ELEMENTARY PHYSICAL EDUCATION

Elementary physical education class will utilize the following basic plan/format.

Warm-up, agility/plyometrics/strength, skill development, game time, cool down.

\*For younger grades with a shorter amount of time (K, 1-2) one or more of the elements may be eliminated on certain days.

1. The warm up period will consist of running laps and form running. Here is where teaching and evaluation certain skills such as skipping will be done.

-Items in this area include – toe kicks, butt kicks, cross-over, skipping, backward skipping, kareoka, high leg kicks, high knee pulls, lunges, bear crawls, and others.

1. The agility/strength etc. session will include a variety of skills from plyometrics (jumping) agility, balance, speed, coordination, endurance, and strength.

 -Items used in this area include - line hops, squat jumps, standing long jumps, agility ladder, balance beam, sprint relays, hula hoop, jump rope, push-ups.

1. The skill development session will include items related to a more specific, often sport specific, skill.

 -Items in this area include throwing and catching various balls from footballs, basketball, softballs, basketball ball handling drills, and use of implements like lacrosse sticks, hockey sticks and pickle ball paddles.

4. The game period will include a variety of age and skill level appropriate games for students to have a little fun time. Some days games will utilize specific skills learned in the skill development period, while other days they might not. The amount of time in this portion of class will roughly be as follows.

K-1=5-10 min. 2 – 10-15 min. 3- 15 min. 4-15-20 min. 5-20 min.

 6-20-25 min.

The amount of time for game time can change due to the level of compliance from a class that day. If it takes the class longer to get through items 1-3 above, then game time is reduced.

 5. Cool down – the cool down session will last from 35 minutes and is a way for students to calm down after being active and change their focus from being active in PE class and get ready to return to the classroom.

 -Some cool down items include yoga, silent ball, and other simple activities where quiet and still are expected.