

# September

*All School Walk for 30 minutes*

*Warm-up plan*

## Working Together

| Units                          | Mon | Tue | Wed | Thu | Fri | Resource #     |
|--------------------------------|-----|-----|-----|-----|-----|----------------|
| <i>Introductory Activities</i> |     |     |     |     |     | <i>P 1-31</i>  |
| <i>Introductory Activities</i> |     |     |     |     |     | <i>P 1-31</i>  |
| <i>Fitness Activities</i>      |     |     |     |     |     | <i>P 33-76</i> |
| <i>Fitness Activities</i>      |     |     |     |     |     | <i>P 33-76</i> |

All lessons listed on the resource column (unless otherwise noted) came from:

Landy, Joanne and Maxwell. *Ready-To-Use P. E. Activities for Grades 5-6 (Ready-To-Use Physical Education Activities) (Paperback)*. New York: Parker Publishing Company, 1992. ISBN: 0-13-673070-1

# October

*All School Walk for 30 minutes*

# Sportmanship & Speed

| <b>Units</b>                               | <b>Mon</b> | <b>Tue</b> | <b>Wed</b> | <b>Thu</b> | <b>Fri</b> | <b>Resource #</b> |
|--|------------|------------|------------|------------|------------|-------------------|
| <i>Flag Belt Games</i>                     |            |            |            |            |            | <i>Handout</i>    |
| <i>Flag Football Skills and Activities</i> |            |            |            |            |            | <i>P 209-224</i>  |
| <i>Flag Football Skills and Activities</i> |            |            |            |            |            | <i>P 209-224</i>  |
| <i>Flag Football Skills and Games</i>      |            |            |            |            |            | <i>P 286-300</i>  |
| <i>Flag Football Skills and Games</i>      |            |            |            |            |            | <i>P 286-300</i>  |

# November

*Brain based lessons and activities that integrate PE with math, reading, etc.*

## Thinking on Your Feet

| Themes                                    | Mon | Tue | Wed | Thu | Fri | Resource #                     |
|---|-----|-----|-----|-----|-----|--------------------------------|
| <i>Low Organized Games</i>                |     |     |     |     |     | <i>P 343-364<br/>P 373-403</i> |
| <i>Relays</i>                             |     |     |     |     |     | <i>P331-342</i>                |
| <i>Team Handball:<br/>Indoor throwing</i> |     |     |     |     |     | <i>Handout</i>                 |
| <i>Team Handball:<br/>Indoor throwing</i> |     |     |     |     |     | <i>Handout</i>                 |
|   |     |     |     |     |     |                                |

# December 2005

## Dance & Rhythm

| Themes                               | Mon | Tue | Wed | Thu | Fri | Resource #                   |
|--------------------------------------|-----|-----|-----|-----|-----|------------------------------|
| <i>Rhythms<br/>Folk &amp; Square</i> |     |     |     |     |     | <i>P 77-118<br/>Handouts</i> |
| <i>Rhythms<br/>Folk &amp; Square</i> |     |     |     |     |     | <i>P 77-118<br/>Handouts</i> |
| <i>Short Ropes</i>                   |     |     |     |     |     | <i>P 190-196</i>             |
|                                      |     |     |     |     |     |                              |

# January

*Attend a UWEC Basketball Game  
or UWEC Hockey Game*

## Offense & Defense

| Themes                                | Mon | Tue | Wed | Thu | Fri | Resource #       |
|---------------------------------------|-----|-----|-----|-----|-----|------------------|
| <i>Basketball</i>                     |     |     |     |     |     | <i>P 244-267</i> |
| <i>Basketball</i>                     |     |     |     |     |     | <i>P 244-267</i> |
| <i>Scooter Play</i>                   |     |     |     |     |     | <i>P 181-185</i> |
| <i>Hockey skills &amp; activities</i> |     |     |     |     |     | <i>P 268-277</i> |
| <i>Hockey skills &amp; activities</i> |     |     |     |     |     | <i>P 268-277</i> |

