

## *P.E. NOTES*

*All first through fifth graders have physical education for 50 minutes every other day.*

*To ensure your child's safety, we ask that your child have some type of athletic shoes in class every day. Flip-flop are not allowed. They may bring athletic shoes to class to change. We also request that girls wear shorts under dresses or skirts.*

*If your child needs to be excused from participation in P.E., we must have a note. A doctor's note would be appreciated for long term injuries.*

*Thank you so much for your help!  
Mrs. Langston & Mrs. Buck*

*Grades: There are three areas students are graded on each quarter. Participation, attitude/effort, and behavior. Students may receive S, N, or U for a P.E. grade.*

# 1<sup>st</sup> & 2<sup>nd</sup> Grade

## 1<sup>st</sup> – 9 weeks Curriculum

### **I. INTRODUCTION TO PHYSICAL EDUCATION**

1. *What is physical education class!*
2. *Rules of physical education class!*
3. *Personal Space – Squad #*
4. *Safety*

### **II. Movement Exploration**

1. *Locomotor Skills*
2. *Nonlocomotor skills*
3. *Chasing, Fleeing, & Tagging*
4. *Exercises with & without music*
5. *Stretching/Cool Down*
6. *Hoops*
7. *Balloons Exploration*
8. *Juggling Scarves*

### **III. LOW ORGANIZED GAMES**

1. *Line Tag*
2. *Musical Dice*
3. *Musical Hoops*
4. *Bats in the Cage*

### **IV. PRESIDENT'S PHYSICAL FITNESS TEST**

1. *¼ mile for students 6 & 7 years old*  
*½ mile for students 8 & 9 years old...measures endurance*
2. *Shuttle Run – measures speed with a change of direction*
3. *V-Sit & Reach – measures flexibility*
4. *Pull – Ups/Flex-Arm Hang – measures upper body strength*
5. *Curl-Ups – measures abdominal strength*
5. *Height/Weight*

### **V. JUMP ROPE**

1. *Safety rules of jump rope*
2. *Measure rope to height*
3. *Forward jump*

## **VI. SAFETY UNITS**

1. *Bus Safety*
2. *Pedestrian Safety*
3. *Stranger Danger Safety*

## **VII. CLUBS/SCHOOL FITNESS RECORDS**

1. *One Minute More Club – To become a member of this club, a student must jump rope one minute longer than their grade level without stopping or missing a jump. Ex. 1<sup>st</sup> graders have to jump 2 minutes....2<sup>nd</sup> graders have to jump 3 minutes.*
2. *Cardiac Kids Club – To become a member of this club, students must slow jog the following time without stopping with music....1<sup>st</sup> graders/ 6 minutes.....2<sup>nd</sup> graders/7 minutes*
3. *Presidential Fitness Test School Records – Each grade level has the opportunity to break school fitness records set by girl/boy individuals in the fall and spring. Those breaking records will have their name displayed in the gym until the record is broken.*

## **VIII. EXTRA CURRICULAR FITNESS ACTIVITIES**

1. *Western Day Stampede Race – This is a one mile fun run sponsored by the City of Mustang for 1<sup>st</sup> thru 5<sup>th</sup> grade during Western Day.*
2. *Walk to School Day – This is a one day event where teachers, parents, and Mustang's law enforcement participate with the students to teach them the benefits of walking safely to school.*
3. *Jr. Jumpsters – This is an after-school program for 2<sup>nd</sup> – 4<sup>th</sup> grade students to develop their jump rope skills and perform for the community of Mustang. (Sept. – Dec.*
4. *Bronco Pride Night – The Mustang High School football team invites us to join them at a TBA-- MHS football game for Centennial Elementary night. Each student is given the opportunity to buy a special discount Bronco Pride card for entry into the game with a paid adult, Bronco t-shirt, and line up on the football field to cheer the Mustang Bronco football team onto the field.*

## 2<sup>nd</sup> – 9 weeks Curriculum

### **I. LOW ORGANIZED GAMES**

1. *Pumpkin, Thanksgiving, & Christmas Stations – A combination of fitness stations using a variety of physical education equipment with music.  
(big Frisbees, cup stax, jump rope, bowling, basketball, scooters, juggling, balance beam, badminton, & football.)*
2. *Throwing, tagging, dodging games using a variety of equipment.*
3. *Cup Staxing*
4. *Bowling*

