

TEACHER: TRACI SEWELL	AREA: Practical Living: PE/ HEALTH	Date: 9/11-16, 2015		
STANDARDS	Learning Target	Procedures/Activities		
KCAS:				
<u>Academic Expectations:</u> 2.29 – Students demonstrate skills that promote Individual well- being and healthy family relationships. 2.30 – Students evaluate consumer products and services and make effective consumer decisions. 2.31 – Students will demonstrate the knowledge and skills they need to remain physically healthy and to accept responsibility for their own personal well-being. 2.32 – Students demonstrate strategies for becoming and remaining mentally and emotionally healthy. 2.33 – Students demonstrate the skills to evaluate and use services and resources in their community. 2.34 - Perform movements effectively and in variety of settings 2.35 – Students demonstrate knowledge and skills that provide physical activity and involvement in physical activity throughout their lives 3.1 – Students demonstrate positive growth in self-concept through appropriate tasks and projects. 3.2 – Students demonstrate the ability to maintain a healthy life style. 3.5 – Students will demonstrate self-control and self-discipline. 3.7 – Students demonstrate the ability to learn on one’s own. 4.1 - Students effectively use interpersonal skills. 4.2 – Students use productive team membership skills. 4.3 – Students individually demonstrate consistent, responsible, and caring behavior. 4.4 – Students demonstrate the ability to accept the rights and responsibilities for self and others. 5.1 – Students use critical thinking skills such as analyzing, prioritizing, categorizing, evaluating and comparing to solve a variety of problems in real-life situations. 5.4 – Students use a decision-making process to make informed decisions among options.	KINDERGARTEN			
	<u>Learning Target:</u> I will perform locomotor skills during run walk day <ul style="list-style-type: none">to improve my muscle, heart and lung strength.To work on improving locomotor skills during an activity	<u>Activity</u> 1. Students will perform locomotor skills during a walk/run activity around the gym. Various locomotor skills can be used to improve coordination and balance. 2. Students will perform skills in two separate sessions in class. First session will be compared to the last session. 3. Which session of running was easier? Which one was harder? Explain your answer. (class discussion). Vocabulary-Muscle, Heart, Locomotor skills.		
	PRIMARY			
<u>NASPE:</u> <u>National Standards</u> <u>Standard 1</u> - Demonstrates competence in motor skills/movement patters in a variety of settings. <u>Standard 2</u> – Demonstrates understanding of movement concepts, principals, strategies, and tactics as they apply to the learning and performance of physical activities. <u>Standard 3</u> - Participates in regular physical activity. <u>Standard 4</u> – Achieves and maintains a health-enhancing level of physical fitness. <u>Standard 5</u> – Exhibits responsible personal and social behavior that respects self and others in a physical setting.	<u>Learning Target:</u> <ul style="list-style-type: none">I can perform necessary skills for PPFC testing.	<u>Activity</u> <ul style="list-style-type: none">Students will warm up according to test to be performed using stretching cards.Students will perform tests in PPFC for fall scores that are compared to spring scores. Vocabulary-muscle, flexibility, strength, agility		
INSTUCTIONAL METHOD				

Hands On Small Group Large Group Direct Instruction

Guided Instruction Technology

ASSESSMENT*****

12/1 MC/Short Answer Oral Assessment Observation Exit Slip
Self- Assessment Performance

VOCABULARY*****

MODIFICATIONS / ACCOMODATIONS:

Sensory Reg. Strat. Use of Technology Paraphrase Prompting/Cueing

Beh. Mod. Strat.

Scribe Manipulatives Modeling Reader Extended Time

GRADES 3-5

Learning Target:

- I can perform necessary skills for PPFC testing.

Activity

- Students will warm up according to test to be performed using stretching cards.
- Students will perform tests in PPFC for fall scores that are compared to spring scores.

Vocabulary-muscle, flexibility, strength, agility