

Physical Education Yearly Plan

Week of:	K	1	2	3	4	5
Sept 7-10 Sept 6 No school	Management Routines and Basic Movement and Physical Best, “Getting to Know you” and “Pass Back and Walk Forward”					
National Standards	Standards 1 4 & 5					
Integration Areas:	Reading and writing					
Assessments	TPSR Self-assessment w/Personal Fitness Book & TPSR teacher assessment & activity worksheet and ODE PE Evaluation					
Sept 13-17 Profess day Sept.15	Locomotor Skills & Add “Em Up for the Team” Walking activity			Fundamentals in using Pedometers & “Add ‘Em Up for the Team” walking activity		
National Standards	Standards 1 4 & 5			Standards 1, 4 & 5		
Integration Areas:	Reading, writing, and math			Reading, writing, and math		
Assessments	TPSR Self-assessment w/Personal Fitness Book, TPSR teacher assessment, & activity worksheet and ODE PE Evaluation			TPSR Self-assessment w/Personal Fitness Book, TPSR teacher assessment, & activity worksheet and ODE PE Evaluation		

Sept 20-24	Locomotor Skills & Physical Best “Grab Bag”	Invasion Games, Lacrosse “Gripping, Throwing and Catching” & Physical Best “Taking your heart rate” for warm-ups
National Standards	Standards 1, 2, 4 & 5	Standards 1, 2, 4 & 5
Integration Areas:	Reading and writing	Reading, writing, and math
Assessments	TPSR Self-assessment w/Personal Fitness Book, TPSR teacher assessment, and ODE PE Evaluation	TPSR Self-assessment w/Personal Fitness Book, & TPSR teacher assessment and ODE PE Evaluation
Sept 27-Oct 1, Early release Sept 27	Locomotor Skills & Physical Best “Benefit Pick-up”	Invasion Games, Lacrosse: “Cradling and Pick-ups” & Physical Best “Aerobic Flip Card File”
National Standards	Standards 1, 2, 4 & 5	Standards 1, 2, 4 & 5
Integration Areas:	Reading and writing	Reading and writing
Assessments	TPSR Self-assessment w/Personal Fitness Book & TPSR teacher assessment and ODE PE Evaluation	TPSR Self-assessment w/Personal Fitness Book & TPSR teacher assessment and ODE PE Evaluation
Oct 4-8 Interim week/open house	Locomotor Skills & Physical Best “Artist, Clay, Model”	Invasion Games, Lacrosse: “Marking and Dodging” & Physical Best “Jump to It”
National Standards	Standards 1, 2, 4 & 5	Standards 1, 2, 4 & 5
Integration Areas:	Reading and writing	Reading and writing

Assessments	TPSR Self-assessment w/Personal Fitness Book & TPSR teacher assessment and ODE PE Evaluation	TPSR Self-assessment w/Personal Fitness Book & TPSR teacher assessment and ODE PE Evaluation
Oct 11-14 no school Oct 15	Locomotor Skills & Physical Best “Full Speed Ahead”	Invasion Games, Lacrosse: “Tournament” & Physical Best “Time Card Contract”
National Standards	Standards 1, 2, 4 & 5	Standards 1, 2, 4 & 5
Integration Areas:	Reading and writing	Reading and writing
Assessments	TPSR Self-assessment w/Personal Fitness Book & TPSR teacher assessment	TPSR Self-assessment w/Personal Fitness Book, TPSR teacher assessment, & Peer/teacher assessment on lacrosse skills
Oct 18-22	Physical Best: Health and Nutrition, Body Work Tag/ Pacer Test	Physical Fitness, Full Speed Ahead & Getting Started: Practice Pacer Test and Modified Pull-ups
National Standards	Standards 2, 3 4 & 5	Standards 1, 3, 4 & 5
Integration Areas:	Reading, writing, and math	Reading, writing, and math
Assessments	TPSR Self-assessment w/Personal Fitness Book & TPSR teacher assessment and ODE PE Evaluation	TPSR Self-assessment w/Personal Fitness Book & TPSR teacher assessment and ODE PE Evaluation
Oct 25-29	Physical Best: Muscular Strength and Endurance: “Mix It Up”	Practice Fitness Testing: Curl-up, Trunk Lift, Sit and Reach, and Shoulder Stretch.
National Standards	Standards 2, 3, 4 & 5	Standards 1, 3, 4 & 5
Integration Areas:	Reading and writing	Reading, writing, and math
Assessments	TPSR Self-assessment w/Personal Fitness Book	TPSR Self-assessment w/Personal Fitness Book

