

Appendix G

Recess

Grade 1

September- Rules, Procedures, Cooperative Learning Games

Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance and recreational activities.

2.2 Physical Wellness

2.2.2.MSC.6:

2.2.2.MSC.7

2.2.2.PF.1

2.2.2.PF.3:

2.2.2.PF.4:

Games/Activities:

Cookie Jar

Builders and Bulldozers

Over/Under Relay

October- Locomotion, Parachute

Teamwork consists of effective communication and other interactions between team members.

2.2 Physical Wellness

2.2.5.MSC.2

2.2.5.MSC.5

Games/Activities

Musical Hoops

I See Game

Relay Races

Flag Tag

November- Soccer

Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance and recreational activities.

2.2 Physical Wellness

2.2.5.MSC.3

2.2.5.MSC.

Games/Activities

Dribble Tag

Steal It! Dribbling Race

Mad Scramble

December- Throwing/catching

Knowing and applying a variety of effective fitness principles over time enhances personal fitness level, performance and health status.

2.2 Physical Wellness

Motor Skills and Concepts

2.2.2.MSC.1

2.2.2.MSC.3

2.2.2.MSC.5

Games/Activities

Asteroid

Bucket Ball

Catch 5

Circle Ball

January- Noodles/Bowling

Practicing appropriate and safe behaviors while participating in and viewing games, sports and other competitive events contributes to enjoyment of the event.

2.2 Physical Wellness

Physical Fitness

2.2.2.PF.1

2.2.2.PF.2

Games/Activities

Noodle Tag

Noodle Hockey

Noodle Duel

February Jumping and Scooters

Understanding of fundamental concepts related to effective execution of actions provided the foundation for participation in games, sports, dance and recreational activities.

2.2 Physical Wellness

2.2.5.MSC.5

2.2.5.LF.2

Games/Activities

Horse and Buggy Relay

Great Chariot Scooter Race

Rob the Cookie Jar

March- Dance

Understanding of fundamental concepts related to effective execution of actions provides the foundation in games, sports, dance, and recreational activities.

2.2 Physical Wellness

2.2.5.LF.2

2.2.8.N.1:

2.2.8.N.2:

2.2.8.N.3

Games/Activities

Just Dance Video

Follow the Leader

Cross Over

April- Physical Fitness

Appropriate types and amounts of Physical Activity Enhance Personal Health

2.2 Physical Wellness

2.2.2.PF.1

2.2.2.PF.3

2.2.2.LF.2

Games/Activities

Circle Tag

Cross The Line

Hoop Tag

May -Striking

Understanding of fundamental Concepts related to effective execution of actions provides the foundation for participation in games, sports, dance and recreational activities.

2.2 Physical Wellness

2.2.2.LF.1

2.2.2.LF.4:

2.2.2.MSC.6:

2.2.2.MSC.7:

Games/Activities

Racquetball

Keep It Up

Sheep Dogs

June- Cooperative Learning Games

Teamwork consists of effective communication and other interactions between team members

2.2 Physical Wellness

2.2.2.LF.1

2.2.2.LF.4:

2.2.2.MSC.6:

2.2.2.MSC.7:

Activities/Games

Shoot and Score

Frogs Across the

Pond High Five Tag

Grade 2

September- Rules, procedures and cooperative learning

Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance, and recreational activities.

2.2 Physical Wellness

2.2.2.MSC.6:

2.2.2.MSC.7

2.2.2.PF.1

2.2.2.PF.3:

2.2.2.PF.4:

Games/Activities

Over/Under

Kickball Guts

Catch 5

October- Soccer

Teamwork consists of effective communication and other interactions between team members

2.2 Physical Wellness

2.2.5.MSC.2

2.2.5.MSC.5

Games/Activities

Dribble Tag

Soccer Goalie

Pin Soccer

November -Dodging, fleeing, locomotion

Practicing appropriate and safe behaviors while participating in and viewing games, sports, and other competitive events contributes to enjoyment of the event.

2.2 Physical Wellness

2.2.5.MSC.3

2.2.5.MSC.

