

Phys. Ed. Block Plan 2020
Unit 1: Basic Games & Fitness

Week 1 – Week 4

08/31-09/30

<p style="text-align: center;">Day 1: Rules & Signal Formations</p> <p>Lesson Objectives: Students 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>House Rules and Game Play – Colours: A grade level-wide team competition- Teams compete for points throughout the school year to lead their team to victory.</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 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</p> <p>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: Beep Test</p> <p>Lesson Objectives: Beep Test- 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>Assessment(s): Fitness Testing 25% of Final Score- (Improvement 10% and Skill 15%)</p>	<p style="text-align: center;">Day 6: Team Building</p> <p>Lesson Objectives: Colours- The colour teams work together across various activities and exercises</p> <p>Fitness Components: teamwork, cooperation and fairness</p> <p>Lesson focus: closed skilled games and activities</p> <p>Health Education: Concept of fitness components, importance of warm up and cool downs before and after PE class and Safety Awareness</p>

Phys. Ed. Block Plan 2020
Unit 2: Manipulative Games

Week 5– Week 9

09/28-10/30

<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 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 style="text-align: center;">Day 3: Baseball Lead Up Games</p> <p>Lesson Objectives: Students will use learnt skills in practice game of Scatter ball.</p> <p>Fitness Components: Warm up games and stretching</p> <p>Lesson focus: Baseball Lead Up game play -Rules and regulations -Introduction to bats on big cones</p> <p>Example Activities: Hitting using an implement drills -Kickball, Long ball, Scatterball</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: Baseball Game Play</p> <p>Lesson Objectives: Students learn base running and infield / outfield positioning</p> <p>Fitness Components: Running laps of activity area</p> <p>Lesson focus: Positioning and Defense during a modified version of baseball -Practice using an implement and correct timing between bat and ball</p> <p>Example Activities: Mat ball/ long ball variations and defensive drills</p> <p>Health Education: Recognizes that physical activity is important for good health. Learns what happens to our bodies during and after physical activity. Why do we exercise? What does it do to our bodies?</p>	<p style="text-align: center;">Day 6: Baseball Game Play</p> <p>Lesson Objectives: Students learn base running and infield / outfield positioning</p> <p>Fitness Components: Running laps of activity area</p> <p>Lesson focus: Positioning and Defense during a modified version of baseball -Practice using an implement and correct timing between bat and ball</p> <p>Example Activities: Mat ball/ long ball variations and defensive drills</p> <p>Health Education: Recognizes that physical activity is important for good health. Learns what happens to our bodies during and after physical activity. Why do we exercise? What does it do to our bodies?</p>

Phys. Ed. Block Plan 2020

Unit 3: Pickle ball

Week 10 – Week 13

11/02-11/27

Day 1: Introduction to Pickleball	Day 2: Underhand Serve
<p>Lesson Objectives: Students review how to grip the paddle. Students review how to serve the pickleball and the similarities it brings from tennis and badminton</p> <p>Fitness Components: Running Laps around playing area</p> <p>Lesson focus: Introduction to the game of Pickle ball. –Grip -Positioning and underhand ball drop for serve</p>	<p>Lesson Objectives: Students review underhand serve to a target and then over the net</p> <p>Fitness Components: Running Laps around playing area</p> <p>Lesson focus: Underhand serve -receiving serve and ready position -Hitting over the net -Basic Pickleball rules- volleys and lines -Pickleball lead up games</p>
Day 3: 4 Square Pickle ball	Day 4: Forehand Stance and Return
<p>Lesson Objectives: Students will take part in a game of 4 Square using ball and progressing to paddles</p> <p>Fitness Components: Tag Game</p> <p>Lesson focus: Using the 4-Square rules, students learn how to receive the ball over lines and then over nets in a modified pickle ball game - emphasis on ball control and ready position protecting your square as you send the ball over the line</p>	<p>Lesson Objectives: Students practice rallying with a partner using the forehand grip without a net.</p> <p>Fitness Components: Running Laps around playing area</p> <p>Lesson focus: Students practice serving to a partner and receiving using the forehand grip without a net. The lesson focus is on rallying and keeping the ball going between partners -4 Square Pickleball with and without nets</p>
Day 5: Pickleball Game Play	Day 6: Pickleball Game Play
<p>Lesson Objectives: Students review offensive skills and learn basic small-sided Pickleball activities</p> <p>Fitness Components: Fitness Testing Practice – Students must prepare for the upcoming National Fitness Testing- 800m / Sit-ups / Long Jump / Sit and Reach</p> <p>Lesson focus: The serve, rules and game play</p> <p>Health Education: Identifies foods that are beneficial before physical activities. Discuss snacks at recess and the importance of drinking water</p>	<p>Lesson Objectives: Students review offensive skills and learn basic small-sided Pickleball activities</p> <p>Fitness Components: Fitness Testing Practice – Students must prepare for the upcoming National Fitness Testing- 800m / Sit-ups / Long Jump / Sit and Reach</p> <p>Lesson focus: The serve, rules and game play</p> <p>Health Education: Identifies foods that are beneficial before physical activities. Discuss snacks at recess and the importance of drinking water</p>

