


# Physical Education Curriculum-Glenn Elementary

Mrs. Moore

<p><b><u>Skills</u></b></p> <ul style="list-style-type: none"><li>• <u>Locomotor</u>, -running, skipping, galloping, sliding, hopping, walking, chasing, fleeing, dodging</li><li>• <u>Nonmanipulative</u>- turning, twisting rolling, shifting, jumping, landing, stretching, curling</li><li>• <u>Manipulative</u>- Striking, volleying, dribbling, punting, kicking, collecting, catching, throwing</li></ul> <p><b><u>Fitnessgram Testing</u></b></p> <ul style="list-style-type: none"><li>• Paced Curl-ups</li><li>• Paced Push-ups</li><li>• Pacer/Mile</li><li>• BMI index</li><li>• Back Saver sit and reach</li></ul> <p><b>Looks like:</b> K, 1, 2 simple activities, practice, low organized games</p> <p><b>Looks like: 3, 4, 5</b> Sports skills, lead-up game play</p>	<p><b><u>Lifetime Fitness</u></b></p> <ul style="list-style-type: none"><li>• <u>Everyday Components</u></li></ul> <p><b>Monday &amp; Wednesday</b>- running days for warm-ups, followed by skill development.</p> <p><b>Tuesday</b> - Fitness Games</p> <p><b>Thursday</b> - Tag Fitness followed by skill development.</p> <p><b>Friday</b> - Good Sports Games</p> <p>Good Sports....</p> <ul style="list-style-type: none"><li>• Play Hard</li><li>• Say Good Things</li><li>• Follow the Rules</li></ul>  <p><b>PLEASE REMEMBER TENNIS SHOES!!</b> Your child will not be successful without them.</p>	<p><b><u>Units</u></b> Ultimate Frisbee, Soccer, Football, Volleyball, Gymnastics, Basketball, Softball, Track and Field, Yoga and Dance</p> <p><b><u>Nutrition</u></b></p> <ul style="list-style-type: none"><li>• Food Groups</li><li>• Portions</li><li>• Daily Goals</li></ul> <p><b><u>Circulatory System</u></b></p> <ul style="list-style-type: none"><li>• Heart Rate</li><li>• Heart Anatomy</li><li>• Cardiorespiratory System (Blood flow)</li></ul> <p><b><u>Components of Total Fitness</u></b></p> <ul style="list-style-type: none"><li>• Aerobic Fitness</li><li>• Heart Rate</li><li>• Muscle Strength</li><li>• Muscle Endurance</li><li>• Flexibility</li><li>• Body Composition</li></ul> <p><b><u>Muscle Names</u></b></p> <ul style="list-style-type: none"><li>• Major Muscles</li></ul>
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