Games/Activities

Frozen Bridge Tag

Snatch The Flag

Toss/Catch Tag

December- Basketball

Teamwork consists of effective communication and other interactions between team members.

2.2 Physical Wellness

Motor Skills and Concepts

2.2.2.MSC.1

2.2.2.MSC.3

2.2.2.MSC.5

Games/Activities

Horse
Out
Spot Shot

January- Volleyball

Teamwork consists of effective communication and other interactions between team members

2.2 Physical Wellness

Physical Fitness

2.2.2.PF.1

2.2.2.PF.2

Games/Activities

Scrambled Eggs
Upside Down Dribbling
Volley hoops

February-Noodles and Bowling

Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance, and recreational activities.

2.2 Physical Wellness

2.2.5.MSC.5

2.2.5.LF.2

Games/Activitie

s Noodle Hockey
Noodle Tag
Noodle Toss and Catch

March-Dance

Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance, and recreational activities.

2.2 Physical Wellness

2.2.5.LF.2

2.2.8.N.1:

2.2.8.N.2:

2.2.8.N.3

Games/Activities

Alley
Cat
Bouncer
Conga

April-Physical Fitness

Appropriate types and amounts of physical activity enhance personal health.

2.2 Physical Wellness

2.2.2.PF.1

2.2.2.PF.3

2.2.2.LF.2

Games/Activities

Guard the Cookie Jar
Go for Gold
Cross the Line

May- Kickball, Striking

Practicing appropriate and safe behaviors while participating in and viewing games, sports, and other competitive events to enjoyment of the event.

2.2 Physical Wellness

2.2.2.LF.1

2.2.2.LF.4:

2.2.2.MSC.6:

2.2.2.MSC.7:

Games/Activities

3vs3 Kickball
Straddleball
Squirrels and
Acorns

June- Cooperative Learning Games

Teamwork consists of effective communication and other interactions between team members.

2.2 Physical Wellness

2.2.2.LF.1

2.2.2.LF.4:

2.2.2.MSC.6:

2.2.2.MSC.7:

Games/

Activities Musical
Hoops Shark Tank
Team Juggle

Grade 3

September- Rules, procedures and cooperative learning

Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance and recreational activities

2.2 Physical Wellness

2.2.2.MSC.6:

2.2.2.MSC.7

2.2.2.PF.1

2.2.2.PF.3:

2.2.2.PF.4:

Games/Activitis

Capture the Flag

Prison Ball

Team Touchdown

October - Soccer

Offensive, defensive and cooperative strategies are applied in most games, sports and other activity situations

2.2 Physical Wellness

2.2.5.MSC.2

2.2.5.MSC.5

Games/Activities

Pin Soccer

Soccer Golf

Mad Scramble

November- Pillow Polo

Understanding of fundamental concepts related to effective execution of actions provides foundation for participation in games, sports, dance and recreational activities

2.2 Physical Wellness

2.2.5.MSC.3

2.2.5.MSC.

Games/Activities

Four Square

Knock Down

Noodle Hockey

December- Basketball

Practicing appropriate and safe behaviors while participating in and viewing games, sports and other competitive events contributes to enjoyment of the event

2.2 Physical Wellness

Motor Skills and Concepts

2.2.2.MSC.1

2.2.2.MSC.3

2.2.2.MSC.5

Games/Activities

Around The World

Knock Out

3vs3 games

January- Volleyball

Offensive, defensive, and cooperative strategies are applied in most games, sports and other activity situations.