	& TPSR teacher assessment and ODE PE Evaluation	& TPSR teacher assessment and ODE PE Evaluation
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Nov 1-5 End of 1st grading period	Manipulative Skills, Ball Handling & Awareness & Physical Best “Talk to the Animals”	Invasion Games, Team Handball: “Court/team organization and passing” & Physical Best: “Healthy Heart Tag”
National Standards	Standards 1, 2 ,4& 5	Standards 1, 2, 4 & 5
Integration Areas:	Reading and writing	Reading and writing
Assessments	TPSR Self-assessment w/Personal Fitness Book & TPSR teacher assessment and ODE PE Evaluation	TPSR Self-assessment w/Personal Fitness Book & TPSR teacher assessment and ODE PE Evaluation
Nov 8-12 Nov 10 Professional Day	Manipulative Skills, Ball Handling & Awareness & Physical Best: “Seek Your Peak”	Invasion Games, Team Handball: “Passing and Moving in a 3v3 game & Physical Best: “On Your Way”
National Standards	Standards 1, 2, 4 & 5	Standards 1, 2 , 4& 5
Integration Areas:	Reading and writing	Reading and writing
Assessments	TPSR Self-assessment w/Personal Fitness Book & TPSR teacher assessment and ODE PE Evaluation	TPSR Self-assessment w/Personal Fitness Book & TPSR teacher assessment and ODE PE Evaluation

Nov 15-18 No school Nov 19 parent conf.	Manipulative Skills, Ball Handling & Awareness & Physical Best: “Move and Shape”	Invasion Games, Team Handball: “Passing and Moving in a 3v3 game” & Physical Best: “High Five”
National Standards	Standards 1, 2, 4 & 5	Standards 1, 2, 4 & 5
Integration Areas:	Reading and writing	Reading, writing, and math
Assessments	TPSR Self-assessment w/Personal Fitness Book & TPSR teacher assessment and ODE PE Evaluation	TPSR Self-assessment w/Personal Fitness Book & TPSR teacher assessment and ODE PE Evaluation
Nov 22-24 No school 25 & 26 Activity Homework	Manipulative Skills, Ball Handling & Awareness & Physical Best: “Fitness Fun and Games”	Invasion Games, Team Handball: “Passing and moving forward in a 3v3 game” & Physical Best: “Push-up and Curl-up fun”
National Standards	Standards 1, 2, 4 & 5	Standards 1, 2, 4 & 5
Integration Areas:	Reading and writing	Reading, writing, and math
Assessments	TPSR Self-assessment w/Personal Fitness Book & TPSR teacher assessment and ODE PE Evaluation	TPSR Self-assessment w/Personal Fitness Book & TPSR teacher assessment and ODE PE Evaluation
Nov 29-Dec 3	Cooperative Activities, Muscular Strength and Endurance: Basic Scooter and Partner Scooter	Invasion Games, Team Handball: “Passing and moving forward in a 6v6 game” & Physical Best:

	Activities	“Balancing the Body”
National Standards	Standards 2, 4 & 5	Standards 1, 2, 4 & 5
Integration Areas:	Reading and writing	Reading and writing
Assessments	TPSR Self-assessment w/Personal Fitness Book &TPSR teacher assessment and ODE PE Evaluation	TPSR Self-assessment w/Personal Fitness Book, TPSR teacher assessment, & Peer/teacher assessment on Team Handball skills and ODE PE Evaluation
Dec 6-10 Interim week, Dec 6 early release	Physical Best: Pacer Test	Physical Best Full Speed Ahead & Getting Started: Pacer Test and Modified Pull-ups
National Standards	Standards 2, 3, 4 & 5	Standards 1, 3, 4 & 5
Integration Areas:	Reading, writing, and math	Reading, writing, and math
Assessments	TPSR Self-assessment w/Personal Fitness Book & TPSR teacher assessment and ODE PE Evaluation	TPSR Self-assessment w/Personal Fitness Book & TPSR teacher assessment and ODE PE Evaluation
Dec 13-17 Activity Homework	Cooperative activities: Parachute games	Physical Best Testing: Curl-up, Trunk Lift, Sit and Reach, and Shoulder Stretch.
National Standards	Standards 2, 3, 4 & 5	Standards 1, 3, 4 & 5
Integration Areas:	Reading and writing	Reading, writing, and math
Assessments	TPSR Self-assessment w/Personal Fitness Book	TPSR Self-assessment w/Personal Fitness Book

