

OLYMPIA SCHOOL DISTRICT
Elementary Physical Education

YEARLY LESSON FOCUS ACTIVITIES
2009 – 10

Week No.	Dates	K - 1	2 - 3	4 - 5
1	Sept. 14 - 18	Orientation & Class Management Activities (beanbags, balls, scarves, manipulative skills)	Orientation & Class Management Activities (beanbags, balls, scarves, manipulative skills)	Orientation & Class Management Activities (beanbags, balls, scarves, manipulative skills)
2	Sept 21 - 24	Manipulative Skills Using Hoops	Manipulative Skills using Hoops and Balls	Soccer Lead-Up Activities: Level 2
3	Sept 28 - Oct. 2	Manipulative Skills Using Beanbags	Manipulative Skills: Basic Soccer Skills: Level 1	Soccer Lead-Up Activities: Level 3
4	Oct. 5 - 9	Individual Rope Skipping Skills	Manipulative Skills: Basic Soccer Skills: Level 1 -2	Soccer Lead-Up Games
5	Oct. 12 - 16	Early Release: Teacher Choice-- Organized Games	Early Release: Teacher Choice—Organized Games/Activities	Early Release: Teacher Choice—Organized Games/Activities
6	Oct. 19 - 23	Fundamental Skills Using Balance Beams or Climbing Walls and Climbing Ropes	Fundamental Skills using Balance Beams or Climbing Walls and Climbing Ropes	Self-Testing Challenges with Climbing Ropes, Climbing Walls and Partner Strength Challenges
7	Oct. 26 - 30	Manipulative Skills Using Balls: Bouncing, Dribbling, Throwing, Catching, Moving	Fundamental Skills using Throwing and Catching footballs	Football Lead Up Activities: Level 1
8	Nov. 2 - 6	Fundamental Skills: Bowling and Rolling*	Bowling Lead-Up Skills*	Bowling Lead-Up Activities*
9	Nov. 9 - 13	Fundamental Skills: Bowling and Rolling*	Bowling Lead- Up Activities*	Bowling Lead-Up Activities*
10	Nov. 16 - 20	Fundamental Skills of volleying and striking with paddles/balls & parachute activities	Individual Rope Skipping and Climbing Ropes	Individual Rope Skipping, Climbing Ropes and unicycles

11	Nov. 23 - 27	Thanksgiving Week: Organized Games	Thanksgiving Week: Organized Games	Thanksgiving Week: Organized Games
12	Nov. 30 – Dec. 4	Fundamental Skills of volleying and striking with paddles/balls and climbing wall or rope climbing activities	Manipulative Skills: basic volleyball skills: level 1	Volleyball Lead-Up Activities: Level 2 - 3
13	Dec. 7 - 11	Fundamental Skills of tumbling	Manipulative Skills: using basic volleyball skills: Level 1 - 2	Volleyball lead-up games
14	Dec. 14 - 18	Fundamental Rhythm and Dance	Rhythm and Dance	Rhythm and Dance
15	Jan. 4 - 8	Manipulative Skills using balls: bouncing, dribbling, tossing and catching -- relate to basketball	Manipulative Skills: Basketball skills: Level 1	Basketball Lead-Up Activities: Level 2 - 3
16	Jan 11 - 15	Manipulative Skills using balls: tossing at targets, bouncing, dribbling and tossing/catching -- relate to basketball	Manipulative Skills: Basketball skill: Level 1 - 2	Basketball Lead-Up Activities Levels 2 – 3 and Games
17	Jan 18 - 22	Fundamental Skills of tumbling and special awareness	Basketball/Volleyball Lead-Up activities and games	Basketball/Volleyball Lead-Up activities and games
18	Jan 25 - 29	Fundamental Rhythm and Dance/ Individual Rope Skipping Skill progressions	Tumbling Skills and Individual Rope Skipping	Individual /Partner Stunts and Rope Skipping routines (individual and partner)
19	Feb. 1 - 5	Organized games and activities	Climbing Wall and Rope Climbing activities	Climbing Wall and Rope Climbing activities
20	Feb. 8 – 12	Rhythm and Dance	Rhythm and Dance	Rhythm and Dance
21	Feb. 15 – 19	Fundamental Skills of striking using paddles and balls, hockey sticks, etc	Manipulative Skills: Floor Hockey skills: Level 1	Floor Hockey Lead-Up Activities: Level 1 - 2
22	Feb. 22 – 26	Fundamental Movement Skills: locomotor/non- locomotor, (can be combined with using equipment; e.g., hoops ropes,	Floor Hockey Lead-Up activities and games	Floor Hockey Lead-Up activities and games
23	Mar. 1 – 5	Circuit Activities related to movement patterns	Circuit Activities Related to Skill and Fitness	Circuit Activities related to Skill and Fitness