2.2 Physical Wellness

Physical Fitness

2.2.2.PF.1

2.2.2.PF.2

Games/Activities

Nuke em

4 Square Volleyball

LifeSaver Volley

February- Noodles and Bowling

Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance and recreational activities

2.2 Physical Wellness

2.2.5.MSC.5

2.2.5.LF.2

Games/Activities

Javelin Throw and Catch

Noodle Partner Toss, Catch and Balance

Noodle Partner Tag

March- Dance

Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance, and recreational activities

2.2 Physical Wellness

2.2.5.LF.2

2.2.8.N.1

2.2.8.N.2

2.2.8.N.3

Games/Activities

Hawaiian Roller Coaster
Mexican Hat Dance
Tarantella

April- Physical Fitness

Each component of fitness contributes to personal health as well as motor performance

2.2 Physical Wellness

2.2.2.PF.1

2.2.2.PF.3

2.2.2.LF.2

Games/Activities

Motion Pictures Steal
the Flag Skillastics

May- Handball

Offensive, defensive, and cooperative strategies are applied in most games, sports and other activity situations.

2.2 Physical Wellness

2.2.2.LF.1

2.2.2.LF.4:

2.2.2.MSC.6:

2.2.2.MSC.7:

Games/Activities

Wall Ball
Keep Away
Scooter handball

June- Games

Practicing appropriate and safe behaviors while participating in and viewing games, sports and other competitive events contributes to enjoyment of the event.

2.2 Physical Wellness

2.2.2.LF.1

2.2.2.LF.4:

2.2.2.MSC.6:

2.2.2.MSC.7:

Games/Activities

Prison Ball Pass

and Duck Chef
Soup

Grade 4

September- Football

Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance, and recreational activities.

2.5 Motor Skills Development

- A. Motor Skills and Concepts 2.5.4.A.1 ,2.5.4.A.2
- B. Strategy 2.5.4.B.1, 2.5.4.B.2
- C. Sportsmanship, Rules, and Safety 2.5.4.C.1, 2.5.4.C.2

Games/Activities:

Sink the ship
Steal the football
Catching elimination

October- Soccer

Offensive, defensive, and cooperative strategies are applied in most games, sports, and other activity situations.

2.5 Motor Skills Development

- A. Motor Skills and Concepts 2.5.4.A.1 ,2.5.4.A.2
- B. Strategy 2.5.4.B.1, 2.5.4.B.2
- C. Sportsmanship, Rules, and Safety 2.5.4.C.1

Games/Activities:

Crab Soccer
Dribble Tag
Passing keep away

November-Basketball

Practicing appropriate and safe behaviors while participating in and viewing games, sports and other competitive events contributes to enjoyment of the event.

2.5 Motor Skills Development

- A. Motor Skills and Concepts 2.5.4.A.1 ,2.5.4.A.2
- B. Strategy 2.5.4.B.1, 2.5.4.B.2
- C. Sportsmanship, Rules, and Safety 2.5.4.C.1,

Games/Activities:

P.I.G.
Freezeamania
Respect

December-Basketball

Practicing appropriate and safe behaviors while participating in and viewing games, sports and other competitive events contributes to enjoyment of the event.

2.5 Motor Skills Development

- A. Motor Skills and Concepts 2.5.4.A.1
,2.5.4.A.2
- B. Strategy 2.5.4.B.1, 2.5.4.B.2
- C. Sportsmanship, Rules, and Safety 2.5.4.C.1,

Games/Activities:

Card sharks basketball
Tic-tac-toe
Shoot the Garbage

January-Hockey

Offensive, defensive, and cooperative strategies are applied in most games, sports and other activity situations.

2.5 Motor Skills Development

- A. Motor Skills and Concepts 2.5.4.A.1
,2.5.4.A.2
- B. Strategy 2.5.4.B.1, 2.5.4.B.2
- C. Sportsmanship, Rules, and Safety 2.5.4.C.1,

Games/Activities:

Crab hockey
Hockey stick handling
Sailors and sharks

February-Badminton

Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance and recreational activities.

2.5 Motor Skills Development

- A. Motor Skills and Concepts
,2.5.4.A.2
- B. Strategy 2.5.4.B.1,
2.5.4.B.2
- C. Sportsmanship, Rules, and Safety 2.5.4.C.1, 2.5.4.C.2

Games/Activities:

Inside outside
The changing walls, ceiling, and floor space game
The nest striking activity

March-Ultimate Frisbee

Practicing appropriate and safe behaviors while participating in and viewing games, sports and other competitive events contributes to enjoyment of the event.