	& TPSR teacher assessment and ODE PE Evaluation	& TPSR teacher assessment and ODE PE Evaluation
Dec 18- Jan 2	Holiday Break	

Jan 3-7	Physical Fitness: Health and Nutrition, Body Work Tag & Walking activity "Walking Bingo"	
National Standards	Standards 2, 4 & 5	
Integration Areas:	Reading, writing, and math	
Assessments	TPSR Self-assessment w/Personal Fitness Book & TPSR teacher assessment and ODE PE Evaluation	
Jan 10-14	Manipulative Skills, Net & Wall Games & Physical Best: "Red Light, Green Light"	Net & Wall Games: Pickle Ball & Physical Best: "Warm-up and Cool Down"
National Standards	Standards 1, 2 , 4& 5	Standards 1, 2, 4 & 5
Integration Areas:	Reading and writing	Reading, writing, and math
Assessments	TPSR Self-assessment w/Personal Fitness Book & TPSR teacher assessment and ODE PE	TPSR Self-assessment w/Personal Fitness Book & TPSR teacher assessment and ODE PE

	Evaluation	Evaluation
Jan 18-21 No school Jan 17 & end of 2nd Grading period	Manipulative Skills, Net & Wall Games & Physical Best: “Locomotion”	Net & Wall Games: Pickle Ball & Physical Best: “Flexibility Flash Cards”
National Standards	Standards 1, 2, 4 & 5	Standards 1, 2, 4 & 5
Integration Areas:	Reading and writing	Reading and writing
Assessments	TPSR Self-assessment w/Personal Fitness Book & TPSR teacher assessment and ODE PE Evaluation	TPSR Self-assessment w/Personal Fitness Book & TPSR teacher assessment and ODE PE Evaluation

Jan 24-28 Profess Day Jan 26	Manipulative Skills, Net & Wall Games & Physical Best: “Off the Wall”	Net & Wall Games: Pickle Ball & Physical Best: “Flexibility for Health”
National Standards	Standards 1, 2, 4 & 5	Standards 1, 2, 4 & 5
Integration Areas:	Reading and writing	Reading and writing
Assessments	TPSR Self-assessment w/Personal Fitness Book & TPSR teacher assessment and ODE PE Evaluation	TPSR Self-assessment w/Personal Fitness Book & TPSR teacher assessment and ODE PE Evaluation
Jan 31 – Feb 4	Manipulative Skills, Net & Wall Games & Physical Best: “Aerobic Exploration”	Net & Wall Games: Pickle Ball & Physical Best: “Flexibility Flip Card File”
National Standards	Standards 1, 2, 4 & 5	Standards 1, 2, 4 & 5
Integration Areas:	Reading and writing	Reading, writing, and math
Assessments	TPSR Self-assessment w/Personal Fitness Book & TPSR teacher assessment and ODE PE Evaluation	TPSR Self-assessment w/Personal Fitness Book, TPSR teacher assessment, & Peer/teacher assessment on Pickle Ball skills and ODE PE Evaluation
Feb 7-11	Physical Best: Pacer Test	Physical Best, Full Speed Ahead & Getting Started: Pacer Test and Modified Pull-ups
National Standards	Standards 2, 3, 4 & 5	Standards 2, 3, 4 & 5
Integration Areas:	Reading, writing, and math	Reading, writing, and math

