

Phys. Ed. Block Plan 2016
Unit 1: Basic Games & Fitness

Week 1 – Week 4

08/29-09/23

<p style="text-align: center;">Day 1: Rules & Signal Formations</p> <p>Lesson Objectives: Students will learn expectations of a PE class including; how to enter and exit activity area and start/stop commands.</p> <p>Fitness Components: - Agility and locomotion</p> <p>Lesson focus: Principles of Communication Safe Participation in Physical Activity</p> <p>Example Activities: PE introduction – Students learn rules and regulations of the Physical Education program at Kang Chiao. Students learn a basic game focusing on spatial awareness.</p>	<p style="text-align: center;">Day 2: Space Awareness/ Movement</p> <p>Lesson Objectives: Students will learn about personal space and how to move safely around the playing area.</p> <p>Fitness Components: - Agility and locomotion</p> <p>Lesson focus: Concepts of Time and Space and Locomotor Skills</p> <p>Uses the space available and moves into open spaces</p> <p>Example Activities: Activities that recognizes the concept of open spaces in a movement context. Students learn the differences between open space and personal space while moving in the play area.</p>
<p style="text-align: center;">Day 3: Fitness Testing and L.O.Gs</p> <p>Lesson Objectives: Students learn how to play low-organizational games.</p> <p>Fitness Components: Agility and High Cardio Games</p> <p>Lesson focus: Teamwork, Fairness and Cooperation</p> <p>Example Activities: Activities that recognizes the concept of open spaces in a movement context. Students learn the differences between open space and personal space while moving in the play area.</p>	<p style="text-align: center;">Day 4: Fitness Testing: Sit-Ups & Beep Test Introduction</p> <p>Lesson Objectives: Students learn about the National Fitness Testing. Students practice the sit-ups test and learn about endurance running.</p> <p>Fitness Components: - Strength & Agility Lesson focus: Sit-Ups and Endurance Concepts</p> <p>Example Activities: Fitness testing – Sit-ups: Students help each other practice for their strength fitness test. Students learn activities that emphasize spatial and body awareness.</p>
<p style="text-align: center;">Day 5: Fitness Testing: Running</p> <p>Lesson Objectives: Students learn about pacing while running and practice the endurance test around the school.</p> <p>Fitness Components: Running. Cardio, Stamina</p> <p>Lesson focus: Activities that emphasize how students must travel showing the differentiation between sprinting and running</p> <p>Example Activities: Introduction to the Beep Test</p> <p>Health Education: Anatomy</p>	<p style="text-align: center;">Day 6: Fitness Testing: Jumping & Reaching</p> <p>Lesson Objectives: Students learn about the National Fitness Testing. Students practice the Standing Long Jump Test and the Sit and Reach Test.</p> <p>Fitness Components: Standing Long Jump, Power, flexibility</p> <p>Lesson focus: Lesson focus: Activities that emphasize students to use spring-and-step take-offs and landings in testing and in activities</p> <p>Example Activities: Reach test and Long Jump Health Education: Physiology</p>

Phys. Ed. Block Plan 2016
Unit 2: Manipulative Skills

Week 5 – Week 8

09/26-10/21

<p style="text-align: center;">Day 1: Manipulative Skills/Safe Use of Object</p> <p>Lesson Objectives: Students will learn how to project and receive objects (ball)</p> <p>Fitness Components: - Burpees, Star Jumps.</p> <p>Lesson focus: Throwing safety, Ready position and throwing while aiming at a target</p> <p>Example Activities: Monkey in the middle, Target Throwing (under and overhand)</p> <p>Health Education: Nutrition and Healthy Choices</p>	<p style="text-align: center;">Day 2: Manipulative Games/Teamwork</p> <p>Lesson Objectives: Students will learn to use throwing skills in a game environment.</p> <p>Fitness Components: Running around the play area</p> <p>Lesson focus: Teamwork & throwing/catching</p> <p>Example Activities: Jail Ball – An all inclusive ball throwing game at moving targets. Students practice throwing safely and following game rules</p> <p>Health Education: Nutrition and Healthy Choices</p>
<p style="text-align: center;">Day 3: Beep Test</p> <p>Lesson Objectives: Students will be graded on the beep test. Students review how to peer-grade the Beep Test for their partner</p> <p>Fitness Components: - Agility</p> <p>Lesson focus: Safe and fair testing of Beep Test</p> <p>Example Activities: Beep Test</p> <p>Assessment(s): 25% of Final Fitness Score</p>	<p style="text-align: center;">Day 4: Scatter ball</p> <p>Lesson Objectives: Students will use learnt skills in a practice game of Scatter ball.</p> <p>Fitness Components: Warm up games and stretching</p> <p>Lesson focus: Scatter ball game play -Rules and regulations and Skills Testing</p> <p>Example Activities: Scatter ball (Basics of Kickball and Baseball)</p>
<p style="text-align: center;">Day 5: Manipulative Testing</p> <p>Lesson Objectives: Students are evaluated on sending and receiving a small foam ball. Throwing with one hand at a target (underhand and overhand)</p> <p>Fitness Components: Running laps of activity area</p> <p>Lesson focus: Throwing technique, catching, ready position and Jailball Rules and Organization</p> <p>Example Activities: Monkey in the middle and Jail Ball</p> <p>Assessment(s): 25% of Final Score- Throwing at a target and Fair Game Play</p>	<p style="text-align: center;">Day 6: Manipulative Testing</p> <p>Lesson Objectives: Students are evaluated on sending and receiving a small foam ball. Throwing with one hand and receiving with two hands.</p> <p>Fitness Components: Running laps of activity area</p> <p>Lesson focus: Throwing technique, catching, ready position and Jailball Rules and Organization</p> <p>Example Activities: Monkey in the middle and Jail Ball</p> <p>Assessment(s): Throwing at a target and Fair Game Play</p>