2.5 Motor Skills Development

- A. Motor Skills and Concepts
,2.5.4.A.2 B. Strategy 2.5.4.B.1,
2.5.4.B.2
- C. Sportsmanship, Rules, and Safety 2.5.4.C.1, 2.5.4.C.2

Games/Activities:

Throwing and catching game
Frisbee take down
Ring fling

April-Physical Fitness

Each component of fitness contributes to personal health as well as motor skill performance.

2.6 Fitness

- A. 2.6.6.A.2
- B. 2.6.6.A.3
- C. 2.6.6.A.4
- D. 2.6.6.A.5
- E. 2.6.6.A.6
- F. 2.6.6.A.7

Games/Activities:

Banana tag
Follow the leader fitness
Corner tag

May-Wiffle Ball and KickBall

Offensive, defensive, and cooperative strategies are applied in most games, sports and other activity situations.

2.5 Motor Skills Development

- A. Motor Skills and Concepts 2.5.4.A.1
,2.5.4.A.2 B. Strategy 2.5.4.B.1, 2.5.4.B.2
- C. Sportsmanship, Rules, and Safety 2.5.4.C.1,

Games/Activities

: Home run
tee-derby Matt
kickball
All ball kickball

June-Soccer

Offensive, defensive, and cooperative strategies are applied in most games, sports and other activity situations.

2.5 Motor Skills Development

- A. Motor Skills and Concepts 2.5.4.A.1 ,2.5.4.A.2

- B. Strategy 2.5.4.B.1, 2.5.4.B.2
- C. Sportsmanship, Rules, and Safety 2.5.4.C.1,

Games/Activities:

Soccer noodle tag
Sharks and minnows soccer style Soccer pinball
wizard

Grade 5

September- Football

Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance, and recreational activities.

2.5 Motor Skills Development

- A. Motor Skills and Concepts 2.5.6.A.1 ,2.5.6.A.2
- B. Strategy 2.5.6.B.1, 2.5.6.B.2
- C. Sportsmanship, Rules, and Safety 2.5.6.C.1, 2.5.6.C.2

Games/Activities:

Invade and conquer football
Birthday party game
Ocean rescue

October- Handball

Knowing and applying a variety of effective fitness principles over time enhances personal fitness level, performance, and health status.

2.5 Motor Skills Development

- A. Motor Skills and Concepts 2.5.6.A.1
- B. Strategy 2.5.6.B.1, 2.5.6.B.2
- C. Sportsmanship, Rules, and Safety 2.5.6.C.1

2.6 Fitness

- A. 2.6.6.A.2

Games/Activities:

Tuk Ball
Ultimate handball
Speed ball

November-Basketball

Practicing appropriate and safe behaviors while participating in and viewing games, sports and other competitive events contributes to enjoyment of the event.

2.5 Motor Skills Development

- A. Motor Skills and Concepts 2.5.6.A.1 ,2.5.6.A.2

- B. Strategy 2.5.6.B.1, 2.5.6.B.2
- C. Sportsmanship, Rules, and Safety 2.5.6.C.1,

2.6 Fitness

- A. 2.6.6.A.2

Games/Activities:

Dribble challenge
Team shot
Poly spot shots

December-Fitness

Knowing and applying a variety of effective fitness principles over time enhances personal fitness level, performance, and health status.

2.5 Motor Skills Development

- A. Motor Skills and Concepts 2.5.6.A.1
,2.5.6.A.2
- B. Strategy 2.5.6.B.1, 2.5.6.B.2
- C. Sportsmanship, Rules, and Safety 2.5.6.C.1,

2.6 Fitness

- A. 2.6.6.A.2
- B. 2.6.6.A.3
- C. 2.6.6.A.4
- D. 2.6.6.A.5
- E. 2.6.6.A.6
- F. 2.6.6.A.7

Games/Activities:

Fitness superhero tag
Fitness chutes and ladders
Courtesy flag tag

January-Bowling

Practicing appropriate and safe behaviors while participating in and viewing games, sports, and other competitive events contributes to enjoyment of the event.