Phys. Ed. Block Plan 2020

Unit 4: Soccer

Week 14 – Week 17

11/30-12/25

<p style="text-align: center;">Day 1: Dribbling and The Push Pass</p> <p>Lesson Objectives: Students will review basic ball handling techniques with and without pressure. Students practice the push pass to a target & to a partner</p> <p>Fitness Components: Sit ups test #1 – A test of abdominal strength – Students do as many sit ups for one minute while a partner counts their reps</p> <p>Lesson focus: The Push pass techniques & Trapping with feet & Dribbling review with and without pressure</p>	<p style="text-align: center;">Day 2: Passing and Shooting the Soccer Ball</p> <p>Lesson Objectives: Students learn the importance of trapping, accuracy and control during game settings. -Students are introduced to shooting at a goal without a goalie.</p> <p>Fitness Components: Running laps around the 2nd Floor focusing on breathing and pace</p> <p>Lesson focus: Using the push pass to shoot at indoor soccer goals and review of dribbling -Defensive Strategies (2 vs. 1 and 3 vs. 2)</p>
<p style="text-align: center;">Day 3: Defensive Strategies and Space Awareness</p> <p>Lesson Objectives: During soccer lead up games, students learn defensive principles in soccer and how to create space while playing the game.</p> <p>Fitness Components: Soccer Warm Up Game (High Cardio.)</p> <p>Lesson focus: Defense and Offensive Spacing -Defensive techniques and moving without the ball 6 vs. 6 Positioning</p>	<p style="text-align: center;">Day 4: Passing Under Pressure and Game Play</p> <p>Lesson Objectives: Students will review positioning and Passing Strategies</p> <p>Fitness Components: Soccer Warm Up Game (High Cardio.)</p> <p>Lesson focus: -Students practice passing on the move and how to move the ball up the field in small-sided soccer games Introduce Skill Testing circuit</p>
<p style="text-align: center;">Day 5: Game Play & Skill Testing</p> <p>Lesson Objectives: Students are assessed on basic passing (push pass) and trapping the ball with control</p> <p>Fitness Components: Balance: Measuring the student's balancing ability</p> <p>Lesson focus: Evaluation of the push pass and control receiving the ball with emphasis of the shot -Small-sided soccer games Assessment(s): 25% of Final Score</p> <p>Health Education: Works cooperatively with others. Recognizes the role of rules and etiquette in physical activity with peers. Works independently and safely in physical activity settings</p>	<p style="text-align: center;">Day 6: Game Play & Skill Testing</p> <p>Lesson Objectives: Students are assessed on basic passing (push pass) and trapping the ball with control</p> <p>Fitness Components: Balance: Measuring the student's balancing ability</p> <p>Lesson focus: Evaluation of the push pass and control receiving the ball with emphasis of the shot -Small-sided soccer games Assessment(s): 25% of Final Score</p> <p>Health Education: Works cooperatively with others. Recognizes the role of rules and etiquette in physical activity with peers. Works independently and safely in physical activity settings</p>

Phys. Ed. Block Plan 2020
Unit 5: Athletics and Testing

Week 18 – Week 21

12/28-01/20

<p style="text-align: center;">Day 1: 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): Fitness Testing 25% of Final Score- (Improvement 10% and Skill 15%)</p>	<p style="text-align: center;">Day 2: Written Test</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: Written Test</p> <p>Assessment(s): 10% of Final Score</p>
<p style="text-align: center;">Day 3: Athletics and Colours Competition</p> <p>Lesson Objectives: Students compete in a mini-Olympics representing their team colours.</p> <p>Fitness Components: High cardio activities and sports</p> <p>Lesson focus: Competition and Game Play in a safe and inclusive setting. Cheerleading and motivation play a big role in these tournaments.</p> <p>Example Activities: Closed skill drills -Lead ups and warm ups and overall championships</p>	<p style="text-align: center;">Day 4: Athletics and Colours Competition</p> <p>Lesson Objectives: Students compete in a mini-Olympics representing their team colours.</p> <p>Fitness Components: High cardio activities and sports</p> <p>Lesson focus: Competition and Game Play in a safe and inclusive setting. Cheerleading and motivation play a big role in these tournaments.</p> <p>Example Activities: Closed skill drills -Lead ups and warm ups and overall championships</p>
<p style="text-align: center;">Day 5: Advanced Game Play</p> <p>Lesson Objectives: Students will learn various lead up games to help them transition into Grade 5</p> <p>Fitness Components: running around the playing area and stretching</p> <p>Lesson focus: Specified sports introduced in Grade 5, lead up games to help skill introduction</p> <p>Health Education: Sportsmanship- how to win and lose well in sports. How to be a good teammate and what are the goals and lessons learnt through sports. What is spirit and fair play and why is it important?</p>	<p style="text-align: center;">Day 6: Advanced Game Play</p> <p>Lesson Objectives: Students will learn various lead up games to help them transition into Grade 5</p> <p>Fitness Components: running around the playing area and stretching</p> <p>Lesson focus: Specified sports introduced in Grade 5, lead up games to help skill introduction</p> <p>Health Education: Sportsmanship- how to win and lose well in sports. How to be a good teammate and what are the goals and lessons learnt through sports. What is spirit and fair play and why is it important?</p>