		and fitness		
24	Mar. 8 - 12	Fitness and Nutrition Awareness	Fitness and Nutrition Activities	Fitness and Nutrition Activities
25	Mar. 15 - 19	Manipulative Skill: Paddle and Balls, volleying	Manipulative Skills: Paddle and Balls/Racquets: Level 1	Pickleball/Racquet Sports Skills: Level 2-3
26	Mar. 22 - 26	Early Release: Teacher Choice Organized Games/Activities	Pickleball/Racquet Sports Lead-Up Activities-Level 2 and Lead-Up games	Pickleball/Racquet Sports Lead-Up games
27	Mar. 29 - April 2	Manipulative Skills: Volleyball to self/partner, partner ball challenges	Self-Testing Activities: Climbing Wall, Rope Climbing, Juggling, Cup Stacking, Unicycles	Self-Testing Activities: Climbing Wall, Rope Climbing, Juggling, Cup Stacking, Unicycles
28	Ap. 12 - 16	Fitness and Nutrition Awareness	<i>Fitnessgram Assessment</i>	<i>Fitnessgram Assessment</i>
29	Ap. 19 - 23	Fundamental Skills: Throwing/Catching, Bouncing/Dribbling	Organized Games and Activities	5 th Grade CBA 4 th Grade: Fitness and Nutrition Activities
30	Ap. 26 - 30	Fundamental Skills: Climbing Walls/Rope Climbing	Fundamental Skills: Climbing Walls/Rope Climbing	Fundamental Skills; Climbing Walls/Rope Climbing
31	May 3 - 7	Fundamental Skills: Juggling, Individual Rope Skipping	Fundamental Skills: Juggling, Individual Rope Skipping	Fundamental Skills: Juggling, Individual Rope Skipping
32	May 10 - 14	Manipulative Skills: Kick Ball	Manipulative Skills: Softball: Level 1	Softball Skills: Levels 2 - 3
33	May 17 - 21	Manipulative Skills: Kickball/T-Ball	Softball Lead-Up Activities: Level 2 and Games	Softball Lead-Up Activities and Games
34	May 24 - 28	Manipulative Skills: T-Ball	Softball Lead-Up Activities and Games	Softball Lead-Up Activities and Games
35	May 31 - June 4	Recreational Activities	Recreational Activities	Recreational Activities
36	June 7 - 10	Recreational Activities	Recreational Activities	Recreational Activities
37	June 14 - 18	Recreational Activities	Recreational Activities	Recreational Activities

*** Bowling weeks may be switched with Volleyball (wks 12-13), Floor Hockey (wks 21-22) or Pickleball/Racquet Sports (wks 25-26) for equipment rotation.**

OLYMPIA SCHOOL DISTRICT
Elementary Physical Education
Program Format
2009- 10

Each daily lesson consists of three interrelated components.

Fitness Development: Formalized and focused activities designed to increase heart rates, build muscular strength and endurance and increase flexibility.

Lesson Focus: Activities, drills, and games designed and implemented in a developmentally appropriate and success-oriented format focusing on the acquisition of movement competency and activity-based skills.

