

|                  |   |  | <b>PE Year Long Plan</b>   |  |  |  |
|------------------|---|--|--|--|--|--|
|                  | <b>General</b>  | <b>Dance</b>   | <b>Competitive</b>   |  |  |  |
| <b>August</b>    | Establish rules and guidelines.<br>Basic Games and Ice Breakers to learn names and each other.                      | Establish rules and guidelines.<br>Basic Games and Ice Breakers to learn names and each other.                       | Establish rules and expectations.<br>Basic Games and Ice Breakers to learn names and each other.                     |  |  |  |
| <b>September</b> | Basic Exercise Moves~<br>Form, Degree, Options<br>Track Work  | Yoga/Stretch Warm Ups<br>Look at different types of<br>Dance and Try them.   | Work on Form of Movements<br>Track Work~Timed 1 Mile<br>and 2 Mile   |  |  |  |
| <b>October</b>   | Second Level Exercise<br>Moves~Adding weight or<br>opposition.  | Yoga/Stretch Warmups<br>Zumba Workouts   | Strength and Conditioning<br>Form Work<br>Track Work   |  |  |  |
| <b>November</b>  | Team Sports~Basketball,<br>Football, Volleyball, Kickball,<br>Etc.  | Yoga/Stretch Warmups<br>Step Workouts  | Agility Training<br>Form Work<br>Track Work  |  |  |  |
| <b>December</b>  | Touch on healthy choices<br>and fun games to do over<br>break.  | Yoga/Stretch Warmups<br>Zumba Workouts<br>Start Discussing Dance<br>Routines   | Team Sports~Basketball,<br>Volleyball, Football  |  |  |  |
| <b>January</b>   | Reestablish Rules and<br>Guidelines<br>Basic Games<br>Continue with Basic Moves                                     | Reestablish Rules and<br>Guidelines<br>Dance Party<br>Continue with Basic Moves                                      | Reestablish Rules and<br>Expectations<br>Assesment Testing~Vertical,<br>Sprints, Min. Situps/Push<br>Ups, Broad Jump |  |  |  |
| <b>February</b>  | Basic/Second Level Moves<br>Team Building Games   | Yoga/Stretch Warmups<br>Short Workouts<br>Dance Routine  | Strength and Conditioning<br>Form Work<br>Track Work   |  |  |  |
| <b>March</b>     | Revisit Healthy Choices<br>In vs Out  | Yoga/Stretch Warmups<br>Short Workouts<br>Dance Routine  | Agility Training<br>Form Work<br>Track Work  |  |  |  |
| <b>April</b>     | Team Sports~Basketball,<br>Football, Volleyball, Kickball,<br>Etc.  | Yoga/Stretch Warmups<br>Short Workouts<br>Dance Routine  | Team Sports~Basketball,<br>Volleyball, Football  |  |  |  |
| <b>May</b>       | Summer Games  | Yoga/Stretch Warmups<br>Dance Routine Practice<br>Talent Show Performance  | ReTest Assesments<br>Timed 1 Mile and 2 Mile   |  |  |  |
|                  | **In General PE we will also<br>be creating our own games<br>and using those games with<br>the 3rd/4th/5th Graders. | **Talent show performance<br>is not mandatory but highly<br>appreciated. We had a ton of<br>fun last year with this. |  |  |  |  |