

**Elementary Physical Education Curriculum**

**Zeeland Public Schools**

**Young 5's-Fifth Grade**

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**Zeeland Public Schools Physical Education Curriculum**  
**Young 5's-Fifth Grade**

<b>UNIT OVERVIEW:</b>	Introduction to physical education
<b>TIME FRAME:</b>	1 week
<b>GRADE LEVEL:</b>	Young 5's – 5 <sup>th</sup>
<b>NASPE STANDARD:</b>	1,2,3
<b>CONTENT:</b>	<u><i>Safety Skills:</i></u> Stop Signal Practices and procedures Body awareness Spatial awareness

<b>UNIT OVERVIEW:</b>	Students will learn introductory skills of locomotor, non-locomotor and movement concept skills
<b>TIME FRAME:</b>	3 weeks
<b>GRADE LEVEL:</b>	Young 5's – Second Grade
<b>NASPE STANDARDS:</b>	1,2,3
<b>CONTENT:</b>	<p><b><u>Locomotor &amp; Non-Locomotor Skills</u></b></p> <p>Posture  Walk  Jog  Run  Gallop  Hop  Jump  Skip  March  Crawl  Creep  Side Step  Turn  Walk on toes  Walk on heels  Dodge  Slide  Twist on toes  Twist  Swing  Sway  Bend</p> <p><b><u>Movement Concept Skills</u></b></p> <p><b><u>Locatives:</u></b></p> <p>In  Out  Top  Beside  Front  Back  Over  Through  Under  Bottom</p>

**Spatial Awareness:**

Small  
Shape  
Twisted  
Turn  
Wide  
Narrow  
Body parts & Function  
Curved  
Long

**Level:**

High  
Medium  
Low

**Direction:**

Forward  
Backward  
Sideways  
Up  
Down  
Diagonal

**Pathway:**

Straight  
Curve  
Zig Zag

**Speed:**

Fast  
Medium  
Slow

**Beat:**

Steady  
Even  
Uneven

**Effort:**

Hard  
Soft  
Jerky  
Continuous

<b>UNIT OVERVIEW:</b>	Biking
<b>TIME FRAME:</b>	3 weeks
<b>GRADE LEVEL:</b>	3 <sup>rd</sup> – 5 <sup>th</sup> Grades
<b>NASPE STANDARDS:</b>	1,2,3,4,5
<b>CONTENT:</b>	<p><b><u>Safety skills:</u></b>  Helmet Fit  Bike Fit  Hand Signals  Hand Brake Usage  Coaster Brakes  Riding on the Right Side  Passing on the Left Side  Verbal Warning of Pass</p> <p><b><u>Riding Skills:</u></b>  Standing Up for Hills and Power  How a Bike Works  Toe Clips  Ankling  Pedaling Up</p>

<b>UNIT OVERVIEW:</b>	Football
<b>TIME FRAME:</b>	2 weeks
<b>GRADE LEVEL:</b>	3 <sup>rd</sup> – 5 <sup>th</sup>
<b>NASPE STANDARDS:</b>	1,2,3,4
<b>CONTENT:</b>	<p><b><u>Throwing Skills:</u></b>  Hand Position  “Little T”, “Big T”, Step and Throw Progression  Follow Through to create a Spiral  Hiking  Hand Off as Quarterback</p> <p><b><u>Catching Skills:</u></b>  Hand Clasp  Tracking  Hand Off as Receiver  Receiving the Hike  Interception</p> <p><b><u>Kicking Skills:</u></b>  Drop Kick or Punt  Place Kick</p> <p><b><u>Strategy Skills:</u></b>  Offense  Defense  Touch for Tackling  On sides  Touchdown  Pass Patterns</p>

<b>UNIT OVERVIEW:</b>	Hula Hoops
<b>TIME FRAME:</b>	2 Weeks
<b>GRADE LEVEL:</b>	Young 5's – 5th
<b>NASPE STANDARDS;</b>	1,2,3
<b>CONTENT:</b>	<p><b><u>Throwing Skills:</u></b>  Forward  Backward  Sideways  Underhand  Roll  Top Spin  Back Spin  Bounce</p> <p><b><u>Jump Rope Skills:</u></b>  Twirling Forward  Twirling Backwards  Twirling Sideways  Jump</p> <p><b><u>Hoops Skills:</u></b>  Hula on Waist  Hula on Arms  Jump the Shot</p> <p><b><u>Catching Skills:</u></b>  Catch Hoop in the Air  Catch Rolling Hoop</p> <p><b><u>Additional Skills:</u></b>  Locomotion  Locatives  Hopscotch  Running the Tires</p>