Included within the lesson focus component are movement and skill development activities designed to integrate knowledge from various disciplines. While emphasis is placed on physical skill development reinforcement of mathematics, social studies, health, science and social skills provides a meaningful link to the classroom lessening curriculum fragmentation and enhancing retention and use of knowledge.

Closing Activity: Low organized activities along with individual and partner challenges designed for student motivation within a fun and relaxing format.

Fitness Development 8 - 10 minutes	Lesson Focus 12 - 15 minutes	Closing Activity 5 minutes
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Meaningful Assessment: Assessments implemented within the program are interactive and provide useful feedback to students, promote accountability for being active and enhancing knowledge and skill and focus on individual improvement. Included are: 1) *Fitnessgram*—Health-Related Fitness Assessment, 2) “Fit-Quiz” in grades 4 and 5 directly related to fitness concepts and activities, 3) “Opinion Polls” related to knowledge of specific activities in grades 4 and 5

LESSON FOCUS

GRADES 3 – 5

Sports Skill Development

- SOCCER
- FOOTBALL
- VOLLEYBALL
- BASKETBALL
- FLOOR HOCKEY
- RACQUET SPORTS
- SOFTBALL

SOCCER SKILL LEVELS

Presented either individually/partner or stations

LEVEL 1:

- Drop the ball from head height, let it bounce and then trap it.
- Kick a stationary ball to a partner 10 feet away using the inside of the foot
- From a standing position, use the inside-the-foot kick, and kick the ball straight to a partner, 10 feet away without the partner having to move to trap the ball.
- Trap the ball from your partner, who is performing the passing skill above.
- Hold the ball overhead with two hands and throw it forward to a partner 5 feet away
- Lightly tap the ball with the inside of the foot, follow it, and trap it with the bottom of the foot.
- Lightly tap the ball with the inside of the foot, follow it, and lightly tap it again before it stops rolling
- Dribble the ball, using alternating feet, 30 feet down and back.
- Using an overhead throw-in, hit the center of a hula - hoop laying on the floor 10 feet away
- Kick the ball through a goal (2 cones 5 feet apart) from 15 feet away

LEVEL 2:

- Drop a ball from overhead, let it bounce 2 times, and trap it.
- Standing 5 – 10 feet from a wall, toss the ball into the wall. As it rebounds stop it with the body and trap it.
- Standing 10 feet from a partner, using the inside of the foot, trap and immediately kick the ball back to the partner.
- Pass/kick a ball into the wall from 15 feet away making it come directly back.
- Zig Zag dribble down and back between 4 cones, set 4 feet apart,
- Pass accurately to a partner 10 feet away while both partners are moving forward
- Dribble the ball 15 feet, trap it, and immediately kick it backwards, using the heel, to a partner standing behind.
- Bounce the ball off the knee 3 consecutive times.

LEVEL 3:

- While moving with a partner, dribble a ball and change directions when the signal is given by the partner. (Pass the ball to the partner after 30 seconds and change directions.)
- Standing in a 15 X 15 foot area, keep the ball away from a partner for 10 seconds or longer.
- Bounce the ball off 3 different parts of the body (knee to foot to chest).
- Lightly kick a ball into a wall 10 feet away, trap it and immediately kick it back. Keep this sequence for 1 minute.
- While moving besides a partner, try to “steal” the ball. Once “stolen” the partner tries to get it back.

Suggested Skill Development Activities:

- “ Soccer Emphasis Stations”
- “Soccer Fitness”

Suggested Soccer Lead-Up Games:

- Soccer Bandits (same as “Hockey Bandits”)
- New-Ball Soccer
- Pin Ball
- 3-on-3 Soccer
- Line Soccer

*All can be played indoor

FOOTBALL SKILL LEVEL

Presented either individually/partner or stations

LEVEL 1:

- Toss and catch the football to yourself 3 times without missing
- Toss the ball into the air, turn a complete circle and catch it
- Toss and catch with a partner standing 10 feet away
- Stand by a partner, when the partner says “go” run out 10 feet, stop and catch a pass
- Center (hike) the ball to your partner 5 feet away, stand up turn and catch a pass
- Pass the ball into a hula-hoop/target taped on a wall, 10 feet away

