



COPPELL ISD **Physical Education** YEAR AT A GLANCE

SUBJECT
PHYSICAL
EDUCATION

GRADE
LEVEL K-5

UNITS 1-10

Program Transfer Goals

OATG1: Set wellness goals which include physical activity, nutrition, and personal wellness.

OATG2: Apply an understanding of etiquette when participating, coaching, or spectating for a sports team or recreational activity.

OATG3: Use proper motor skills needed for individual sports, team sports, and/or recreational activities.

OATG4: Apply safety practices/precautions to their physical activity of choice

PACING

GRADING PERIOD 1	GRADING PERIOD 2	GRADING PERIOD 3	GRADING PERIOD 4
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UNIT 1 4WKS	UNIT 2 4WKS	UNIT 3 4WKS	UNIT 4 2WKS	UNIT 5 2WKS	UNIT 6 4WKS	UNIT 7 4WKS		UNIT 8 4WKS	UNIT 9 2WKS	UNIT 10 4WKS
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Assurances for a Guaranteed and Viable Curriculum

Adherence to this scope and sequence affords every member of the learning community clarity on the knowledge and skills on which each learner should demonstrate proficiency. In order to deliver a guaranteed and viable curriculum, our team commits to and ensures the following understandings:

Shared Accountability: Responding to the Needs of All Learners

- High levels of learning for all students.
- The district and course formative assessments aligned to the standards for this course support educators and learners in monitoring academic achievement and leveraging interventions.

Shared Understanding: Curriculum Design

- The district curriculum design weaves together the elements of content, skills and assessments in order to adhere to curriculum design at the macro and micro level, ensuring vertical alignment.
- The district curriculum incorporates standards, scope and sequence, enduring understandings, essential questions, performance assessments, and recommended resources.

Interdependence: Curriculum Units

Members of the learning community utilize the curriculum units, plan collaboratively, and reflect on results for continuous improvement.

The district curriculum units may be found: <http://tinyurl.com/Coppell-Curriculum>

UNIT 1: RHYTHMS/DANCE/COOPERATIVE ACTIVITIES

TIMELINE: GRADING PERIOD #1: 4 WEEKS

Unit Summary: Learners will understand P.E. expectations and procedures while participating in cooperative motor games/activities which will increase health/fitness and develop positive social relationships.

Transfer Goal:

- **OATG1:** Set wellness goals which include physical activity, nutrition, and personal wellness.
- **OATG2:** Apply an understanding of etiquette when participating, coaching, or spectating for a sports team or recreational activity.
- **OATG3:** Use proper motor skills needed for individual sports, team sports, and/or recreational activities.
- **OATG4:** Apply safety practices/precautions to their physical activity of choice

Students will know...

- Character qualities
- Practice and effort are required to improve skill.
- Safety procedures
- Start and Stop signals

Students will be skilled at...

- Using equipment safely and properly
- The rules, procedures and etiquette
- Conflict resolution
- Managing personal space

UNIT 2: VOLLEYBALL SKILLS, GAMES, AND TEAM COMPETITION

TIMELINE: GRADING PERIOD #1: 4 WEEKS

Unit Summary: Learners will participate in ball skills which include tossing, catching, and striking, as well as age appropriate fundamentals of Volleyball.

Transfer Goal:

- **OATG1:** Set wellness goals which include physical activity, nutrition, and personal wellness.
- **OATG2:** Apply an understanding of etiquette when participating, coaching, or spectating for a sports team or recreational activity.
- **OATG3:** Use proper motor skills needed for individual sports, team sports, and/or recreational activities.
- **OATG4:** Apply safety practices/precautions to their physical activity of choice

Students will know...

- Proper form of manipulative skills (ie. strike, throw, catch)
- Practice and effort are required to improve skill.
- Boundaries and rules.
- Basic fundamentals of volleyball
- Sportsmanship qualities

Students will be skilled at...