<b>UNIT OVERVIEW:</b>	Fitness
<b>TIME FRAME:</b>	3 weeks
<b>GRADE LEVEL:</b>	1 <sup>st</sup> – 5 <sup>th</sup>
<b>NASPE STANDARDS:</b>	1,2,3,4,5
<b>CONTENT:</b>	<p><b><u>Parts of a Workout:</u></b>  Warm Up  Peak Work  Muscular Strength  Cool Down</p> <p><b><u>Skills:</u></b>  Pulse Check  Running Form</p> <p><b><u>Calestenics:</u></b>  Jumping Jack  Sit Up  Push Up  Half Curl  Mountain climber  Wall Push Up  Jog in Place  Planks</p> <p><b><u>Knowledge Base:</u></b>  Flexibility  Muscular endurance  Recovery Heart Rate  Circuit Training  Risk Factors for Heart Disease  Cardio Vascular Endurance  Lifetime Fitness Activities and Sports  CPR Discussion  Nutrition</p>



<b>UNIT OVERVIEW:</b>	Skating
<b>TIME FRAME:</b>	4 – 5 weeks
<b>GRADE LEVEL:</b>	2 <sup>nd</sup> – 5th
<b>NASPE STANDARD:</b>	1,2,3,4,5
<b>CONTENT:</b>	<p><b><u>Safety Skills:</u></b>  Falling forward  Falling Backward  Falling Sideways  Skate Fit  Speeding Tickets  Lacing</p> <p><b><u>Skills:</u></b>  Forward Skating  Forward Sculling  Toe Stop  Two Foot Glide  Right Front Pump Circle  Left Front Pump Circle  Right One Foot Glide  Left One Foot Glide  Backward Sculling  Backward Skating  Two Foot Turn  Step Turn  Right Front Cross Over  Left Front Cross Over  Right Back Pump Circle  Left Back Pump Circle  Right Back Cross Over  Left Back Cross Over  “T” Stop  Three Turn  Waltz Jump  Mohawk  Lunge  Shoot the Duck</p>

<b>UNIT OVERVIEW:</b>	Gymnastics
<b>TIME FRAME:</b>	3 weeks
<b>GRADE LEVEL:</b>	Young 5's – 5 <sup>th</sup>
<b>NASPE STANDARDS:</b>	1,2,3,4,5
<b>CONTENT:</b>	<p><b><u>Safety Skills:</u></b>  Fall Forward  Fall Backward  Fall Sideways  Land From a Height  Land, Tuck and Roll</p> <p><b><u>Body Positions:</u></b>  Straddle  Pike  Tuck  Layout</p> <p><b><u>Tumbling Skills:</u></b>  Log Roll  Egg Roll  Mule Kick  Bridge  Handstand  One Leg Bridge  Cartwheel  Handstand Arch Over  Back Bend  Handstand Snap Down  Tip Up  Round Off</p> <p><b><u>Vaulting Skills:</u></b>  Squat on/Squat Off  Squat Over  Thief On/Thief Off  Thief Over  Flank On/ Flank Off  Flank Over  Straddle On/Straddle Off  Straddle Over</p> <p><b><u>Balance Beam:</u></b>  Walk Forward  Walk Backward  Walk Sideways  Walk Cross Over  Dip  Turn  Knee Scale</p>

**Beam Continued:**

Scale  
Egg Seat  
V Sit  
Jump Dismount  
Tuck Dismount

**Bars:**

Underhand Grip  
Overhand Grip  
Mixed Grip  
Front Support  
Rear Support  
Straight Arm support  
Swing  
Hand Walk  
Straddle Travel  
Swing Dismount  
Hip Circle  
Back Pull Over High Bar  
Single Leg Swing

**Traversing Skills:**

Hand Holds  
Foot Holds  
Crimp Grip  
Smearing  
Three Contact Points  
Partner Passing  
Foot Switch  
Obstacle Overs  
Outside Edging  
Inside Edging  
Front Pointing

**Incline Mat:**

Forward Roll  
Backward Roll  
Dive Roll  
Backbend  
Backhand Spring  
Front Hand Spring

