Bath Elementary School
Physical Education Overview
2\textsuperscript{nd} – 5\textsuperscript{th} Grade

Standards:
Michigan Grade Level Content Expectations for 2\textsuperscript{nd} Grade Physical Education
Michigan Grade Level Content Expectations for 3\textsuperscript{rd} Grade Physical Education
Michigan Grade Level Content Expectations for 4\textsuperscript{th} Grade Physical Education
Michigan Grade Level Content Expectations for 5\textsuperscript{th} Grade Physical Education

Topics Covered

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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