

**Middle Township School District
Cape May Court House, NJ 08210
Comprehensive Physical Education**

Elementary #1, Kindergarten, Grade 1 & Grade 2 (2010)

Objective Code			Content & Pacing	Essential Questions	Enduring Understanding What Students Should Know and Be Able To Do	Differentiated Activities	Benchmark Assessments
Grade	Standard	Strand					
K	2.5.P	A.1,2	Sept – Oct Organizational skills Safety Warm-up Exercises/ Fitness Movement/ Locomotor Skills Jump Rope	What are the rules to follow to participate in class and on the playground safely? What are the skills needed to perform locomotor movements? What types of exercise will improve muscular strength and endurance?	The students will be able to: Follow directions. Move in activity area and on playground safely. Perform exercises to improve coordination, strength, flexibility, and cardiovascular fitness. Perform locomotor skills demonstrating correct body opposition and special awareness.	Various exercises/ individual and partners Jump rope Tag games	Teacher Observation Skill/ participation grade
	2.5.2	A.4 C.2					
	2.6.P	A.1,2					
K	2.5.2	A.1 C.1	Nov – Dec Tag Games	What are the skills used to play various tag type games? How can we balance and move effectively on apparatus?	Perform locomotor movements. Demonstrate knowledge of game rules. Identify body parts. Demonstrate special awareness. Demonstrate ability to move on apparatus safely and effectively.	Tag games. Relays/ scooters	Teacher Observation Skill/ participation grade
	2.6.P	A.1					
K	2.2.2	A.1	Jan – Feb Ball skills/ Manipulative Jump Rope for Heart Community Service	What skills are needed to roll, bounce, throw, and catch a ball or similar object effectively? What is community service?	Perform balls skills demonstrating eye-hand coordination and proper/ hand body position Perform Jump Rope for Heart fundraiser	Relays Beanbags Ball skills (rolling, bouncing under/ over throw catching) Jump Rope for Heart	Teacher Observation Skill/ participation grade
	2.5.P	A.3					
	2.5.2	A.1					
			March – April				

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K	2.5.P 2.5.2	A.1.3 A.1,2,3, 4	Movement/ Dance	How can the body move at different level, speeds, shapes, rhythm, and force? How can we move our bodies creatively?	Demonstrate ability to perform locomotor skills and non-locomotor skills at different levels, speeds, force, rhythm and shapes creatively.	Motor skills Hoops Parachute Animal role-play Scarves	Teacher Observation Skill/ participation
K	2.5.P 2.5.2 2.6.P	A.3 A.1 C.1 A.1,2	May- June Ball Skills Field Day	What skills are used to throw, kick, and strike a ball?	Demonstrate eye-hand/ foot coordination. Demonstrate cooperative strategies.	T-ball/kickball Ball skills Field day activities	Teacher Observation Skill/ participation grade

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1	2.5.P 2.5.2	A.1,2,3 A.4, B.1, C.1,2	Sept – Oct Organizational skills Safety Warm-up Exercises/ Fitness Jump Rope Tag Games/ Relays	What are the rules to follow to participate in class and on playground safely? What types of exercise will improve muscular strength and endurance? What are the skills used to play various tag games and relays?	The students will be able to: Follow directions Move in activity area and on playground safely Perform exercises to improve coordination, strength, flexibility, and cardiovascular fitness. Perform locomotor movements. Demonstrate special awareness.	Various exercises/ individual and partners Jump rope	Teacher Observation Skill/ participation grade
1	2.5.2 2.6.2	A.4 C.1,2 A.1,2	Nov – Dec Soccer Tag Games Physical fitness Tests	What are the skills used to perform soccer activities? What are the basic rules of soccer? How do you prepare for Physical Fitness Tests? How can we move our bodies effectively on apparatus?	Demonstrate eye-foot coordination. Demonstrate knowledge of soccer rules. Complete Physical Fitness Tests. Demonstrate balance and agility while moving on scooters	Tag games Soccer Relays Physical Fitness Tests Scooters	Teacher Observation Skill/ participation grade
1	2.2.2 2.5.P 2.5.2 2.6.2	D.1 A.3 A.4, C.2 A.1,2,3	Jan – Feb Ball skills Jump Rope for Heart Community Service	What skills are needed to roll, bounce, throw, and catch a ball effectively? What is community service and how can I participate?	Perform ball skills demonstrating eye-hand coordination and proper/hand body position Perform Jump Rope for Heart fundraiser	Relays Ball skills Bowling Ring Toss/ Beanbags Jump Rope for Heart	Teacher Observation Skill/ participation grade