- Using equipment safely and properly
- The rules, procedures and etiquette
- Changing directions quickly and safely
- Being a team player

UNIT 3: FOOTBALL SKILLS, GAMES, TEAM COMPETITION

TIMELINE: GRADING PERIOD #2: 4 WEEKS

Unit Summary: Learners will participate in ball skills which include tossing, catching, passing, punting, and kicking. They will also learn age appropriate fundamentals of football.

Transfer Goal:

- **OATG1:** Set wellness goals which include physical activity, nutrition, and personal wellness.
- **OATG2:** Apply an understanding of etiquette when participating, coaching, or spectating for a sports team or recreational activity.
- **OATG3:** Use proper motor skills needed for individual sports, team sports, and/or recreational activities.
- **OATG4:** Apply safety practices/precautions to their physical activity of choice

Students will know...

- Proper form of manipulative skills (ie. pass, catch, kick)
- Practice and effort are required to improve skill.
- Boundaries and rules.
- Basic fundamentals of volleyball
- Sportsmanship qualities

Students will be skilled at...

- Using equipment safely and properly
- The rules, procedures and etiquette
- Changing directions quickly and safely
- Being a team player

UNIT 4: STRIKING/STICK SKILLS (I.E., FLOOR HOCKEY)

TIMELINE: GRADING PERIOD #2: 2 WEEKS

Unit Summary: Learners will participate in cooperative activities which use hockey sticks, noodles, and/or bats.

Transfer Goal:

- **OATG1:** Set wellness goals which include physical activity, nutrition, and personal wellness.
- **OATG2:** Apply an understanding of etiquette when participating, coaching, or spectating for a sports team or recreational activity.
- **OATG3:** Use proper motor skills needed for individual sports, team sports, and/or recreational activities.
- **OATG4:** Apply safety practices/precautions to their physical activity of choice

Students will know...

- Practice and effort are required to improve skill.
- Boundaries and rules.
- Sportsmanship Qualities
- Proper form of manipulative skills (ie. dribble, strike, pass, shoot)

Students will be skilled at...

- Using equipment safely and properly
- The rules, procedures, etiquette, and conflict resolutions
- Changing directions quickly and safely

UNIT 5: RHYTHMS/DANCE/HOLIDAY GAMES AND ACTIVITIES

TIMELINE: GRADING PERIOD #2: 2 WEEKS

Unit Summary: Learners will participate in cooperative motor activities that will increase health/fitness and develop positive social relationships.

Transfer Goal:

- **OATG1:** Set wellness goals which include physical activity, nutrition, and personal wellness.
- **OATG2:** Apply an understanding of etiquette when participating, coaching, or spectating for a sports team or recreational activity.
- **OATG3:** Use proper motor skills needed for individual sports, team sports, and/or recreational activities.
- **OATG4:** Apply safety practices/precautions to their physical activity of choice

Students will know...

- Character qualities
- Practice and effort are required to improve skill.
- Safety procedures
- Start and Stop signals

Students will be skilled at...

- Using equipment safely and properly
- The rules, procedures and etiquette
- Conflict resolution
- Managing personal space

UNIT 6: BASKETBALL SKILLS, GAMES, AND TEAM COMPETITION

TIMELINE: GRADING PERIOD #3: 4 WEEKS

Unit Summary: Learners will participate in ball skills which include dribbling, passing, catching, and shooting. Learners will also understand basic fundamentals of rules of the game.

Transfer Goal: .

- **OATG1:** Set wellness goals which include physical activity, nutrition, and personal wellness.
- **OATG2:** Apply an understanding of etiquette when participating, coaching, or spectating for a sports team or recreational activity.
- **OATG3:** Use proper motor skills needed for individual sports, team sports, and/or recreational activities.
- **OATG4:** Apply safety practices/precautions to their physical activity of choice

Students will know...

- Proper form of manipulative skills (ie. dribble, pass, shoot)
- Practice and effort are required to improve skill.
- Boundaries and rules.
- Basic fundamentals of basketball
- Sportsmanship qualities

Students will be skilled at...