2.5 Motor Skills Development

- A. Motor Skills and Concepts 2.5.6.A.1
,2.5.6.A.2
- B. Strategy 2.5.6.B.3, 2.5.6.B.2
- C. Sportsmanship, Rules, and Safety 2.5.6.C.1,

2.6 Fitness

- A. 2.6.6.A.2

Games/Activities:

Fitness bowling
Castle crushers bowling style
Hockey Bowl

February-Badminton

Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance and recreational activities.

2.5 Motor Skills Development

- A. Motor Skills and Concepts
,2.5.6.A.2 B. Strategy 2.5.6.B.1,
2.5.6.B.2
- C. Sportsmanship, Rules, and Safety 2.5.6.C.1, 2.5.6.C.2

2.6 Fitness

- A. 2.6.6.A.2

Games/Activities:

Miniature Badminton golf
Snatch and strike
Keep the birdie

March-volleyball

There is a relationship between applying effective tactical strategies and achieving individual and team goals when competing in games, sports, and other activity situations.

2.5 Motor Skills Development

- A. Motor Skills and Concepts
,2.5.6.A.2 B. Strategy 2.5.6.B.1,
2.5.6.B.2
- C. Sportsmanship, Rules, and Safety 2.5.6.C.1, 2.5.6.C.2

2.6 Fitness

- A. 2.6.6.A.2

Games/Activities:

Keep it up streak
Volleyball frenzy
Volleyball four square

April-Physical Fitness

Each component of fitness contributes to personal health as well as motor skill performance.

2.5 Motor Skills Development

- A. Fitness and Physical Activity 2.6.6.A.1, 2.6.6.A.2, 2.6.6.A.3, 2.6.6.A.4,

2.6 Fitness

- A. 2.6.6.A.1
- B. 2.6.6.A.3
- C. 2.6.6.A.4
- D. 2.6.6.A.5
- E. 2.6.6.A.6
- F. 2.6.6.A.7

Games/Activities:

Fitness kickball
Fitness bottle flip
Hula hoop planking

May-Wiffle Ball and KickBall

Offensive, defensive, and cooperative strategies are applied in most games, sports and other activity situations.

2.5 Motor Skills Development

- A. Motor Skills and Concepts 2.5.6.A.1, 2.5.6.A.2
- B. Strategy 2.5.6.B.1, 2.5.6.B.2
- C. Sportsmanship, Rules, and Safety 2.5.6.C.1, 2.6.6.A.1

2.6 Fitness

- A. 2.6.6.A.2

Games/Activities:

Cricket wiffle ball
Alaskan kickball
Hit choice ball

June-Soccer

Offensive, defensive, and cooperative strategies are applied in most games, sports and other activity situations.

2.5 Motor Skills Development

- A. Motor Skills and Concepts 2.5.6.A.1, 2.5.6.A.2
- B. Strategy 2.5.6.B.1, 2.5.6.B.2
- C. Sportsmanship, Rules, and Safety 2.5.6.C.1,

2.6 Fitness

- A. 2.6.6.A.2

Games/Activities:

Obstacle soccer
Staying alive
Soccer pinball wizard

Grade 6

September- Football

Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance, and recreational activities.

2.5 Motor Skills Development

- A. Motor Skills and Concepts 2.5.6.A.1, 2.5.6.A.2
- B. Strategy 2.5.6.B.1, 2.5.6.B.2
- C. Sportsmanship, Rules, and Safety 2.5.6.C.1, 2.5.6.C.2

Games/Activities:

Xtream football
Positions and patterns
Razzle dazzle football

October- Soccer

Practicing appropriate and safe behaviors while participating in and viewing games, sports, and other competitive events contributes to enjoyment of the event.

