

# Bath Elementary School

## Physical Education Overview

### 2<sup>nd</sup> – 5<sup>th</sup> Grade

Standards:

[Michigan Grade Level Content Expectations for 2<sup>nd</sup> Grade Physical Education](#)

[Michigan Grade Level Content Expectations for 3<sup>rd</sup> Grade Physical Education](#)

[Michigan Grade Level Content Expectations for 4<sup>th</sup> Grade Physical Education](#)

[Michigan Grade Level Content Expectations for 5<sup>th</sup> Grade Physical Education](#)

#### Topics Covered

Semester 1	Semester 2
Soccer Air Force Football Basketball Floor Hockey Physical Conditioning	Volleyball Floor Hockey Bowling Mileage Club Kickball/Racquet Sports Outdoor Games

#### Focus Skills and Concepts

- Understand soccer, football, basketball, hockey, volleyball and bowling terminology.
- Know the basic rules of soccer, football, basketball, hockey, volleyball and bowling.
- Kick a soccer ball with proper form.
- Throw and catch a football with proper form.
- Dribble basketball with proper form.
- Demonstrate how to properly hold and use a hockey stick safely.
- Take a resting and active heart rate accurately.
- Demonstrate proper push-up, squat, and running form.
- Bump, set, and dig with a volleyball with proper form.
- Use proper form when throwing a bowling ball.
- Use proper form while walking and running.
- Understand the benefits of participating in mileage club.
- Use proper kicking form when playing kickball.
- Play safely while participating in different outdoor games.
- Demonstrate proper racquet form while playing different racquet sports.

Essential questions students can answer at the end of the course:

- What does great sportsmanship look like?
- What does team work look like?
- How do the skills in physical education apply outside of school?

Prerequisite skills critical for success:

- Large motor skill coordination
- Positive attitude
- Good listening skills

Major Projects

- Mileage Club
- Jump Rope for Heart
- Dodge Ball Tournament

Assessments:

Jump Roping

Push-Ups

Sit-Ups

Squats

Mile Run/Walk