

	PE Year Long Plan					
	Kindergarten	1st	2nd	3rd	4th	5th
August	Establish rules and guidelines. Basic Games and Ice Breakers to learn names and each other.	Establish rules and guidelines. Basic Games and Ice Breakers to learn names and each other.	Establish rules and guidelines. Basic Games and Ice Breakers to learn names and each other.	Establish rules and guidelines. Basic Games and Ice Breakers to learn names and each other.	Establish rules and guidelines. Basic Games and Ice Breakers to learn names and each other.	Establish rules and guidelines. Basic Games and Ice Breakers to learn names and each other.
September	Skills Assesment ~ using full movement and hand/eye coordination.	Skills Assesment ~ using full movement and hand/eye coordination.	Skills Assesment ~ using full movement and hand/eye coordination.	Basic Exercise Moves~ Form, Degree, Options Track Work	Basic Exercise Moves~ Form, Degree, Options Track Work	Basic Exercise Moves~ Form, Degree, Options Track Work
October	Following Directions from Coach and Classmates ~Follow the Leader, Simon Says, Parachute Listening.	Following Directions from Coach and Classmates ~Follow the Leader, Simon Says, Parachute Listening.	Following Directions from Coach and Classmates ~Follow the Leader, Simon Says, Parachute Listening.	Second Level Exercise Moves~Adding weight or opposition.	Second Level Exercise Moves~Adding weight or opposition.	Second Level Exercise Moves~Adding weight or opposition.
November	Exercise Movements~ Basic Moves such as push ups, situps and squats.	Exercise Movements~ Basic Moves such as push ups, situps and squats.	Exercise Movements~ Basic Moves such as push ups, situps and squats.	Team Sports~Basketball, Football, Volleyball, Kickball, Etc.	Team Sports~Basketball, Football, Volleyball, Kickball, Etc.	Team Sports~Basketball, Football, Volleyball, Kickball, Etc.
December	Touch on healthy choices and fun games to do over break.	Touch on healthy choices and fun games to do over break.	Touch on healthy choices and fun games to do over break.	Touch on healthy choices and fun games to do over break.	Touch on healthy choices and fun games to do over break.	Touch on healthy choices and fun games to do over break.
January	Reestablish Rules and Guidelines Basic Games	Reestablish Rules and Guidelines Basic Games	Reestablish Rules and Guidelines Basic Games	Reestablish Rules and Guidelines Basic Games Continue with Basic Moves	Reestablish Rules and Guidelines Basic Games Continue with Basic Moves	Reestablish Rules and Guidelines Basic Games Continue with Basic Moves
February	Team Building Games	Team Building Games	Team Building Games	Basic/Second Level Moves Team Building Games	Basic/Second Level Moves Team Building Games	Basic/Second Level Moves Team Building Games
March	Revisit Healthy Choices Revisit Basic Exercise	Revisit Healthy Choices Revisit Basic Exercise	Revisit Healthy Choices Revisit Basic Exercise	Revisit Healthy Choices In vs Out	Revisit Healthy Choices In vs Out	Revisit Healthy Choices In vs Out
April	Team Sports~Basketball, Volleyball, Football, Kickball	Team Sports~Basketball, Volleyball, Football, Kickball	Team Sports~Basketball, Volleyball, Football, Kickball	Team Sports~Basketball, Football, Volleyball, Kickball, Etc.	Team Sports~Basketball, Football, Volleyball, Kickball, Etc.	Team Sports~Basketball, Football, Volleyball, Kickball, Etc.
May	Summer Games	Summer Games	Summer Games	Summer Games	Summer Games	Summer Games
				**3rd, 4th and 5th will be doing track work when weather permits to get up to a timed One Mile run.		
				We will do a timed run in September and then work will be done throughout the year and final timed run will be done in May.		