LEVEL 2:

- Pass the ball to a partner who is moving in front of you 15 yards
- Catch a ball passed to you while you are moving 15 yards in front of a partner
- Hand off the ball to a partner running past you
- Lateral pass the ball to a partner while they run past you 3 yards on the right side
- Punt the ball in the air so it goes forward
- Center (hike) the ball to a partner, 5 yards back, run out 5 yards, turn and catch a pass
- Punt the ball towards a target 15 yards away so it lands within 10 feet of the target.

LEVEL 3:

- While walking forward pass the ball to a partner moving away
- Catch a pass from a partner while running forward, don't stop to catch the ball
- Center the ball to a partner, run forward 15 yards, turn right/left, catch the ball and keep running
- Punt the ball towards a target 20 feet away so it lands within 10 feet of the target
- Run a “zig-zag” pattern around and through cones approximately 2 yards apart.
- Set up an area 15 x 10 yards. One person is at one end and their partner on the other. One person throws the ball to the other who catches it and tries to run past the throwers end line without getting tagged.

SUGGESTED SKILL DEVELOPMENT ACTIVITIES:

- “Flag Tag”
- “Flag Football Fitness”

SUGGESTED FOOTBALL LEAD-UP GAMES:

- “Coin Football”
- “Pass Attack”
- Potato Ball”

(all from “87 Alternative Games & Warm-ups”)

VOLLEYBALL SKILL LEVEL

Presented either individually/partner or stations

LEVEL 1:

- Tap a balloon with both hands while standing in a hula-hoop
- Toss a balloon in the air with one hand and hit it upward with the other hand
- With both hands together, hit the balloon in the air 10 times in a row while standing in a hula-hoop
- Hit the balloon back and forth with a partner standing 5 feet away.
- Using a beachball/trainer volley the ball above an 8 foot line on a wall
- Volley the ball in the air for 15 seconds
- Serve underhand/overhand from a modified service line
- With a low net , toss the ball over and have it returned

LEVEL 2:

- Tap a beachball/trainer in the air consecutive times while standing in a hula hoop
- Clasp hands together and hit the beachball/trainer in the air consecutive times while standing in a hula hoop
- Catch a hit ball from your partner standing on the opposite side of a low net—return it
- “Bump” the ball against the wall above the 8 foot line from 5 feet away
- Set the ball in the air, turn 90 degrees and set it up again
- Toss the ball into the wall, above the 8 foot line, and “bump” it back
- Using an overhand serve, hit the ball to a partner standing “cross-court” in the opposite side of a low net

LEVEL 3:

- Bounce a volleyball on the floor, set or “dig” it, let it bounce and repeat
- Set or “bump” the ball above your head, turn 360 degrees and set it again
- Volley the ball against a wall, above the 8 foot line, 20 consecutive times
- Using an overhand serve, serve 10 of 10 into the receiving court
- Standing at the net, move laterally (4 feet) and block a ball tossed by your partner from across a low net (5 foot)
- From a position close to the net, toss a ball into the air and set it to your partner.

SUGGESTED SKILL DEVELOPMENT ACTIVITIES:

- “Over-The-Line Volleyball”
- “Volleyball Emphasis Stations”
- “Jump and Touch Fitness”

SUGGESTED VOLLEYBALL LEAD-UP GAMES:

- “Mat Volleyball”
- “No Rules Volleyball”
- “Volleyball Tic Tac Toe”

(All From “87 Alternative Games and Warm-Ups”

BASKETBALL SKILL LEVEL

**Presented either individually/partner or stations
(Use any type of ball that bounces)**

LEVEL 1:

- Standing, move a ball around your body 5 times in each direction
- Bounce a ball with one hand 5 times—repeat with the other hand
- Repeat the activity above while standing in a hula-hoop
- Standing in a hula-hoop, hold the ball overhead, drop it, let it bounce and beginning dribbling in place
- Perform a chest pass into the wall from 5 feet
- Repeat with a bounce pass
- Using a chest/bounce pass, pass to a partner 6 feet away
- Using either a 2-hand push shot or one-hand push shot, demonstrate good form when shooting.

