee-ball/Wiffle Ball rules
February: Tee-ball/Wiffle Ball 4-Square	<ul style="list-style-type: none"> • Throwing, catching • 4-Square Game 	<ul style="list-style-type: none"> • Batting, fielding • 4-Square Special Moves 	<ul style="list-style-type: none"> • Tee-ball/Wiffle Ball Game 	<ul style="list-style-type: none"> • Tee-ball/Wiffle Ball Game • Soccer rules
March: Soccer	<ul style="list-style-type: none"> • Passing and Dribbling • Soccer rules 	<ul style="list-style-type: none"> • Throw-Ins and Free Kicks • Soccer rules 	<ul style="list-style-type: none"> • Soccer Game 	<ul style="list-style-type: none"> • Soccer World Cup
April: Basketball Playground Games	<ul style="list-style-type: none"> • Dribbling, Passing, and Shooting • Balance Beam 	<ul style="list-style-type: none"> • Positions and Shooting • Hide 'n' Seek 	<ul style="list-style-type: none"> • Free Throws • Basketball Game • Red Rover 	<ul style="list-style-type: none"> • Free Throws • Basketball Game • Duck Duck Goose
May Volleyball Dance	<ul style="list-style-type: none"> • Bumping, setting • Dance 	<ul style="list-style-type: none"> • Bumping, spiking • Dance 	<ul style="list-style-type: none"> • Serving, Volleyball Game • Dance 	<ul style="list-style-type: none"> • Volleyball Game • Dance