### **II. GUN SAFETY UNIT**

1. *Don't touch dangerous weapons.*
2. *Leave the area.*
3. *Go tell an adult.*

### **III. DANCES**

1. *Cotton Eye Joe*
2. *Waltz*
3. *Hokey Pokey*

### **IV. CLUBS**

1. *One Minute More Club*
2. *Cardiac Kids Club*

## 3<sup>rd</sup> – 9 weeks Curriculum

### **I. RHYTHMS**

1. *Lummi Sticks*
2. *Dance – Students will use various dances to warm-up muscles throughout the year.  
(Head, Shoulders, Knees, & Toes, -Cotton-Eye Joe, Waltz, Hokey Pokey, Cupid Shuffle, Tony Chestnut, Bunny Hop, Dance/Dance Revolution, etc.)*

### **II. PARACHUTE UNIT**

1. *Group organization*
2. *Listening skills*
3. *Performing skills*

**III. JUMP ROPE**

1. Short rope tricks
2. Long rope tricks
3. Chinese rope
4. Tinkling

**IV. LOW ORGANIZED GAMES**

1. Cageball Soccer
2. Beanbag Tag
3. Stuck in the Mud
4. Ankle Biters

**V. FISHING**

1. Casting
2. Types of Fish

**VI. SAFETY UNITS**

1. Water Safety during fishing unit
2. Tornado Safety
3. Fire Safety

**4th – 9 weeks Curriculum**

**I. PRESIDENTIAL PHYSICAL FITNESS TEST: SPRING**

*(Same as Fall Test)*

**II. VOLLEYBALL**

1. Clean Up Your Backyard... Using foam & beach balls.
  - a. overhand throw... left/right
  - b. underhand throw... left/right
  - c. rolling
  - d. kicking
  - e. two hand throw
2. 4-Square Clean Up Your Backyard

**III. TENNIS BALLS**

1. Bounce & Catch with hands
2. Catch without bounce
3. Bounce & catch with scoop
4. Bounce & catch with a partner

**IV. TRACK & FIELD**

1. Hurdles
2. Running
3. Standing Long Jump

**V. RELAYS** = Numerous relays will be practiced to get ready for Super Kids Day...running, scooters, Frisbee throw, spoon/golf, kangaroo hop, hockey/puck dribble, crabwalk, swimming noodle throw, hula hoop, & hurdles.)

**VI. SUPER KIDS DAY STATIONS** – Students from grades 1<sup>st</sup> – 5<sup>th</sup> grades will practice indoor Super Kids Day stations to prepare for Super Kids Day.

**VII. LOW ORGANIZED GAMES**

1. Cat n Mouse
2. Kickball
3. Hitting off Tee
4. Tennis Ball Game

**VII. SUMMER SAFETY UNITS**

1. Water Safety
2. Bicycle Safety
3. Dog Bite Safety
4. Well Site Safety

**\*\*\*\*HEALTH UNITS** –Health Units will be emphasized during low organizational games in the following months!

1. August: Muscular & Cardiovascular System
2. September: Cardiovascular System
3. October: Skeletal, Muscular, Cardiovascular System
4. November: Digestive & Cardiovascular System
5. December: Nutrition, Muscular, & Cardiovascular System
6. January: Nervous & Cardiovascular System
7. February: Cardiovascular System – Heart
8. March: Hygiene & Cardiovascular System
9. April: Endocrine & Cardiovascular System
10. May: Review

## *3<sup>rd</sup>, 4<sup>th</sup>, & 5<sup>th</sup> Grade*

### *1<sup>st</sup>- 9 weeks Curriculum*

#### ***I. INTRODUCTION TO PHYSICAL EDUCATION***

- 1. What is physical education class!*
- 2. Rules of physical education class!*
- 3. Personal space – Squad #*
- 4. Safety Rules*

#### ***II. PRESIDENTIAL PHYSICAL FITNESS TEST***

- 1. Refer to the same test as 1<sup>st</sup> & 2<sup>nd</sup> Grade fitness test except: All 3<sup>rd</sup>, 4<sup>th</sup>, & 5<sup>th</sup> graders will be testing on a mile time.*
  
- 2. Presidential Fitness Test School Records –Refer to the same rules as 1<sup>st</sup> & 2<sup>nd</sup> rules for school records.*

#### ***III. INDIVIDUAL SPORTS/EVENTS***

- 1. Four Square*
  - a. Eye/Hand Coordination*
  - b. Sportsmanship Skills*
  - c. Leadership Skills*
  
