

## PE CURRICULAR OVERVIEW - SPRING 2023 TEACHER - GABE GUZMAN

### Nursery 3's

This spring the themes children explored in PE were understanding personal space, how to respectfully play with each other, and how to properly take care of equipment. In weekly PE classes the nursery students worked on their gross motor skills by exploring body movements and using different pieces of equipment. Through stretching, games and activities students also worked on their manipulative and locomotor skills. Students explored:

- Body coordination movements
  - Stretching
  - Balancing (placing bean bags on their hand and head)
  - Animal movements
- Games
  - Heads shoulder knees and toes
  - Simon Says
- Traveling in space
  - In open space vs. personal space using a hula hoop
- Station Activities
  - Kicking
  - Throwing
  - Catching
- Obstacles courses

### Pre-K

This spring the themes students explored in PE included raising awareness of body control and personal space; as well as how to respectfully play with others, and how to properly take care of equipment. In weekly PE classes, pre-k students continued to develop their gross motor skills by exploring different body movements and using different pieces of equipment. Through stretching, games and activities students also worked on their manipulative and locomotor skills. Students explored:

- Body coordination movements
  - Stretching
  - Balancing (placing bean bags on their hand and head)
  - Animal movements
- Games
  - Heads shoulder knees and toes
  - Simon Says

- Traveling
  - In open space vs. personal space using a hula hoop
- Station Activities
  - Kicking
  - Throwing
  - Catching
- Obstacles courses

## **Kindergarten**

In weekly PE class, kindergarten students continued to develop and apply their gross motor skills primarily through jump roping. Students first worked on jumping over the rope while it was on the ground, and landing properly on their feet. Then students learned different kinds of jumps with the ropes on the ground. Finally, students practiced turning the rope and jumping. Students also learned how to work together through relay race challenges. The students explored:

- Jump Rope
  - Can do a single jump over a self turned rope
  - Can do a long rope with a teacher turning
- Relay Races
  - Individual and team
    - Balance bean bag (head, hand, shoulders)
    - Partner work with transporting objects
    - Learning sportsmanship

## **1st Grade**

In weekly PE classes, first grade students continued to develop and apply their gross motor skills primarily through jump roping and volleyball. As their skills improved, many students showcased their jump roping and volleyball skills to friends and staff members around the school during recess. Students also learned different terminology in relation to these sports and the importance of sportsmanship.

- Jump Rope
  - Basic skills (single, double, backwards, & hop jumps)
  - Jumps a teacher turned long rope
  - Endurance challenge: with # repetition with no mistake
- Volleyball
  - Bumping (four square)
  - Serving (with accuracy to a target and over a net into a target)
- Cooperative Activities
  - Castleball
  - Relay Races
    - Balance bean bag (head, hand, shoulders) with control
    - Partner work with transporting different objects
    - Learning & developing sportsmanship

## 2nd Grade

In weekly PE classes, second grade students continued to develop and apply their gross motor skills primarily through jump roping and volleyball. As their skills improved, many students showcased their jump roping and volleyball skills to friends and staff members around the school during recess. Students also learned different terminology in relation to these sports and the importance of sportsmanship. The students explored:

- Jump Rope
  - Basic skills (single, double, backwards, hop, skier, bell, jogger, and rocker jumps)
  - Jumps a teacher turned long rope
  - Endurance challenge: with # repetition with no mistake
- Volleyball
  - Bumping (four square)
  - Serving
    - With accuracy to a target (using hula hoops as a guide)
    - Over a net into a target (using hula hoops and bins with a point scale to rate difficult)

## 3rd Grade

In weekly PE classes, third grade students continued to develop a mastery of their gross motor skills primarily through jumping rope and volleyball. The students learned different sports terminology like turn and jump, serving, bumping, and setting. They honed their skills and used them strategically. For example, students first practiced jumping without a rope, and then added the rope into the jump. They practiced jumping rope individually and in groups. In volleyball, students applied proper body placement when bumping a gaga ball with a bounce in the four square game. Playing four square and volleyball helped them learn the importance of cooperation and good sportsmanship. The students explored:

- Jump Rope
  - Basic skills (single, double, backwards, hop, skier, bell, jogger, rocker jumps)
  - Intermediate skills (skip, front straddle, side straddle)
  - Jumps a teacher turned long rope and with no teacher assistance
  - Endurance challenge: with # repetition with no mistake in 1 & 2 minutes
- Volleyball
  - Four square volleyball (Bumping)
    - With ball bounce
  - Serves
    - Over a net into a target
    - Accuracy

## 4th Grade

In weekly PE classes, fourth grade students continued to develop a mastery of their gross motor skills primarily through jumping rope and volleyball. The students learned different sports terminology like turn and jump, serving, bumping, and setting. They honed their skills and used them strategically. For example, students worked in pairs to help each other learn and practice new jump tricks. Then students practiced jumping rope individually and in groups. In volleyball, students learned how to bump the ball without touching the ground during the four square game. Playing four square volleyball helped students learn the importance of cooperation and good sportsmanship. The students explored:

- Jump Rope
  - Basic skills (single, double, backwards, hop, skier, bell, jogger, rocker jumps)
  - Intermediate skills (skip, front straddle, side straddle, straddle cross)
  - Long rope jump with no teacher assistance
  - Endurance challenge: with # repetition with no mistake in 1 & 2 minutes
- Volleyball
  - Four square volleyball (Bumping)
    - With and without ball bounce
  - Serves
    - Over a net into a target
    - Accuracy

## 5th Grade

In weekly PE classes, fifth grade students continued to develop a mastery of their gross motor skills primarily through jumping rope and volleyball. The students learned different sports terminology like serving, bumping, setting, turn and jump. They honed their skills and began to use them strategically. For example, students created jump rope routines with a partner using both short or long ropes, and then practiced individually and in groups. In volleyball, students learned how to bump the ball without touching the ground during the four square game. Playing four square volleyball helped students learn the importance of cooperation and good sportsmanship.

- Jump Rope
  - Basic skills (single, double, backwards, hop, skier, bell, jogger, rocker jumps)
  - Intermediate skills (skip, front straddle, side straddle, straddle cross)
  - Jumps rope consecutively with short and long rope
  - Endurance challenge: with # repetition with no mistake in 1, 2 & 3 minutes
  - Jump rope routine with partner
- Volleyball
  - Four square volleyball (bumping & serving)
    - Without ball touching the ground
  - Serves
    - Over a net into a target
    - Accuracy

## 6th Grade

In weekly PE classes, sixth grade students developed and advanced their gross motor skills, communication, and critical thinking skills by playing kickball, four-square and by jumping rope. Students were encouraged to apply their knowledge of concepts, principles, strategies and tactics related to movement and performance. During gameplay, students practiced behaving in a responsible and respectful manner. The students explored:

- Kickball
- Jump Rope
  - Basic, Intermediate & Advance skills
  - Long rope
- Four square

## **7th Grade**

In weekly PE classes, seventh grade students developed and mastered playing badminton and volleyball. They were introduced to the basic skills for each sport, which included the life skills of cooperation, collaborating, and good sportsmanship. Students developed strategic strategies together and then applied those ideas to gameplay. Students also learned how to give and receive critical feedback during games, with the intention of helping one another improve. The students explored:

- Badminton
  - Low & High Serves
  - 1v1 / 2v2
  - Strategy development and differentiation when playing solo vs. team
  - Game play
- Volleyball
  - Four square volleyball
  - Serving
  - Bump & Set
  - Strategy development with others & sharing the court space

## **8th Grade**

In weekly PE classes, eighth grade students developed and mastered playing badminton and volleyball. They were introduced to the basic skills for each sport, which included the life skills of cooperation, collaborating, and good sportsmanship. Students developed strategic strategies together then applied those ideas to gameplay. Students also learned how to give and receive critical feedback during games, with the intention of helping one another improve. The students explored:

- Badminton
  - Low & High Serves
  - 1v1 / 2v2
  - Strategy development and differentiation when playing solo vs. team
  - Game play
- Volleyball
  - Four square volleyball
  - Serving
  - Bump & Set
  - Strategy development with others & sharing the court space