**Doughnut Mat:**

Roll Forward, Backward and Sideways

<b>UNIT OVERVIEW:</b>	Jump Rope Single and Long
<b>TIME FRAME:</b>	Single Rope Skills 3 Weeks, Long rope Skills 2 Weeks
<b>GRADE LEVEL:</b>	Young 5's – 5 <sup>th</sup>
<b>NASPE STANDARD:</b>	1,2,3,4,5
<b>CONTENT:</b>	<p><b><u>Single Rope Skills:</u></b>  Twirl  Step Through  Helicopters  Jump  Hop Right  Hop Left  Straddle  Skier  Scissors  Bell  Side Swing  Twist  Jog  Rope Cross  Hopscotch  Step Kick  Step Hop  Cross Motion  Double Under  Grapevine  Under 1 Leg  180</p> <p><b><u>Long Jump Rope Skills:</u></b>  Twirling  Jump  Ladders  Leaping Ladders  Lulu Bells  Overs  Run Through  Double Dutch  Jump In  Jump Out</p>

<b>UNIT OVERVIEW:</b>	Floor Hockey
<b>TIME FRAME:</b>	3 Weeks
<b>GRADE LEVEL:</b>	3 <sup>rd</sup> – 5 <sup>th</sup>
<b>NASPE STANDARDS:</b>	1,2,4
<b><u>CONTENT:</u></b>	<p><b><u>Safety Skills:</u></b>  Stick on floor at all times  No High Sticking or Slap Shots  Staying on Feet, not dropping to knees</p> <p><b><u>Stick Skills:</u></b>  Dribbling Straight  Dribble Cross Over  Push Pass  Stick Stop  Tackling  Goalie Skills  Goalie Box  Shooting</p> <p><b><u>Strategy Skills:</u></b>  Offense  Defense  Clearing  Officiating</p>

<b>UNIT OVERVIEW:</b>	Volleyball
<b>TIME FRAME:</b>	3 Weeks
<b>GRADE LEVEL:</b>	Young 5's – 5 <sup>th</sup>
<b>NASPE STANDARDS:</b>	1,2,3,4
<b>CONTENT:</b>	<p><b><u>Striking Skills:</u></b>  Balloon  Beach Ball  Volleyball Trainer  Underhand  Overhand  Forearm Pass  Sidearm Pass  Set  Spike  Service</p> <p><b><u>Throwing and Catching Skills:</u></b>  Push Pass  Hand Catch</p>

<b>UNIT OVERVIEW:</b>	Snowshoe
<b>TIME FRAME:</b>	2 Weeks
<b>GRADE LEVEL:</b>	3rd – 5th
<b>NASPE STANDARDS:</b>	1,2,3,4,5
<b>CONTENT:</b>	<p><b><u>Identifying Parts</u></b>  Crampon  Decking  Frame  Binding</p> <p><b><u>Skills:</u></b>  Attaching Boot to Snowshoes  Walking  Speed Walking  Stopping  Starting  Stepping Over Objects  Trail Blazing  Cross Country  Turning</p>

<b>UNIT OVERVIEW:</b>	Juggling
<b>TIME FRAME:</b>	Two weeks
<b>GRADE LEVEL:</b>	Young 5's – 5th
<b>NASPE STANDARDS:</b>	1,2,4
<b>CONTENT:</b>	<p><b><u>Throwing and Catching Skills:</u></b></p> <ul style="list-style-type: none"> <li>Wave</li> <li>Blow</li> <li>Throw Upwards</li> <li>Catch Downwards</li> <li>Throw Across</li> <li>Right Hand Black Belt</li> <li>Left Hand Black Belt</li> <li>Cascade</li> <li>Partner Juggling</li> <li>One Scarf Up the Side</li> <li>One Scarf Up the Middle</li> <li>Double Black Belt</li> </ul>



<b>CONTENT AREA:</b>	Striking Skills, Rackets, Scoop and Ball
<b>TIME FRAME:</b>	3 Weeks
<b>GRADE LEVEL:</b>	Young 5's – 5th
<b>NASPE STANDARDS:</b>	1,2,3,4,5
<b>CONTENT:</b>	<p><b><u>Racket Skills:</u></b>  Racket striking a balloon  Racket striking beach ball  Racket striking a gator skin  Racket striking a tennis ball  Hit Upward  Hit Downward  Dribble Upward  Dribble Downward  Hit Forward  Forehand  Backhand  Service</p> <p><b><u>Scoop and Ball Skills:</u></b>  Throw and Catch a Ball to Self  Throw and Catch a Bean bag to Self  Roll  Scoop off the Ground  Throw Upward  Throw Downward  Throw Forward  Strike a Ball  Walk the Dog  Partner Catching</p> <p><b><u>T-Ball/Softball/Kickball:</u></b>  Stance  Hitting From a T  Fielding  Base Running  Making an Out  Scoring a Run  Changing Fields  Inning  Force Out  Tag Out</p>

