

Columbine Elementary
Physical Education
Year Plan 2008-2009

FIRST TRIMESTER

WEEK #	GRADE 2	GRADE 3	GRADES 4/5	GRADE, STANDARD, BENCHMARK
1	ORIENTATION/ PLAYGROUND/ RULE/ SUBSTITUTE GAMES	ORIENTATION/ PLAYGROUND/ RULE/ SUBSTITUTE GAMES	ORIENTATION/ PLAYGROUND/ RULE/ SUBSTITUTE GAMES	3:4-12, 2:4-14, 3:1-9
2	SUMMER OLYMPICS	SUMMER OLYMPICS	SUMMER OLYMPICS	Life experience, 4:4-15, 5:4-9, 3:4-12, 2:4-13
3	COOPERATIVE GAMES	LACROSS	LACROSS	2:1-10
4	SPATIAL/ LEVELS	SPATIAL/ LEVELS/ PATHWAYS/ RELATIONSHIPS/SHAPES	COOPERATIVE GAMES	2:1-10; 2:4-14, 4:4-15, 3:4-12
5	PATHWAYS/ RELATIONSHIPS	TEAM GAMES	TEAM GAMES	5:4-9, 4:4-15; 3:4-12
6	DIRECTIONS/SHAPES	SOCCER LEAD UP GAMES	SOCCER LEAD UP GAMES	2:1-1, 5:1-3
7	LOCOMOTOR SKILLS	FOOTBALL	FOOTBALL	5:1-6, 4:1-10
8	COMBINATION SKILLS	ITRO TO ASSESSMENT TESTING	ITRO TO ASSESSMENT TESTING, FITNESS STATIONS	4:4-16, Assessment testing, 3:3-11, 2:2-11
9	FITNESS STATIONS	EDUCATIONAL GAMES (INCLUDE F.I.T.T.)	EDUCATIONAL GAMES (INCLUDE F.I.T.T.)	2:3-12, 4:2-12, 4:3-13, 3:2-10
10	JUMPING AND LANDING/ JL STATIONS	JUMPING AND LANDING/ JL STATIONS	JUMPING AND LANDING/ JL STATIONS	2:1-10, 4:1-4
11	HALLOWEEN STATIONS/GAMES	HALLOWEEN STATIONS/GAMES	HALLOWEEN STATIONS/GAMES	4:4-15, 5:4-9, 3:4-12, 2:4-13
12	HRM	HRM/ FITNESS PYRMAID	HRM/ FITNESS PYRMAID	2:3-12, 3:2-10, 4:3-13, 5:3-8

SECOND TRIMESTER

WEEK #	GRADE 2	GRADE 3	GRADES 4/5	GRADE, STANDARD, BENCHMARK
13	HRM	HRM/ FITNESS PYRAMID	HRM/ FITNESS PYRAMID	2:3-12, 3:2-10, 4:3-13, 5:3-8
14	JUMP WITH HOOPS AND HOOP GAMES	THANKSGIVING STATIONS/GAMES	JUMP ROPE/ CHIENESE JR	4:1-3
15	JUMP ROPE/ JUMP STICK	LONG ROPE/ JUMP STICK	LONG ROPE/ JUMP STICK/ JR ROTUNIE	2:1-10, 3:1-1, 5:1-1
16	CLIMBING STATIONS	CARGO NET/HIGH ROPES	CARGO NET/HIGH ROPES	3:1-4
17	WINTER GAMES/STATIONS	WINTER GAMES/STATIONS	WINTER GAMES/STATIONS	4:4-15, 5:4-9, 3:4-12, 2:4-13
17	BOUNCE/CATCH ACTIVITIES	4 SQUARE	4 SQUARE	4:4-15
18	4 SQUARE	4 SQUARE	4 SQUARE	3:1-8
19	HAND DRIBBLING	BASKETBALL SKILLS	BASKETBALL GAMES	3:1-8, 5:1-6
20	UNDERHAND ROLLING	BOWLING	BOWLING	2:4-13, 3:4-12
21	BOWLING	BOWLING	BOWLING	3:1-9
22	INTRO TO JUGGLING	JUGGLING	JUGGLING	2:1-10, 3:4-13, 4:4-16
23	STRIKING WITH HANDS	VOLLEYBALL SKILLS	VOLLEYBALL GAMES	2:1-7, 5:1-5
24	CARDIOVASCULAR FITNESS/PACER	CARDIOVASCULAR FITNESS/PACER	CARDIOVASCULAR FITNESS/PACER	2:3-12, 3:2-10, HRM

THIRD TRIMESTER

WEEK #	GRADE 2	GRADE 3	GRADE 4/5	GRADE, STANDARD, BENCHMARK
25	MUSCLE STRENGTH	STRENGTH AND ENDURANCE	STRENGTH AND ENDURANCE	2:2-11, 3:3-11, HRM
26	REVIEW LOCOMOTOR SKILLS	FLEXIBILITY STATIONS/ STRETCHING TECHNIQUES	FLEXIBILITY STATIONS/ STRETCHING TECHNIQUES	2:1-4, 5:2-7
27	TOSS CATCH	COOPERATIVE GAMES	COOPERATIVE GAMES	3:4-12, 5:1-6
28	WEIGHT TRANSFER	BASIC GYMNASTICS	BASIC GYMNASTICS	2:1-4, 3:1-4, 3:3-11
29	GYMNASTICS STATIONS	GYMNASTIC PROGRAMS	GYMNASTIC PROGRAMS	2:1-4, 3:1-4, 3:3-11, 4:1-10, 5:1-1
30	SCOOTER GAMES	SCOOTER GAMES	SCOOTER GAMES	2:4-13, 3:4-12, 4:4-15, 5:1-6
31	SCOOPS	SCOOPS	SCOOPS	3:1-9,
	PARACHUTE	SPRING FITNESS, PARACHUTE	SPRING FITNESS, PARACHUTE	Assessment testing, 4:2-12, 5:3-8
32	OVER HAND THROW, REVIEW	SPRING FITNESS	SPRING FITNESS	Assessment testing, 4:2-12, 5:3-8
34	STRIKING WITH IMPLEMENTS/HANDS REVIEW THROW AND CATCH	TENNIS	TENNIS	4:1-9, 2:1-10
35	RUNNING/CHASING/FLEEING	TEEBALL/BASEBALL GAMES	TEEBALL/BASEBALL GAMES	2:2-11, 4:1-9
36	KICKBALL	KICKBALL	KICKBALL	Recess and summer skill, 5:1-3
37	FREE WEEK	FREE WEEK	FREE WEEK	Memory recall