

|   |  |  |  |  |
|---|--|--|--|--|
| TEACHER: TRACI SEWELL   | AREA: Practical Living: PE/ HEALTH   | Date: 9/17-22, 2015  |  |  |
| STANDARDS   | Learning Target  | Procedures/Activities  |  |  |
| KCAS:   |  |  |  |  |
| <u>Academic Expectations:</u><br><br>2.29 – Students demonstrate skills that promote Individual well- being and healthy family relationships.<br>2.30 – Students evaluate consumer products and services and make effective consumer decisions.<br>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.<br>2.32 – Students demonstrate strategies for becoming and remaining mentally and emotionally healthy.<br>2.33 – Students demonstrate the skills to evaluate and use services and resources in their community.<br>2.34 - Perform movements effectively and in variety of settings<br>2.35 – Students demonstrate knowledge and skills that provide physical activity and involvement in physical activity throughout their lives<br>3.1 – Students demonstrate positive growth in self-concept through appropriate tasks and projects.<br>3.2 – Students demonstrate the ability to maintain a healthy life style.<br>3.5 – Students will demonstrate self-control and self-discipline.<br>3.7 – Students demonstrate the ability to learn on one’s own.<br>4.1 - Students effectively use interpersonal skills.<br>4.2 – Students use productive team membership skills.<br>4.3 – Students individually demonstrate consistent, responsible, and caring behavior.<br>4.4 – Students demonstrate the ability to accept the rights and responsibilities for self and others.<br>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.<br>5.4 – Students use a decision-making process to make informed decisions among options. | KINDERGARTEN   |  |  |  |
|   | <u>Learning Target:</u><br><br>I will perform locomotor skills during run walk day<br><br><ul style="list-style-type: none"><li>To work on improving locomotor skills during an activity/balancing skills</li><li>Performance as a team. minicompetition</li></ul> | <u>Activity</u><br><br>1. Students will discover balancing skills using a variety of equipment, ranging from easy to difficult performance tasks<br><br>Vocabulary-balance   |  |  |
|   | PRIMARY  |  |  |  |
| <u>NASPE:</u><br><u>National Standards</u><br>Standard 1 - Demonstrates competence in motor skills/movement patters in a variety of settings.<br>Standard 2 – Demonstrates understanding of movement concepts, principals, strategies, and tactics as they apply to the learning and performance of physical activities.<br>Standard 3 - Participates in regular physical activity.<br>Standard 4 – Achieves and maintains a health-enhancing level of physical fitness.<br>Standard 5 – Exhibits responsible personal and social behavior that respects self and others in a physical setting.   | <u>Learning Target:</u><br><br><ul style="list-style-type: none"><li>I can perform necessary skills for PPFC testing.</li></ul>  | <u>Activity</u><br><br><ul style="list-style-type: none"><li>Students will warm up according to test to be performed using stretching cards.</li><li>Students will perform tests in PPFC for fall scores that are compared to spring scores.</li><li>Completion of testing this week for all students</li><li>Active play when finished.</li></ul><br><br>Vocabulary-muscle, flexibility, strength, agility, endurance, pace |  |  |
|   | GRADES 3-5   |  |  |  |

**INSTRUCTIONAL 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

**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.
- Completion of testing this week for all students
- Active play when finished.

Vocabulary-muscle, flexibility, strength, agility, endurance, pace