2.5 Motor Skills Development

- A. Motor Skills and Concepts 2.5.6.A.1
- B. Strategy 2.5.6.B.1, 2.5.6.B.2
- C. Sportsmanship, Rules, and Safety 2.5.6.C.1

2.6 Fitness

- A. 2.6.6.A.2

Games/Activities:

Pin soccer
Soccer baseball
Thread the needle

November-Basketball

Practicing appropriate and safe behaviors while participating in and viewing games, sports and other competitive events contributes to enjoyment of the event.

2.5 Motor Skills Development

- A. Motor Skills and Concepts 2.5.6.A.1, 2.5.6.A.2
- B. Strategy 2.5.6.B.1, 2.5.6.B.2
- C. Sportsmanship, Rules, and Safety 2.5.6.C.1,

2.6 Fitness

- A. 2.6.6.A.2

Games/Activities:

Knockout
Dribble knockout

Dribble team steals

December-Fitness

Knowing and applying a variety of effective fitness principles over time enhances personal fitness level, performance, and health status.

2.5 Motor Skills Development

- A. Motor Skills and Concepts 2.5.6.A.1, 2.5.6.A.2
- B. Strategy 2.5.6.B.1, 2.5.6.B.2
- C. Sportsmanship, Rules, and Safety 2.5.6.C.1,

2.6 Fitness

- A. 2.6.6.A.2
- B. 2.6.6.A.3
- C. 2.6.6.A.4
- D. 2.6.6.A.5
- E. 2.6.6.A.6
- F. 2.6.6.A.7

Games/Activities

: Step aerobics
Fitness foursquare
Fitness Uno

January-Bowling

Practicing appropriate and safe behaviors while participating in and viewing games, sports, and other competitive events contributes to enjoyment of the event.

2.5 Motor Skills Development

- A. Motor Skills and Concepts 2.5.6.A.1, 2.5.6.A.2
- B. Strategy 2.5.6.B.3, 2.5.6.B.2
- C. Sportsmanship, Rules, and Safety 2.5.6.C.1,

2.6 Fitness

- A. 2.6.6.A.2

Games/Activities:

1 pin
Progressive bowling
The spare game

February-Badminton

Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance and recreational activities.

2.5 Motor Skills Development

- A. Motor Skills and Concepts 2.5.6.A.1, 2.5.6.A.2
- B. Strategy 2.5.6.B.1, 2.5.6.B.2

C. Sportsmanship, Rules, and Safety 2.5.6.C.1, 2.5.6.C.2

2.6 Fitness

A. 2.6.6.A.2

Games/Activities:

Badminton
Baseball
Four square badminton
Volley badminton

March-volleyball

There is a relationship between applying effective tactical strategies and achieving individual and team goals when competing in games, sports, and other activity situations.

2.5 Motor Skills Development

- A. Motor Skills and Concepts
,2.5.6.A.2
- B. Strategy 2.5.6.B.1,
2.5.6.B.2
- C. Sportsmanship, Rules, and Safety 2.5.6.C.1, 2.5.6.C.2

2.6 Fitness

A. 2.6.6.A.2

Games/Activities:

Nuke ball
Beach Ball volleyball
Four Square beach volleyball

April-Physical Fitness

Each component of fitness contributes to personal health as well as motor skill performance.

2.5 Motor Skills Development

- A. Fitness and Physical Activity 2.6.6.A.2,

2.6 Fitness

- A. 2.6.6.A.1
- B. 2.6.6.A.3
- C. 2.6.6.A.4
- D. 2.6.6.A.5
- E. 2.6.6.A.6
- F. 2.6.6.A.7

Games/Activities:

Two by two fitness
Scooter bring back
Obstacles on wheels

May-Wiffle Ball and KickBall

Offensive, defensive, and cooperative strategies are applied in most games, sports and other activity situations.

2.5 Motor Skills Development

- A. Motor Skills and Concepts 2.5.6.A.1, 2.5.6.A.2
- B. Strategy 2.5.6.B.1, 2.5.6.B.2
- C. Sportsmanship, Rules, and Safety 2.5.6.C.1, 2.6.6.A.1

2.6 Fitness

- A. 2.6.6.A.2

Games/Activities:

Mat ball

Racket wiffle ball

Strike and hit

June-Soccer

Offensive, defensive, and cooperative strategies are applied in most games, sports and other activity situations.