- 2. Punt, Pass, & Kick Competition*
  - a. Eye/Hand Coordination*
  - b. Punting Skills*
  - c. Passing Skills*
  - d. Kicking Skills*
  - e. Sportsmanship Skills thru competition according to age group.*
  
- 3. One Minute More Club – See 1<sup>st</sup> & 2<sup>nd</sup> grade curriculum for explanation.*
  
- 4. Cardiac Kids Club – See 1<sup>st</sup> & 2<sup>nd</sup> grade curriculum for explanation.*
  
- 5. Western Day Stampede Run – Western Days run sponsored by the City of Mustang.*
  
- 6. Walk To School Day – Refer to 1<sup>st</sup> & 2<sup>nd</sup> Grade Curriculum for explanation of event.*
  
- 7. Jr. Jumpsters & Jumpsters Program – See special Jumpster page for explanation of Jumpster program.*

8. *Bronco Pride Night – Refer to 1<sup>st</sup> & 2<sup>nd</sup> grade curriculum for explanation of event.*

#### ***IV. TEAM SPORTS***

1. *Soccer*
  - a. *Dribbling & Controlling a soccer ball using continent unit.*
  - b. *Passing a soccer ball.*
  - c. *Trapping skills*
  - d. *Soccer lead-up games*
  - e. *Teamwork*
  
2. *Tag Games*
  - a. *Beanbag Tag*
  - b. *Stuck in the Mud*
  - c. *Ankle Biters*

#### ***V. MOVEMENT EXPLORATION***

1. *Warm-Up Exercises with music*
2. *Locomotor Skills with music*
3. *Nonlocomotor skills*
4. *Cool-Down Exercises*
5. *Stretching*
6. *Chasing, fleeing, changing directions*

#### ***VI. SAFETY UNITS***

1. *Bus Safety*
2. *Pedestrian Safety*
3. *Stranger Danger Safety*
4. *Fire Safety*

#### ***VII. DANCES – Throughout the year!***

1. *Cupid Shuffle*
2. *Cha-Cha Slide*
3. *Square Dance ( 4<sup>th</sup> grade)*
4. *Waltz*
5. *Cotton Eye Joe*
6. *50's, 60's, 70's, 80's Dances*

## 2<sup>nd</sup> – 9 weeks Curriculum

### **I. JUGGLING**

1. Eye/Hand Coordination
2. Crossing the mid-line of the brain/body
3. Cascade, Circle, Column juggling with scarves.

### **II. CLUBS**

1. One Minute More Club
2. Cardiac Kids Club

### **III. LOW ORGANIZED GAMES**

1. Pumpkin, Thanksgiving, & Christmas Stations – Refer to 1<sup>st</sup> & 2<sup>nd</sup> grade curriculum for explanation.
2. Swimming noodle tag games

**IV. SKATETIME UNIT** – This unit is designed to teach student to roller skate with parental consent & rental fee. Alternative activities are available during this unit.

1. Balance
2. Forward Skate
3. Backward Skate
4. Shoot the Duck
5. Toe Stop/T-Stop

### **V. GUN SAFETY**

1. Don't touch dangerous weapons.
2. Don't bring dangerous weapons to school.
3. Report all dangerous weapons to proper authorities in charge.

### **VI. BOWLING UNIT**

1. Scorekeeping (4<sup>th</sup> & 5<sup>th</sup> grade students)
2. Eye/Hand Coordination
3. Rolling the ball at a target.
4. Lead-up games to bowling.
5. Bowling Field Trip (5<sup>th</sup> Grade Only)

### **VII. CUPSTAXING UNIT**

1. Eye/Hand Coordination
2. Sequencing with cupstax combination competition.
3. Timed event using correct combination sequence.

## 3<sup>rd</sup>-9weeks Curriculum

### **I. HOCKEY UNIT**

1. Dribbling puck with a hockey stick
2. Shooting puck in a goal
3. Sportsmanship/Teamwork Skills
4. Lead-Up Games
5. Teachers vs. 5<sup>th</sup> Grade Students (Hockey Game with OKC Blazers special guest – 5<sup>th</sup> Grade students ONLY!)

### **II. JUMP ROPE UNIT**

1. Short Rope Tricks
2. Long Rope Tricks
3. Long/Short Rope Trick Combinations
4. Chinese Rope Tricks
5. Tinkling
6. JUMP FOR HEART EVENT – See Special Events for Explanation.