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1	2.5.P 2.5.2 2.6.P	A.1,3 A.2,3,4 C.2 A.1	March-April Basketball Movement/ Dance Gymnastics	What skills are used to dribble and shoot a basketball? How can the body move at different levels, speeds, shapes, rhythm, and force? How can the body balance and roll safely and effectively?	Perform basketball dribble and shooting skill demonstrating proper hand and body position. Perform locomotor/ movement skills demonstrating special awareness and creativity. Perform locomotor/ movement skills demonstrating knowledge of levels, speeds, force, and sequence. Demonstrate balance, muscular strength, and agility.	Basketball Skills Hoops Parachute Dance Scarves Yoga	Teacher Observation Skill/ participation grade
1	2.5.P 2.5.2 2.6.P	A.3 A.4, B.4 C.2 A.1	May – June Ball Skills Field Day	What skills are used to throw, kick, and strike a ball? What skills are needed to complete a task effectively?	Demonstrate eye-hand/ foot coordination while striking/ kicking a stationary or moving object. Demonstrate knowledge of baseball rules to participate in t-ball game. Demonstrate cooperative strategies.	Ball skills Kickball/ T- ball Field day activities	Teacher Observation Skill/ participation grade

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2	2.5.2	A.1 B.1,2,3,4 C.1,2	Sept – Oct Organizational skills Safety Warm-up Exercises/ Fitness Jump Rope Soccer	What are the rules to follow to participate in class and on playground safety? What types of exercise will improve muscular strength and endurance? What are the skills used to play soccer? How do you perform soccer skills? What are the rules for soccer?	The students will be able to: Follow directions. Move in activity area and on playground safely. Perform exercises to improve coordination, strength, flexibility, and cardiovascular fitness. Perform soccer dribble, pass trap, and throw in demonstrating proper body position and eye foot coordination. Demonstrate special awareness. Demonstrate knowledge of soccer rules and strategy?	Various exercises/ individual and partners Jump rope Soccer drills/ games	Teacher Observation Skill/ participation grade
2	2.5.2 2.6.2	A.1,2 C.1,2 A.1,2,3,4	Nov – Dec Physical fitness Tests Relays Striking Skills	How do you prepare for Physical Fitness Tests? How do you strike a ball effectively with a stick? What skills are necessary to perform relays effectively?	Complete Physical Fitness Tests Strike a ball with a stick during large group games. Perform various relays demonstrating motor skills coordination and agility	Physical Fitness Tests Pillo/pollo Relays Scooters	Teacher Observation Skill/ participation grade
2	2.2.2 2.5.2 2.6.2	D.1 A.1,C.2 A.1,2,3	Jan – Feb Ball skills Jump Rope for Heart Community Service	What skills are needed to roll, bounce, throw, and catch a ball effectively? What is community service and how can I participate?	Perform balls skills demonstrating eye-hand coordination and proper/ hand body position. Perform Jump Rope for Heart fundraiser	Relays Bowling Ring Toss/ Beanbags Jump Rope for Heart	Teacher Observation Skill/ participation grade

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2	2.5.2	A.1,2,3,4 B.1,2,3,4 C.1,2	March- April Basketball Movement/ Dance Gymnastics Tennis	What skills are used to dribble and shoot a basketball? How can the body move at different levels, speeds, shapes, rhythm and force? How can the body balance and roll safely and effectively? What skills are used to strike a tennis ball?	Perform basketball dribble, passing and shooting skills demonstrating proper hand and body position. Demonstrate knowledge of basketball rules, offense, and defense. Perform locomotor/ movement skills demonstrating special awareness and creativity. Perform locomotor/ movement skills demonstrating knowledge of levels, speeds, force, and sequence. Demonstrate balance, muscular strength and agility. Perform tennis forehand demonstrating eye-hand coordination and proper hand and body position.	Basketball skills/ games Hoops Movement/ Dance Scarves Gymnastics Tennis forehand	Teacher Observation Skill/ participation grade
2	2.5.2 2.6.2	A.1,4 B.1,2,3,4 C.1,2 A.1,2,3	May – June Volleyball Ball Skills Field Day	What skills are used to throw, kick, and strike a ball? What skills are needed to complete a task effectively?	Perform volleyball set, bump and serve demonstrating proper hand and body position? Demonstrate knowledge of volleyball rules. Demonstrate ability to strike stationary and moving ball using proper hand and body position. Demonstrate knowledge of T-ball/ baseball rules. Demonstrate cooperative strategies.	Volleyball skills/ game Ball skills/ T-ball Field day activities	Teacher Observation Skill/ participation grade