LEVEL 2:

- Toss the ball in the air head high, clap hands and catch the ball
- Toss the ball in the air, turn 360 degrees and catch it
- While walking forward, toss a ball to a partner.
- While walking forward catch a tossed ball
- While walking forward, dribble the ball. Repeat with moving sideways and backwards.
- Standing in place, with eyes closed, dribble the ball, 5 times each hand
- While sitting in a chair, or on knees, dribble the ball from one side to the other without changing hands.
- From a push-up position, dribble under the body using one hand then the other.
- Dribble through a series of cones changing hands, keeping the body between the cone and ball. Repeat moving backwards.
- Do “lay-in” from both sides, demonstrating proper skill
- Using a one-hand push-shot take shots from various locations around the “key”.

LEVEL 3:

- With a partner, slide down the court chest passing the ball.
- Perform a bounce pass with a partner, 10 feet away, hitting a small piece of tape placed midway between
- “Cradle” the ball between the legs 10 times without missing.
- Perform a figure-eight rotation between the legs
- Practice defense by staying between a partner and the baseline: within a 10 foot lane.
- Using the “Around The World” marks for shooting, see how many baskets can be made by partners
- Toss the ball into the backboard, catch the rebound and immediately take a shot
- Dribble to one end of the court using the right hand and come back using the left.

SUGGESTED SKILL DEVELOPMENT ACTIVITIES:

- “Basketball Fitness”
- “Station Basketball”
- “Basic Basketball Skills”

SUGGESTED LEAD-UP GAMES:

- “Dribble Tag”
 - “Fives”
 - “Run and Gun”
- (from “87 Alternative Activities and Games”)

- “Basketball Bean-Bag Robbery”
- “Basketball Shuttle”
- “Pass Ball”

(from “PE Teacher’s Complete Fitness & Skill Development Activities Program)

FLOOR HOCKEY SKILL LEVEL

Presented individually/partners or stations

LEVEL 1:

- Dribble the puck/ball around the gym keeping it within 12 inches of the stick and stop when the signal is given.
- Dribble the puck/ball through 4 cones spaced 3 feet apart.
- Pass accurately to a partner 10 feet away.
- Stand with feet apart and move the puck/ball around and through your legs.
- Dribble the puck through a series of 3 cones and pass to a partner moving 10 feet to your side.
- While stationary attempt making a goal from 10 feet away
- As a goalie, block shots taken from 15 feet away.

LEVEL 2:

- Quickly move the puck/ball through a series of cones making a complete circle at each one while moving forward and backward.
- Moving laterally in front of the goal attempt making goals from 10 feet away.
- Move, with a partner, down the floor passing the puck/ball back and forth—keep 10 feet apart.
- Using a “backhand”, pass the puck to a partner 10 feet away. Repeat while moving.
- While moving, circle a cone and immediately pass to a partner

LEVEL 3:

- With a partner, attempt to “steal” the puck/ball while both are moving.
- Standing with a partner in a 10 foot circle, try to dribble and pass the puck/ball out of the circle and stop it on a mark 5 feet from the edge.
- Dribble the puck/ball through a series of cones 3 feet apart within 10 seconds. Repeat making a circle around each cone in 20 seconds.
- Standing in a 10 foot circle, play one-on-one with your partner. A point is scored by the person moving the puck/ball out of the circle and trapping it within 1 foot.