- Using equipment safely and properly
- The rules, procedures and etiquette
- Changing directions quickly and safely
- Conflict resolution

UNIT 7: JUMP ROPE FOR HEART AND NUTRITIONAL GAMES AND ACTIVITIES

TIMELINE: GRADING PERIOD #3: 4 WEEKS

Unit Summary: Learners will participate in a variety of single, partner, and long jump rope skills. They will understand lifelong wellness, while making a commitment to helping others.

Transfer Goal:

- **OATG1:** Set wellness goals which include physical activity, nutrition, and personal wellness.
- **OATG2:** Apply an understanding of etiquette when participating, coaching, or spectating for a sports team or recreational activity.
- **OATG3:** Use proper motor skills needed for individual sports, team sports, and/or recreational activities.
- **OATG4:** Apply safety practices/precautions to their physical activity of choice

Students will know...

- Healthy habits
- Character qualities
- Practice and effort are required to improve skill.
- Safety procedures

Students will be skilled at...

- Using equipment safely and properly
- The rules, procedures and etiquette
- Conflict resolution
- Making healthy choices

UNIT 8: RACKET/PADDLE ACTIVITIES (I.E., TENNIS, PING PONG)

TIMELINE: GRADING PERIOD #4: 2 WEEKS

Unit Summary: Learners will participate in activities/games involving rackets and/or paddles.

Transfer Goal:

- **OATG1:** Set wellness goals which include physical activity, nutrition, and personal wellness.
- **OATG2:** Apply an understanding of etiquette when participating, coaching, or spectating for a sports team or recreational activity.
- **OATG3:** Use proper motor skills needed for individual sports, team sports, and/or recreational activities.
- **OATG4:** Apply safety practices/precautions to their physical activity of choice

Students will know...

- What a lifetime sport is.
- Proper form of coordinated skill related movements such as striking
- Practice and effort are required to improve skill.
- Boundaries and rules.
- Sportsmanship Qualities

Students will be skilled at...

- Using equipment safely and properly
- The rules, procedures and etiquette
- Changing directions quickly and safely

UNIT 9: KICKING & ROLLING ACTIVITIES (I.E., SOCCER, KICKBALL, BOWLING)

TIMELINE: GRADING PERIOD 4: 4 WEEKS

Unit Summary: Learners will participate in activities involving kicking, trapping, catching and dribbling a ball.

Transfer Goal:

- **OATG1:** Set wellness goals which include physical activity, nutrition, and personal wellness.
- **OATG2:** Apply an understanding of etiquette when participating, coaching, or spectating for a sports team or recreational activity.
- **OATG3:** Use proper motor skills needed for individual sports, team sports, and/or recreational activities.
- **OATG4:** Apply safety practices/precautions to their physical activity of choice

Students will know...

- Proper form of manipulative skills (ie. dribble, pass, shoot)
- Practice and effort are required to improve skill.
- Boundaries and rules.
- Sportsmanship qualities

Students will be skilled at...

- Using equipment safely and properly
- The rules, procedures and etiquette
- Changing directions quickly and safely
- Conflict resolution

UNIT 10: SUMMER WELLNESS AND FITNESSGRAM ASSESSMENT

TIMELINE: GRADING PERIOD #4: 2 WEEKS

Unit Summary: Learners will participate in discussions and activities which include water safety, sun safety, and summer fitness. Grades 3-5 will be assessed using the FitnessGram.

Transfer Goal:

- **OATG1:** Set wellness goals which include physical activity, nutrition, and personal wellness.
- **OATG2:** Apply an understanding of etiquette when participating, coaching, or spectating for a sports team or recreational activity.
- **OATG3:** Use proper motor skills needed for individual sports, team sports, and/or recreational activities.
- **OATG4:** Apply safety practices/precautions to their physical activity of choice

Students will know...

- Healthy habits
- Character qualities
- Practice and effort are required to improve skill.
- Safety procedures

Students will be skilled at...

- Using equipment safely and properly
- The rules, procedures and etiquette
- Conflict resolution
- Making healthy choices