# February

## Healthy Heart

| Themes                                | Mon | Tue | Wed | Thu | Fri | Resource #          |
|---------------------------------------|-----|-----|-----|-----|-----|---------------------|
| <i>Hockey Skills &amp; Activities</i> |     |     |     |     |     | <i>P 259-267</i>    |
| <i>Hockey Skills &amp; Activities</i> |     |     |     |     |     | <i>P 119</i>        |
| <i>Multi-cultural activities</i>      |     |     |     |     |     | <i>Special Text</i> |
| <i>Long Rope</i>                      |     |     |     |     |     | <i>P 197-203</i>    |
|                                       |     |     |     |     |     |                     |

# March

*Jump Rope for Heart in March*

# Tumbling & Muscle Up

| Themes                      | Mon | Tue | Wed | Thu | Fri | Resource #                |
|-----------------------------|-----|-----|-----|-----|-----|---------------------------|
| <i>Gymnastics Stations</i>  |     |     |     |     |     | <i>P 133-138, 151-164</i> |
| <i>Gymnastics Stations</i>  |     |     |     |     |     | <i>P 121-130, 140-150</i> |
| <i>Tumbling (Mats only)</i> |     |     |     |     |     | <i>P 138, 142-165</i>     |
| <i>Tumbling (Mats only)</i> |     |     |     |     |     | <i>P 138, 142-165</i>     |
|                             |     |     |     |     |     |                           |

# April

## Striking Activities & Family Fun

| Themes   | Mon   | Tue | Wed | Thu | Fri | Resource #                                      |
|--|---|-----|-----|-----|-----|---|
| <i>Scoop Play</i>                              |   |     |     |     |     | <i>P 178-180</i>                                |
| <i>Volleyball</i>                              |   |     |     |     |     | <i>P 228-243</i>                                |
| <i>Volleyball</i>                              |   |     |     |     |     | <i>P 228-243</i>                                |
| <i>Tennis/Paddles/<br/>Striking Activities</i> |   |     |     |     |     | <i>P 278-285<br/>P 290-297 in 3-4<br/>guide</i> |
|  | <i>Outdoor yard games for a Family Fun Night<br/>USTA Tennis Demo (free through YMCA Tennis Center)</i> |     |     |     |     |   |

# May

*\*National Physical Education Month*

*\*Track Meet \*ACES—All Children Exercising Simultaneously*

## Fitness

| <b>Themes</b>   | <b>Mon</b> | <b>Tue</b> | <b>Wed</b> | <b>Thu</b> | <b>Fri</b> | <b>Resource #</b>                               |
|---|------------|------------|------------|------------|------------|---|
| <i>Tennis/Paddles/<br/>Striking Activities</i>                        |            |            |            |            |            | <i>P 278-285<br/>P 290-297 in 3-4<br/>guide</i> |
| <i>Bat &amp; Ball Activi-<br/>ties: Thowing/<br/>catching/batting</i> |            |            |            |            |            | <i>P 301-314</i>                                |
| <i>Bat &amp; Ball Activi-<br/>ties: Thowing/<br/>catching/batting</i> |            |            |            |            |            | <i>P 301-314</i>                                |
| <i>Track &amp; Field</i>  |            |            |            |            |            | <i>P 315-329</i>                                |
| <i>Track &amp; Field</i>  |            |            |            |            |            | <i>P 315-329</i>                                |

# June

| Themes                        | Mon | Tue | Wed | Thu | Fri | Resource                  |
|-------------------------------|-----|-----|-----|-----|-----|---------------------------|
| <i>Large Group Activities</i> |     |     |     |     |     | <i>P 343-364, 373-364</i> |
| <i>Large Group Activities</i> |     |     |     |     |     | <i>P 343-364, 373-364</i> |
|                               |     |     |     |     |     |                           |
|                               |     |     |     |     |     |                           |
|                               |     |     |     |     |     |                           |