



## **Physical Education 1**

### **Course Summary:**

Welcome to Physical Education 1! Each week, the student will learn a new game or activity. There will be games and activities that may be played inside, while others will be better suited for outdoor play. The games and activities in this course are grouped in thematic units. In each lesson, the student will find a brief description of that week's game. Each week a new game will be added, but the previous lessons' games will still be listed for the student to see. In addition to the activities described in the lessons, students will also have the option of participating in yoga or an individual or team sport.

### **Course Outline**

#### **1. Get Up and Move**

1. Introduction to Physical Education 1
  - Learn about the three different options that Connections Academy students have to fulfill their Physical Education requirement
2. Ping-Pong Pass
  - Demonstrate motor skills needed for throwing and catching
  - Refine hand-eye coordination through process of throwing and catching
3. Limbo Lights
  - Play a limbo game without using a limbo stick
  - Demonstrate flexibility and balance through movement
4. Push-ups
  - Demonstrate how to do a basic push-up
  - Demonstrate how to do different variations of push-ups
  - Identify the different parts of the body that the different push-up variations target
5. Side Straddle Hop
  - Demonstrate how to do a side straddle hop or jumping jack
6. Musical Hoops
  - Demonstrate how to correctly use a hula hoop
  - Use a hula hoop as part of exercises to strengthen the oblique muscles
  - Perform a dance
7. Plyometrics
  - Define plyometrics
  - Participate in plyometric exercises
  - Demonstrate forward, sideways, backward (slow), and side-to-side movement
8. Marsupial Mania
  - Demonstrate locomotor patterns of jumping
  - Practice jumping distances

#### **2. Making Healthy Choices**

1. Nutrition: USDA's MyPlate

- Identify the five food groups that make up USDA's MyPlate
  - Name specific foods and what food group they belong to
2. Nutrition: Choosing Healthy Food
    - Identify foods from the different food groups
    - Create a menu for a healthy, balanced dinner
  3. Exercise
    - Define exercise
    - Explain the benefits of exercise on the heart and lungs
    - Measure the effects of exercise on the pulse rate
    - Identify where the brain is located
  4. Self-Management
    - Use self-management skills to control emotions
    - Distinguish between walking, jogging, running, galloping, leaping, skipping, and sliding
  5. Personal Hygiene
    - Define personal hygiene and explain why it is important to overall health
    - Describe the proper hand washing technique

### **3. Make Your Own Fun**

1. Make Your Own Kite
  - Construct and fly two kites out of household materials
  - Demonstrate motor skills needed to fly a kite
  - Identify water safety rules
  - Recognize the job and importance of a lifeguard
  - Demonstrate basic water skills
2. Make Your Own Plisbee
  - Demonstrate manipulative skills used to throw and catch
  - Improve hand-eye coordination through throwing and catching accurately
  - Describe rules for road safety
3. Make Your Own Catcher's Cup
  - Demonstrate accurate hand-eye coordination and spatial relationships to be able to catch a ball on a string

### **4. Games from Around the World**

1. Brinca (Spain)
  - Demonstrate balance and coordination through a series of hops, steps, and jumps
2. Chenco (Southeast Native American tribes)
  - Demonstrate motor skills needed for throwing
  - Utilize hand-eye coordination and depth perception to participate in an activity from Native American culture
3. Japanese Horseshoes (Japan)
  - Demonstrate accurate throwing techniques to knock over a target
  - Improve throwing accuracy through practice
4. Lamé Hen (China)
  - Demonstrate motor skills needed to hop on one foot
  - Balance on one leg long enough to pick up items from the ground
  - Demonstrate appropriate use of personal and general space
5. Lompat Tali (Indonesia)
  - Demonstrate locomotor skills necessary to jump rope
  - Participate in fundamental movements such as jumping and hopping
6. Down, Down, Down (Australia)
  - Demonstrate proficiency in throwing and catching a ball

- Utilize depth perception to be able to catch a ball

## **5. Show Your Strength**

1. Bowling for Bottles
  - Demonstrate hand-eye coordination necessary to knock over a target with a ball
2. Give Yourself a Hand
  - Improve balance and coordination
  - Use motor skills necessary to jump from one space to another
3. Soaring Slippers
  - Demonstrate motor skills needed to throw accurately at a target
  - Utilize hand-eye coordination necessary for throwing
4. Ping Pong Pockets
  - Demonstrate throwing accuracy by hitting a specific target
5. Sponge Toss
  - Demonstrate ability to throw and catch
  - Be able to throw objects into a specific container