**2ND GRADE PHYSICAL EDUCATION**

**Q1**

**2A, 2B, 5A Spatial Awareness/Body Awareness**

**\*Ant Hill, musical spots, tag, animal walk, ship to shore, balloons, gator ball, go-go ball, builder;**

**Bulldozers**

**1A Locomotor Skills**

**\*Let’s go hunting, ship to shore, tag, line drills, warm-up, stations**

**5A Playground Equipment/Activities**

**\*4 square, 2 square, tetherball, spud, jackpot, kickball, tag, parachute**

**4B Intro to Fitness**

**\*Fitness testing>pacer test, mile run, flex arm hang, push-ups, sit-ups, bridge, touch toes**

**Q2**

**4B Fitness Components**

**\*Fit t Principle, Muscular Strength, Muscular Endurance, Flexibility, Cardio**

**6A, 1A Tumbling**

**\*Forward roll, egg roll, log roll, sit:spin**

**1B Throwing:Catching**

**\*Clean your room, bomb’s away, bean bags, underhand, overhead, star drill, 5 passes**

**1B Striking**

**\*Volleyball, balloons, tball, tennis, pickleball, badminton, soccer**

**Q3 Jump Rope**

**\*Long ropes, individual rope**

**3A, 3B, 5B Cooperative Games**

**6A, 6B \*Ultimate, survivor island, obstacle course, climbing wall**

**1B Basketball**

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**Hockey**

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**Scooters**

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**4A Lifetime Games**

**\*Fitness Testing for SLO**

**Corn Hole, Golf, Bocce, Tennis, Bowling**

**Q4**

**1A, 2A Dance**

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**1B Kickball/Line Soccer**

**2A, 2B, 3A, 3B Miscellaneous**

**Written Assessments**

**5TH GRADE PHYSICAL EDUCATION**

**Q1**

**5A Safety: Rules: Procedures – safety, space, equipment**

**1B Throwing – football, baseball**

**1B Punting – football, soccer**

**2A Positioning – defense**

**(Choose Two)**

**Intro to Fitness – fitness testing, social: group interaction**

**Q2**

**4B Fitness Components – FITT**

**1A Tumbling**

**Catching (w/implement) – scoops, cones, gloves**

**Striking – hockey, tennis, badminton, pickleball, balloons**

**Q3 Basketball**

**3A 3B Lifetime Activities – trail, corn hole, golf, parachute, jump rope, tennis, bowling**

**5B Cooperative games – angle ball, eclipse ball**

**4A Fitness testing for SLO**

**Q4 Fitness Testing**

**2A Kickball**

**1B Miscellaneous**

**2B, 6A, 6B Written Assessments>video, feedback, self-assessment**