

Columbine Elementary  
Physical Education  
Year Plan 2007-2008

FIRST TRIMESTER

WEEK #	KINDERGARTEN	GRADES 1/2	GRADE 3/4	GRADE, STANDARD, BENCHMARK
1	Gym Orientation	ORIENTATION/ PLAYGROUND	OREINTATION/ PLAYGROUND	1:4-13, 3:4-12
2	Colors	RULE/ SUBSTITUTE GAMES	RULE/ SUBSTITUTE GAMES	K:1-5, 2:4-14, 3:1-9
3	ABC	COOPERATIVE GAMES	COOPERATIVE GAMES	K:1-5, 1:4-13, 2:4-14, 4:4-15
4	Animal ABC	SPATIAL/ LEVELS	TENNIS	K:1-5, 1:1-10, 2:1-10
5	Animal ABC/ Pathways	PATHWAYS/ RELATIONSHIPS	TENNIS GAMES	K:2-14/16
6	Numbers	DIRECTIONS/SHAPES	SOCCER LEAD UP GAMES	K:2-16, 2:1-1
7	Space	LOCOMOTOR SKILLS	FITNESS STATIONS	K:1-101:2-11, 2:2-11
8	Locomotor	COMBINATION SKILLS	FALL PHYSICAL FITNESS TESTING/ STATIONS	K:1-9, 4:4-16
9	Locomotor	FITNESS STATIONS	EDUCATIONAL GAMES (INCLUDE F.I.T.T.)	K:1-1, 1:3-12, 2:3-12, 4:2-12, 4:3-13
10	Locomotor	JUMPING AND LANDING/ JL STATIONS	JUMPING AND LANDING/ JL STATIONS	K:1-1, 1:1-1, 2:1-10, 4:1-4

SECOND TRIMESTER

WEEK #	KINDERGARTEN	GRADES 1-2	GRADE 3/4	GRADE, STANDARD, BENCHMARK
11	Jumping and Landing	JUMP WITH HOOPS AND HOOP GAMES	JUMP ROPE/ CHIENESE JR	K:1-1, 1:1-1, 4:1-3
12	JR with hoops	JUMP ROPE	LONG ROPE/ JUMP STICK	2:1-10, 3:1-1
13	Chinese JR with HR	CLIMBING STATIONS	CLIMBING	3:1-4
14	Kick	BOUNCE/CATCH ACTIVITIES	4 SQUARE	Recess skill
15	Kick against the wall	4 SQUARE	4 SQUARE	K:1-7, Recess skill,
16	Rolling games	UNDERHAND ROLLING	BOWLING	K:1-8, Lifetime skill
17	Rolling games	BOWLING	BOWLING	Lifetime skill
18	Intro to throwing	TOSS CATCH	COOPERATIVE GAMES	1:1-7, 2:1-7, 3:4-12,
19	Underhand throwing games	INTRO TO JUGGLING	JUGGLING	3:4-13
20	Overhand throwing games	REVIEW LOCOMOTOR SKILLS	FLEXIBILITY STATIONS	2:1-4
21	Over/under/through	CARDIOVASCULAR FITNESS/PACER	CARDIOVASCULAR FITNESS/PACER	K:1-15,1:2-11, 2:3-12, 3:2-10
22	Over/under/through	MUSCLE STRENGTH	STRENGTH AND ENDURANCE	1:3-12, 2:2-11, 3:3-11

THIRD TRIMESTER

WEEK #	KINDERGARTEN	GRADES 1-2	GRADE 3	GRADE, STANDARD, BENCHMARK
23		WEIGHT TRANSFER	BASIC GYMNASTICS	1:1-4, 2:1-4, 3:1-4, 3:3-11
24		GYMNASTICS STATIONS	GYMNASTIC PROGRAMS	1:1-4, 2:1-4, 3:1-4, 3:3-11, 4:1-10
25		SCOOTER GAMES	SCOOTER GAMES	Fun games
26		BASKETBALL STATIONS	BASKETBALL SKILLS/GAMES	3:1-8
27		SCOOPS	SCOOPS	3:1-9,
28		STRIKING WITH IMPLEMENTS	SPRING FITNESS	
29	Ball Movement	STRIKING WITH HANDS	SPRING FITNESS	K:1-6
30	Ball toss/catch	REVIEW THROW AND CATCH	VOLLEYBALL SKILLS	K:1-6, 1:1-6
31		MODIFIED VOLLEYBALL	INTRO TO TEEBALL/BASEBALL	4:1-9
32		RUNNING/CHASING/FLEEING	TEEBALL/BASEBALL GAMES	2:2-11,
33		PADDLES	KICKBALL	2:1-10
34		KICKBALL	KICKBALL	Recess and summer skill
35		FREE WEEK	FREE WEEK	Memory recall