SUGGESTED SKILL DEVELOPMENT ACTIVITIES:

- “Run and Gun”
- “Hockey Weave”
- “Floor Hockey Relay”

SUGGESTED LEAD-UP GAMES:

- “4 Square Hockey”
- “Hockey Steal”

(From “87 Alternative Games and Warm-Ups”)

- “4 Goal Hockey”
- “Straight Arrow Hockey”

(From “PE Teachers Complete Fitness and Skill Development Activities Program”)

SOFTBALL SKILL LEVEL

Presented individually/partners or stations

LEVEL 1:

- Toss a ball straight up and catch it. Repeat standing in a hula- hoop.
- Toss the ball straight up, touch the floor, and catch it. Repeat standing in a hula-hoop.
- Toss the ball straight up, sit down, and catch it.
- Pitch underhand and hit the wall inside a hula-hoop taped on the wall 15 feet away.
- Hit a ball off a batting tee
- Catch a ball tossed from a partner 15 feet away and immediately toss it back.
- Catch a “ground” ball rolled from a partner 15 feet away and immediately toss it back.

LEVEL 2:

- Throw overhand to a partner 20 feet away so that they can catch it without moving more than 1 step in any direction.—Repeat with the partner not moving in order to catch the ball.
- Catch an overhand throw from a partner 20 feet away.
- Pitch, underhand, and hit a hula-hoop taped on the wall from 25 feet away.
- Catch a “ground” ball rolled from a partner 20 feet away—the ball should be rolled to be caught 5 – 8 feet to the side of the catcher.
- Hit a pitched ball.

LEVEL 3:

- Catch a ball thrown from 30 feet away in different directions—some causing the “fielder” to move to the right others to the left, forward or backward—and immediately throw it directly back.
- Toss a ball straight up in the air, catch it, and immediately throw overhand to a partner 30 feet away.
- Hit a pitched ball.
- Play “pickle”.
- Throw a ball through a suspended hula-hoop from 20 feet away.
- Bunt a ball to a partner standing 15 feet away.

SUGGETED SKILL DEVELOPMENT ACTIVITIES:

- “ Softball Relay”
- “Hit and Run”
- “Around the World Softball”

SUGGESTED LEAD-UP GAMES:

- “500 Softball”
- “Buns-Up Softball”
- “3 Team Softball”

(From “87 Alternative Games and Warm-Up Activities”)

- “Indoor Wiffle Ball”
- “Softball Cricket”
- “Fast Ball”

(From “PE Teacher’s Complete Fitness and Skill Development Activities Program”)

RACQUET SPORT SKILL LEVEL

Presented individually/partners or stations

LEVEL 1:

- Place a ball on the racquet and keep it from falling off
- Place a ball on the racquet, roll it around the face and keep it from falling off
- Place a ball on the racquet, walk forward 10 steps, while keeping it from falling off
- Repeat all of the above using a backhand grip
- Standing in a hula-hoop bounce a balloon or sponge ball off the racquet without missing or moving out of the hoop
- Hit a ball tossed from a partner standing 10 feet away
- Repeat using a backhand stroke
- Standing in a hula-hoop, hit a ball in the air, turn a full circle, let it bounce and hit it again.

LEVEL 2:

- While standing in a hula-hoop, hit the ball into the air, approximately head height, alternating hits on each side of the racquet—forehand to backhand.
- With a partner, hit the ball back and forth, without missing
- Continuously hit a ball off a wall from 15 feet away, let it bounce 1 time before returning
- While sitting, hit the ball into the air, head height 8 consecutive times
- While hitting the ball into the air move from standing to kneeling and back to standing

LEVEL 3;

- Using the official serving line for pickleball or badminton, serve the ball successfully to a partner
- Walk a line, gym floor line, for 25 feet while hitting the ball into the air—don't step off the line
- Rally with a partner across a net—pickleball or badminton

SUGGESTED SKILL DEVELOPMENT ACTIVITIES:

- **“Tennis (Pickleball) Baseball”**
- **“Target Run-Around”**
- **“Handball Tennis”**

SUGGESTED LEAD-UP GAMES:

- “Pickleball Handball”
- “Basic 8 Pickleball”

(From “87 Alternative Games and Warm-Ups)

- “Racquet Sport Relay”
- “Mat Pickleball”

(From “PE Teacher’s Complete Skill Development and Fitness Program”)