

September 2009

Class	Sept. 1-4	Sept. 8-11, 14-18	Sept. 21-25, 28-Oct. 2	GPS	Vocabulary	Essential Question
Kindergarten	Ball Skills and Manipulations-individual skills Fitness-3 Person	Continue Ball Skills and Manipulations-partner skills Fitness-Partner Jog	Locomotor Patterns-Skipping, Galloping, Sliding 3 Minute Fitness Balances	K.1, K.2, K.3, K.4, K.5, K.6	ball, throw, kick, roll, field, trap, pass, balance, skipping, galloping, sliding	How can we manipulate the ball using our hands? feet? other body parts? What happens to our body when we exercise?
First Grade	Ball Skills and Manipulations-individual skills Fitness-3 Person Variety Stations	Continue Ball Skills and Manipulations-partner skills Fitness-Partner Jog	Locomotor Patterns-Skipping, Galloping, Sliding 3 Minute Fitness Balances	1.1, 1.2, 1.3, 1.4, 1.5, 1.6	ball, throw, kick, roll, field, trap, pass, balance, static, skipping, galloping, sliding, rotate	How can we manipulate the ball using our hands? feet? other body parts? How many different body parts can we perform static balances on? What happens to our body when we exercise?
Second Grade	Ball Skills and Manipulations-individual skills Fitness-3 Person Variety Stations	Continue Ball Skills and Manipulations-partner skills Fitness-Partner Jog Human Movement Laboratory	Locomotor Patterns-Skipping, Galloping, Sliding 3 Minute Fitness Balances	2.1, 2.2, 2.3, 2.4, 2.5, 2.6	ball, throw, kick, roll, field, trap, pass, balance, static, skipping, galloping, sliding, rotate	How can we manipulate the ball using our hands? feet? other body parts? How many different body parts can we perform static balances on? What happens to our body when we exercise?
Third Grade	Intro. Football Skills-t/c stationary and moving targets, centering the ball 5 Minute Fitness Human Movement Laboratory	Continue Football Skills-punting, kicking, offense/defense strategies Football Stations Skill assessment with partner Fitness-Partner Jog	Capture the Football Football Factory Aerobic Endurance Fitness Stations	3.1, 3.2, 3.3, 3.4, 3.5, 3.6	quarterback, center, receiver, aerobic, endurance, muscle, pace, fitness, heart, lungs	What is the job of the QB? Center? Receiver? What changes occur in my body when I exercise? What is aerobic endurance?
Fourth Grade	Intro. Football Skills-t/c stationary and moving targets, centering the ball 5 Minute Fitness Human Movement Laboratory	Continue Football Skills-punting, kicking, offense/defense strategies Football Stations Skill assessment with partner	Capture the Football Football Factory Aerobic Endurance Fitness Stations Fitness-Partner Jog Why is exercise good?	4.1, 4.2, 4.3, 4.5, 4.6	quarterback, center, receiver, aerobic, endurance, muscle, pace, fitness, heart, lungs	What is the job of the QB? Center? Receiver? What changes occur in my body when I exercise? What is aerobic endurance?

Fifth Grade	Intro. Football Skills- t/c stationary and moving targets, centering the ball 5 Minute Fitness Human Movement Laboratory	Continue Football Skills-punting, kicking, offense/defense strategies Football Stations Skill assessment with partner	Capture the Football Football Factory Aerobic Endurance Fitness Stations Fitness-Partner Jog My Pulse Rate	5.1, 5.2, 5.3, 5.5, 5.6	quarterback, center, receiver, aerobic, endurance, muscle, pace, fitness, heart, lungs, pulse, target zone	What is the job of the QB? Center? Receiver? What changes occur in my body when I exercise? What is aerobic endurance? How do I check my pulse?
August 2008	Printfree.com Printable Calendars					October 2008