### **III. LOW ORGANIZED GAMES**

1. Tagging, chasing, fleeing games
2. Target games
3. Cageball games

### **IV. FISHING UNIT**

1. Casting
2. Types of Fish
3. Types of Fishing Poles
4. Oklahoma Laws of fishing/boating

### **V. SAFETY UNITS**

1. Water Safety during fishing unit
2. Tornado Safety
3. Fire Safety

**VI. C'MOTION** – This unit is designed to teach students to use a pedometer while moving to the movement of music with a rental fee.

1. Coordination
2. Cardiovascular Benefits
3. Math Concepts

## 4<sup>th</sup>-9 weeks Curriculum

### **I. BASKETBALL**

1. Dribbling
2. Passing and Catching
3. Shooting at Basketball Goal
4. Lead-Up Games
5. March Madness Activities

- II. **PRESIDENTIAL PHYSICAL FITNESS TEST** – Refer to 1<sup>st</sup> & 2<sup>nd</sup> grade Curriculum for explanation with the except of the following: All 3<sup>rd</sup>, 4<sup>th</sup>, & 5<sup>th</sup> graders run the mile run.

### **III. VOLLEYBALL**

1. Newcomb Game... Catching & Throwing Skills
2. Bump, Set, Hitting Skills with trainer volleyball
3. 4-Square Newcomb Game with Volleyball Trainer/Beachball

### **III. LOW ORGANIZED GAMES**

1. 4-Corner Tennis Ball Games with Hula Hoop
2. Cat 'n Mouse with/without hurdles
3. Tagging, Chasing, Fleeing Games

- IV. **SUPER KIDS DAY WITH PRACTICE DAYS** – Super Kids Day is a combination of track & field events combined with physical education games learned throughout the year. Students will practice most events before the actual day occurs. Parent volunteers are always welcome.

### **V. TRACK & FIELD UNIT – 5<sup>th</sup> Grade Only**

1. High Jump
2. Softball Throw
3. Hurdles
4. Relays
5. Tug-O-War
6. Running Events

### **V. FRISBEE UNIT**

1. Throwing Technique
2. Catching... Eye/Hand Coordination
3. Throwing to a Target
4. Frisbee Golf.... Keeping score in 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> grades

### **VI. KICKBALL/SOFTBALL**

1. Kicking/Striking a ball.
2. Catching/Throwing Over & Underhand
3. Running Bases
4. Sportsmanship/Teamwork

# *Special Events*

*\*Month may vary depending on weather\**

## *September*

*Western Day Stampede Race : 1<sup>st</sup> - 5<sup>th</sup> grades*  
*Mustang High School Bronco Pride Night : K - 5<sup>th</sup> grades*  
*Presidential Physical Fitness Testing: 1<sup>st</sup> - 5<sup>th</sup> grades*  
*Punt, Pass, & Kick: 3<sup>rd</sup> - 5<sup>th</sup> grades*  
*International Walk to School Day: 1<sup>st</sup> - 5<sup>th</sup> grades*

## *October*

*Fire Safety : K thru 5<sup>th</sup> grades*  
*Red Ribbon Week: K - 5<sup>th</sup> grades*  
*Jr. Jumpsters Chosen : 2<sup>nd</sup> - 4<sup>th</sup> grades*  
*Jumpsters Chosen: 4<sup>th</sup> & 5<sup>th</sup> grades*

## *November*

*Skatetime: 3<sup>rd</sup> - 5<sup>th</sup> grades*

## *December*

*Bowling Field Trip: 5<sup>th</sup> Grade ONLY*

## *January*

*Teachers vs. Students: 5<sup>th</sup> Grade ONLY*

## *February*

*Jump For Heart Event: 3<sup>rd</sup> - 5<sup>th</sup> grades*

## *March*

*C'Motion: 3<sup>rd</sup> - 5<sup>th</sup> grades*

## *April*

*Presidential Physical Fitness Test: 1<sup>st</sup> - 5<sup>th</sup> grades*

## *May*

*5<sup>th</sup> Grade All District Track Meet: 5<sup>th</sup> Grade ONLY*  
*Super Kids Day: 1<sup>st</sup> - 5<sup>th</sup> grade*  
*Awards: 1<sup>st</sup> - 5<sup>th</sup> grades*  
*(5<sup>th</sup> graders will have a special awards assembly... Date TBA)*

# *Contact Information*

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*Planning: 8:00 – 9:00*

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