Phys. Ed. Block Plan 2016

Unit 3: Racket Sports

Week 9 – Week 12(13)

10/24-11/18

<p style="text-align: center;">Day 1: Intro to Badminton & Serve</p> <p>Lesson Objectives: Students will learn the basic concepts of badminton.</p> <p>Fitness Components: Running Laps around the gymnasium.</p> <p>Lesson focus: Safe and correct handling of racquet. Grip. Stroke. Long Underhand serve.</p> <p>Health Education: Lifestyle Habits– Balancing lifestyle habits and Benefits of maintaining healthy living principals</p>	<p style="text-align: center;">Day 2: Forehand Technique</p> <p>Lesson Objectives: Students will learn how to play a forehand shot with correct grip.</p> <p>Fitness Components: Running laps around gymnasium. Increasing distance each time</p> <p>Lesson focus: Grip and forehand technique</p> <p>Health Education: Lifestyle Habits– Balancing lifestyle habits and Benefits of maintaining healthy living principals</p>
<p style="text-align: center;">Day 3: Overhead Clear Technique</p> <p>Lesson Objectives: Students will learn the overhead clear and basic game play rules.</p> <p>Fitness Components: Running laps around the gymnasium. Increasing distance each time</p> <p>Lesson focus: Overhead clear technique</p> <p>Example Activities: King/Queen of the Court- Students play half court games utilizing their serving and overhead clear skills. The Queen/King stays on the court for a max. of three turns and then rotate.</p>	<p style="text-align: center;">Day 4: Introduction to Pickle ball</p> <p>Lesson Objectives: Students learn about pickle ball and how to grip the paddle.</p> <p>Fitness Components: Running Laps around playing area</p> <p>Lesson focus: Safety, rules, grip introduction of the Forehand swing</p> <p>Example Activities: Demo of grip and paddle control, single player juggling (face and back)</p>
<p style="text-align: center;">Day 5: Sending and Receiving</p> <p>Lesson Objectives: Students review basic forehand technique and ready position in Pickle ball</p> <p>Fitness Components: Shuttle Runs</p> <p>Lesson focus: Aerobic, technique, rules, safety</p> <p>Example Activities: Partner rallies and backhand practice</p> <p>Assessment(s): 25% of Final Score- Sending and Receiving in Badminton and Pickle ball</p>	<p style="text-align: center;">Day 6 & 7: Pickle Ball Game Play</p> <p>Lesson Objectives: Students play small-sided Pickle ball games with a partner over the net.</p> <p>Fitness Components: Tag Game</p> <p>Lesson focus: Game Play, fair and safe play and Pickle ball Game Play</p> <p>Example Activities: Small-sided Pickle ball games</p> <p>Assessment(s): 25% of Final Score- Sending and Receiving in Badminton and Pickle ball</p>

Phys. Ed. Block Plan 2016

Unit 4: Ultimate Frisbee & Hand Ball

Week (13)14 – Week 17(18)