<b>CONTENT AREA:</b>	Basketball – Upper Elementary/Ball Skills-Lower Elementary
<b>TIME FRAME:</b>	4 Weeks
<b>GRADE LEVEL:</b>	Young 5's – 5th
<b>NASPE STANDARD:</b>	1,2,3,4,5
<b>CONTENT:</b>	<p><b><u>Ball Handling:</u></b>  Alternate hand Drumming Patterns  Dribble with Right hand  Dribble with Left Hand  Cross Over Dribble  Figure 8  Pivot</p> <p><b><u>Throwing and Catching Skills:</u></b>  Bounce Up and Catch  Bounce Down and Catch  Hand Clasp Not Scoop  Bounce Pass  Chest Pass  Two handed Overhead Pass  Baseball/Overhand Pass  Aim for Triple Threat Catch Position</p> <p><b><u>Shooting Skills:</u></b>  “W” Hand Position  Aim Over the Front of the Rim  Cookie Jar Follow Through  “BEEF” Concept for Shooting  Set Shot  Jump Shot  Lay Up</p> <p><b><u>Strategies and Rules:</u></b>  Give and Go  Offense  Defense  Traveling  Double Dribble  Out of Bounds  Foul  Team Play</p>

<b>CONTENT AREA:</b>	Soccer
<b>TIME FRAME:</b>	3 Weeks
<b>GRADE LEVEL:</b>	Young 5's – 5th
<b>NASPE STANDARD</b>	1,2,3,4,5
<b>CONTENT:</b>	<p><b><u>Ball Handling Skills:</u></b>  Dribble Left Foot  Dribble Right Foot  Instep Kick  Outstep Kick  Drop Kick  Static Kick  Tackling  Heading (Trainer Ball Only)  Knee Trap  Sole Trap  Passing  Inbound Pass  Goalie Scoop and Protect  Shot on Goal</p> <p><b><u>Strategies and Rules:</u></b>  Out of Bounds  Use of Hands  Foul  Goalie Box  Team Play  Player Defense  Player Offense</p>

<b>CONTENT AREA:</b>	Creative Dramatics
<b>TIME FRAME:</b>	Throughout the Year
<b>GRADE LEVEL:</b>	Young 5's – 5th
<b>NASPE STANDARD:</b>	1,2,3,4,5
<b>CONTENT:</b>	<p><b><u>Monthly Stories:</u></b>  September- The Little Engine  October – The Firefighters, The Trick or Treaters, The Little Old Lady Who Wasn't Afraid  November – The Foresters, The Hunters  December – The Toy Story  January – The Dinosaurs, Snowflakes  February –The Three Little Pigs, Three Billy Goats Gruff, The Gingerbread Man, Goldilocks  March –Trip to the Moon, Life of a Star, The Nine Planets  April May/June-Life Cycle of a Frog, The Tide Pool Life, Three Sisters Garden</p> <p><b><u>Parachute Skills:</u></b>  Team Manipulation  Wave  Mushroom  Dome  Changing Places Under the Chute  Popcorn</p> <p><b><u>Rhythmic Movements:</u></b>  Contra  Grapevine  Swing  Circling  Chairs Skills  Creative Responses to Written Words</p> <p><b><u>Shapes:</u></b>  Form  Animals  Mechanical  Emotions  Texture  Seasons  Nature  Substance</p>

<b>CONTENT AREA:</b>	Scooter Board
<b>TIME FRAME:</b>	2 Weeks
<b>GRADE LEVEL:</b>	Young 5's – 5th
<b>NASPE STANDARD:</b>	1,2,3,4,5
<b>CONTENT:</b>	<p><u><b>Safety Skills:</b></u>  Hand Position  Long Hair  Scooter Position on the Floor</p> <p><u><b>Skills:</b></u>  Forward  Backward  Sideways  Sitting  Laying Down  Knees  Hands  Gliding  Pull  Push</p>

## **National Association of Sports and Physical Education**

**Standard 1 - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.**

**Standard 2 - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.**

**Standard 3 - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.**

**Standard 4 - The physically literate individual exhibits responsible personal and social behavior that respects self and others.**

**Standard 5 - The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.**