Assessments	TPSR Self-assessment w/Personal Fitness Book & TPSR teacher assessment and ODE PE Evaluation	TPSR Self-assessment w/Personal Fitness Book & TPSR teacher assessment and ODE PE Evaluation
Feb 14-18	Physical Best: Cooperative activities: “Getting Started” & “Parachute Activities”	Physical Best Testing: Curl-up, Trunk Lift, Sit and Reach, and Shoulder Stretch.
National Standards	Standards 2, 3, 4 & 5	Standards 2, 3, 4 & 5
Integration Areas:	Reading, writing, and math	Reading, writing, and math
Assessments	TPSR Self-assessment w/Personal Fitness Book & TPSR teacher assessment and ODE PE Evaluation	TPSR Self-assessment w/Personal Fitness Book & TPSR teacher assessment and ODE PE Evaluation
Feb 22-25 No School Feb 21 Interim Week	Manipulative Skills, & Physical Best: ”Flexibility on Stage”	Invasion Games: Flag Rugby & Physical Best: “Good Stretch Workout”
National Standards	Standards 1, 2 & 5	Standards 1, 2 & 5
Integration Areas:	Reading and writing	Reading and writing
Assessments	TPSR Self-assessment w/Personal Fitness Book & TPSR teacher assessment and ODE PE Evaluation	TPSR Self-assessment w/Personal Fitness Book & TPSR teacher assessment and ODE PE Evaluation
Feb 28 -Mar 4, Early release Feb 28	Manipulative Skills, & Physical Best: “Commercial Stretch Break”	Invasion Games: Flag Rugby & Physical Best: “Hold That Stretch”
National Standards	Standards 1, 2 , 4& 5	Standards 1, 2, 4 & 5

Integration Areas:	Reading and writing	Reading, writing, and math
Assessments	TPSR Self-assessment w/Personal Fitness Book & TPSR teacher assessment and ODE PE Evaluation	TPSR Self-assessment w/Personal Fitness Book & TPSR teacher assessment and ODE PE Evaluation
Mar 7-11, achieve test	Manipulative Skills, & Physical Best: “Safety Stretch”	Invasion Games: Flag Rugby & Physical Best: “Flex-a-Flavor Cards”
National Standards	Standards 1, 2, 4 & 5	Standards 1, 2, 4 & 5
Integration Areas:	Reading and writing	Reading and writing
Assessments	TPSR Self-assessment w/Personal Fitness Book & TPSR teacher assessment and ODE PE Evaluation	TPSR Self-assessment w/Personal Fitness Book & TPSR teacher assessment and ODE PE Evaluation
Mar 14-18 Prof Test	Manipulative Skills, & Physical Best: “At Least 10 Alligators”	Invasion Games: Flag Rugby & Physical Best: “Squad Follow”
National Standards	Standards 1, 2, 4 & 5	Standards 1, 2, 4 & 5
Integration Areas:	Reading, writing, and math	Reading and writing
Assessments	TPSR Self-assessment w/Personal Fitness Book & TPSR teacher assessment and ODE PE Evaluation	TPSR Self-assessment w/Personal Fitness Book, TPSR teacher assessment, & Peer/teacher assessment on Rugby skills and ODE PE Evaluation
Mar 21-24 End of 3rd grading period, No School	Manipulative Skills, & Physical Best: “Muscle Galaxy”	Physical Best: “Watching Out”, “On Your Way”

Mar 25		
National Standards	Standards 1, 2, 4 & 5	Standards 1, 2, 4 & 5
Integration Areas:	Reading and writing	Reading and writing
Assessments	TPSR Self-assessment w/Personal Fitness Book & TPSR teacher assessment and ODE PE Evaluation	TPSR Self-assessment w/Personal Fitness Book & TPSR teacher assessment and ODE PE Evaluation
Mar 25- April 3	Spring Break	
Apr 4-8	Physical Fitness: Circuit Fitness stations/Walking activity, “Discover Your School Worksheet”	
National Standards	Standards 2 , 4& 5	
Integration Areas:	Reading, writing, and math	
Assessments	TPSR Self-assessment w/Personal Fitness Book & TPSR teacher assessment and ODE PE Evaluation	
Apr 11-15	Physical Fitness: Circuit Fitness stations/Walking activity, Treasure Hunt Worksheet”	
National Standards	Standards 2, 4 & 5	
Integration Areas:	Reading, writing, and math	
Assessments	TPSR Self-assessment w/Personal Fitness Book & TPSR teacher assessment and ODE PE Evaluation	
Apr 18-22	Physical Best: Pacer Test	Physical Best, Full Speed Ahead & Getting Started: Pacer Test and Modified Pull-ups

