

September

All School Walk for 30 minutes

Warm-up plan

Working Together

Units	Mon	Tue	Wed	Thu	Fri	Resource #
<i>Introductory Activities</i>						<i>Select activities from sections 1-3; Pages 1-75</i>
<i>Introductory Activities</i>						<i>Mix activities from all three sections. Choose indoor or outdoor settings.</i>
<i>Introductory Activities</i>						<i>Repeat activities that become favorites.</i>
<i>Introductory Activities</i>						<i>Develop your own Warm-Up Routine.</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 K-2 (Ready-To-Use Physical Education Activities) (Paperback)*. New York: Parker Publishing Company, 1992. ISBN: 0-13-673054-X

October

All School Walk for 30 minutes

Sportmanship & Speed

Units	Mon	Tue	Wed	Thu	Fri	Resource #
<i>Kicking Activities</i>						<i>Handout P 209-224</i>
<i>Kicking Activities</i>						<i>Use favorite activities from Weeks 1-4 for warm up and closing</i>
<i>Hoop Play</i>						<i>P 151-157</i>
<i>Parachute Play</i>						<i>P 225-230</i>
<i>Long Rope Jumping</i>						<i>P 214-219</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>Ball familiarization & Rolling</i>						<i>P 176-181</i>
<i>Relays</i>						<i>P 250-258</i>
<i>Bean Bags</i>						<i>P 158-163</i>
<i>Scooters</i>						<i>P 231-234</i>

December 2005

Dance & Rhythm

Themes	Mon	Tue	Wed	Thu	Fri	Resource #
<i>Rhythms & Dance</i>						<i>P 77-102</i>
<i>Rhythms & Dance</i>						<i>P 77-102</i>
<i>Short Ropes</i>						<i>P 220-224</i>

January

*Attend a UWEC Basketball Game
or UWEC Hockey Game*

Offense & Defense

Themes	Mon	Tue	Wed	Thu	Fri	Resource #
<i>Ball Bouncing</i>						<i>P 189 & 191</i>
<i>Throwing & Catching</i>						<i>P 182-188</i>
<i>Wands & Scarves Station Play</i>						<i>P 168-173</i>
<i>Hockey activities</i>						<i>P 235-243</i>
<i>Hockey activities</i>						<i>P 235-243</i>

February

Healthy Heart

Themes	Mon	Tue	Wed	Thu	Fri	Resource #
<i>Multi-cultural activities</i>						<i>P 259-267</i>
<i>Multi-Cultural Activities</i>						<i>Handout</i>
<i>Short & Long Ropes</i>						<i>SpecP 220-224, 214-219</i>
<i>Gymnastics</i>						<i>P 103-147</i>

March

Jump Rope for Heart in March

Tumbling & Muscle Up

Themes	Mon	Tue	Wed	Thu	Fri	Resource #
<i>Gymnastics</i>						<i>P 103-147</i>
<i>Tumbling (Mats only)</i>						<i>P 103-107</i>
<i>Tumbling (Mats only)</i>						<i>P 103-107</i>
<i>Gymnastics & Tumbling Stations</i>						

April

Striking Activities & Family Fun

Themes	Mon	Tue	Wed	Thu	Fri	Resource #
<i>Balloon Play</i>						<i>P 174-175</i>
<i>Deck Tennis Rings</i>						<i>P 164-166</i>
<i>Paddle & Hand Play</i>						<i>P 244-258</i>
<i>Tennis Balls and Cans</i>						<i>P 207-208</i>
	<i>Outdoor yard games for a Family Fun Night</i> <i>USTA Tennis Demo (free through YMCA Tennis Center)</i>					

May

**National Physical Education Month*

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

Fitness

Themes	Mon	Tue	Wed	Thu	Fri	Resource #
<i>Bat & Ball Skills</i>						<i>P 199-206</i>
<i>Bat & Ball Skills</i>						<i>P 199-206</i>
<i>Track & Field</i>						<i>P 299-306 (Gr 3-4 Guide) P 273-279</i>
<i>Track & Field</i>						<i>P 299-306 (Gr 3-4 Guide) P 273-279</i>
<i>Special Games</i>						<i>P 250-270</i>

June

Themes	Mon	Tue	Wed	Thu	Fri	Resource
<i>Special Games</i>						<i>P 250-270</i>
<i>Teacher Choice</i>						