11/28-12/27

<p align="center">Day 1: Flag Tag and Throwing Technique</p> <p>Lesson Objectives: Students will play lead up Frisbee games as an introduction to the formal sport of Ultimate</p> <p>Fitness Components: - Flag Tag and other high cardio warm up games</p> <p>Lesson focus: Students will learn how to use flags and belts. They will learn the application, maintenance and rules associated with using the flags</p> <ul style="list-style-type: none"> - Intro to disc throwing - Intro to moving to space 	<p align="center">Day 2: Basic Backhand Throw & Forehand Grip Stationary Passing and on the Move</p> <p>Lesson Objectives: -Students will learn how to properly grip the Frisbee and the differences between both throws</p> <p>-Students will learn how to use the proper throwing technique when throwing a Frisbee. (Snap wrist, follow through across the body)</p> <p>Fitness Components: - Students will do a warm up around the 2nd floor</p> <p>Lesson focus: Throwing and Catching techniques</p>
<p align="center">Day 3: Movement & Space</p> <p>Lesson Objectives: Students will learn the importance of movement and space in game play.</p> <p>Fitness Components: Fitness circuit</p> <p>Lesson focus: Movement and space</p> <p>Example Activities: -Keep ball -Timed Passing Sequences</p> <p>Health Education: Safe Participation in Physical Activity</p>	<p align="center">Day 4: Ultimate Frisbee Competition</p> <p>Lesson Objectives: Students will develop their skills with an Ultimate Frisbee competition</p> <p>Fitness Components: Tag game.</p> <p>Lesson focus: Ultimate Frisbee Game Play</p> <p>Example Activities: Four teams play each other in a tournament.</p> <p>Health Education: Safe Participation in Physical Activity</p>
<p align="center">Day 5: Intro to Handball</p> <p>Lesson Objectives: Use Ultimate Frisbee foundations to develop into handball.</p> <p>Fitness Components: - Running Laps</p> <p>Lesson focus: Concept of Handball (Rules of 3)</p> <p>Example Activities: - Keep ball with handball rules</p> <p>Assessment(s): Discuss differences and similarities of keep ball and handball.</p>	<p align="center">Day 6: Handball Game play</p> <p>Lesson Objectives: Students will learn to play a mini handball game.</p> <p>Fitness Components: - Circuits</p> <p>Lesson focus: Scoring using mini soccer nets</p> <p>Example Activities: - Handball game without goalkeepers.</p> <p>Assessment(s): Team work and fair play throughout the class.</p>

Phys. Ed. Block Plan 2015

Unit 5: Fitness Testing and Elementary Gymnastics

Week 18 – Week 21

12/28-01/19

Day 1: Beep Test	Day 2: Station Testing
<p>Lesson Objectives: Students will be graded on the beep test. Students review how to peer-grade the Beep Test for their partner</p> <p>Fitness Components: - Agility</p> <p>Lesson focus: Safe and fair testing of Beep Test</p> <p>Example Activities: Beep Test</p> <p>Assessment(s): Fitness Testing 25% of Final Score- (Improvement 10% and Skill 15%)</p>	<p>Lesson Objectives: In groups, students answer a variety of questions concerning the lessons taught this semester.</p> <p>Fitness Components: n/a</p> <p>Lesson focus: Multiple Choice Questions on PE related material</p> <p>Example Activities: Stations with sport equipment to help students answer various PE-related questions</p> <p>Assessment(s): 10% of Final Score</p>
Day 3: Elementary Gymnastics	Day 4: Elementary Gymnastics
<p>Lesson Objectives: -Students will learn the importance of balance by practicing common gymnastics stunts- forward scale, l support, v sit -Students travel using different locomotor skills to move across the gym floor</p> <p>Fitness Components: Warm Up running and stretching</p> <p>Lesson focus: Balance, Flexibility and Locomotor</p> <p>Example Activities: Supporting, Balancing, Rotation, Landing, and Locomotor</p>	<p>Lesson Objectives: With a partner, students will learn how to work together to support each other and balance through teamwork and cooperation. -Students will use each other's weight to hold what would normally be an off-balance position</p> <p>Fitness Components: Balance Stork Fitness Test</p> <p>Lesson focus: Partner Work</p> <p>Example Activities: Cooperative Supporting, Balancing, and Partner work</p>
Day 5: Basic Gymnastics Tumbling	Day 6: Basic Gymnastics Tumbling
<p>Lesson Objectives: Students will learn how to improve their body awareness through various gymnastics activities</p> <p>Fitness Components: Strength and Locomotor Activities</p> <p>Lesson focus: Tumbling, Rotations, Balance and Strength exercises</p> <p>Example Activities: Tumbling, jumping/Landing, Core exercises and introduction to trampoline</p> <p>Health Education: Flexibility and Posture</p>	<p>Lesson Objectives: Students will learn how to improve their body awareness through various gymnastics activities</p> <p>Fitness Components: Strength and Locomotor Activities</p> <p>Lesson focus: Tumbling, Rotations, Balance and Strength exercises</p> <p>Example Activities: Tumbling, jumping/Landing, Core exercises and introduction to trampoline</p> <p>Health Education: Flexibility and Posture</p>