National Standards	Standards 2, 3, 4 & 5	Standards 2, 3, 4 & 5
Integration Areas:	Reading, writing, and math	Reading, writing, and math
Assessments	TPSR Self-assessment w/Personal Fitness Book & TPSR teacher assessment and ODE PE Evaluation	TPSR Self-assessment w/Personal Fitness Book & TPSR teacher assessment and ODE PE Evaluation

Apr 25-29 No school Apr 27, Profess Day	Physical Best: “Warm-up and Cool Down” & Cooperative activities: “Parachute Activities”	Physical Best Testing: Curl-up, Trunk Lift, Sit and Reach, and Shoulder Stretch.
National Standards	Standards 2, 3, 4 & 5	Standards 2, 3, 4 & 5
Integration Areas:	Reading, writing, and math	Reading, writing, and math
Assessments	TPSR Self-assessment w/Personal Fitness Book & TPSR teacher assessment and ODE PE Evaluation	TPSR Self-assessment w/Personal Fitness Book & TPSR teacher assessment and ODE PE Evaluation
May 2-6 Interim Week	Outdoor Adventure Education: Mapping & Physical Best: “My Body”	Outdoor Adventure Education: Pedometer/ Orienteering/ Mapping & Physical Best: “Balancing the Body”
National Standards	Standards 1, 2, 4 & 5	Standards 1, 2, 4 & 5
Integration Areas:	Reading, writing, and geography	Reading, writing, and geography
Assessments	TPSR Self-assessment w/Personal Fitness Book & TPSR teacher assessment and ODE PE Evaluation	TPSR Self-assessment w/Personal Fitness Book & TPSR teacher assessment and ODE PE Evaluation
May 9-13	Outdoor Adventure Education: Mapping/Picture find & Physical Best: “A Balancing Act”	Outdoor Adventure Education: Pedometer/ Orienteering/ Mapping & Physical Best: “Maintaining Balance”
National Standards	Standards 1, 2, 4 & 5	Standards 1, 2, 4 & 5
Integration Areas:	Reading, writing, and geography	Reading, writing, and geography
Assessments	TPSR Self-assessment w/Personal Fitness Book	TPSR Self-assessment w/Personal Fitness Book

	& TPSR teacher assessment and ODE PE Evaluation	& TPSR teacher assessment and ODE PE Evaluation
May 16-20	Outdoor Adventure Education: Mapping /Scavenger Hunt & Physical Best: “Moderate to Vigorous Fun”	Outdoor Adventure Education: Pedometer/ Orienteering/ Mapping & Physical Best: “Ease on Down the Road”
National Standards	Standards 1, 2, 4 & 5	Standards 1, 2, 4 & 5
Integration Areas:	Reading, writing, and geography	Reading, writing, and geography
Assessments	TPSR Self-assessment w/Personal Fitness Book &TPSR teacher assessment and ODE PE Evaluation	TPSR Self-assessment w/Personal Fitness Book, TPSR teacher assessment, & Peer/teacher assessment on Orienteering skills and ODE PE Evaluation
May 23-27, Early Release May 23	Physical Fitness: Circuit Fitness stations/Walking activity, “Card Walk worksheet” & Physical Best: “Nutrient Tag”	
National Standards	Standards 2 , 4 & 5	
Integration Areas:	Reading, writing, and math	
Assessments	TPSR Self-assessment w/Personal Fitness Book & TPSR teacher assessment and ODE PE Evaluation	
May 31- June 3	Physical Fitness: Circuit Fitness stations/Walking activity, “Catch your Partner Worksheet” & Physical Best: “Pyramid Power”	
National Standards	Standards 2, 4 & 5	

Integration Areas:	Reading, writing, and math
Assessments	TPSR Self-assessment w/Personal Fitness Book & TPSR teacher assessment and ODE PE Evaluation
June 6-9	Year End Wrap Up