2.5 Motor Skills Development

- A. Motor Skills and Concepts 2.5.6.A.1, 2.5.6.A.2
- B. Strategy 2.5.6.B.1, 2.5.6.B.2
- C. Sportsmanship, Rules, and Safety 2.5.6.C.1,

2.6 Fitness

- A. 2.6.6.A.2

Games/Activities:

Target practice soccer

Four goals soccer

Line shift soccer

Grade 7

September- Football

Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance, and recreational activities.

2.5 Motor Skills Development

- A. Motor Skills and Concepts 2.5.8.A.1, 2.5.8.A.2
- B. Strategy 2.5.8.B.1, 2.5.8.B.2
- C. Sportsmanship, Rules, and Safety 2.5.8.C.1, 2.5.8.C.2

Games/Activities

: Touch rugby
Ultimate football
Pass for points

October- Soccer

Practicing appropriate and safe behaviors while participating in and viewing games, sports, and other competitive events contributes to enjoyment of the event.

2.5 Motor Skills Development

- A. Motor Skills and Concepts 2.5.8.A.1
- B. Strategy 2.5.8.B.1, 2.5.8.B.2
- C. Sportsmanship, Rules, and Safety 2.5.8.C.1

2.6 Fitness

- A. 2.6.8.A.2

Games/Activities:

Sideline Soccer
JK Soccer
Crab Soccer

November-Basketball

Practicing appropriate and safe behaviors while participating in and viewing games, sports and other competitive events contributes to enjoyment of the event.

2.5 Motor Skills Development

- A. Motor Skills and Concepts 2.5.8.A.1, 2.5.8.A.2
- B. Strategy 2.5.8.B.1, 2.5.8.B.2
- C. Sportsmanship, Rules, and Safety 2.5.8.C.1,

2.6 Fitness

- A. 2.6.8.A.2

Games/Activities:

Card Sharks
Dribble tag

Around the world

December-Fitness

Knowing and applying a variety of effective fitness principles over time enhances personal fitness level, performance, and health status.

2.5 Motor Skills Development

- A. Motor Skills and Concepts 2.5.8.A.1, 2.5.8.A.2
- B. Strategy 2.5.8.B.1, 2.5.8.B.2
- C. Sportsmanship, Rules, and Safety 2.5.8.C.1,

2.6 Fitness

- A. 2.6.8.A.2
- B. 2.6.8.A.3
- C. 2.6.8.A.4
- D. 2.6.8.A.5
- E. 2.6.8.A.6
- F. 2.6.8.A.7

Games/Activities:

Fitness dice
Bottle Flip
Fitness
Pushing through the maze

January-Hockey

Practicing appropriate and safe behaviors while participating in and viewing games, sports, and other competitive events contributes to enjoyment of the event.

2.5 Motor Skills Development

- A. Motor Skills and Concepts 2.5.8.A.1, 2.5.8.A.2
- B. Strategy 2.5.8.B.3, 2.5.8.B.2
- C. Sportsmanship, Rules, and Safety 2.5.8.C.1,

2.6 Fitness

- A. 2.6.8.A.2

Games/Activities

: Sideline hockey
Floor ball hockey
Jail break hockey

February-Pickleball

Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance and recreational activities.

2.5 Motor Skills Development

- A. Motor Skills and Concepts 2.5.8.A.1, 2.5.8.A.2
- B. Strategy 2.5.8.B.1, 2.5.8.B.2

C. Sportsmanship, Rules, and Safety 2.5.8.C.1, 2.5.8.C.2

2.6 Fitness

A. 2.6.8.A.2

Games/Activities:

Round Robin
Four square pickleball
Pickleball tournament

March-Ultimate Frisbee

There is a relationship between applying effective tactical strategies and achieving individual and team goals when competing in games, sports, and other activity situations.

2.5 Motor Skills Development

A. Motor Skills and Concepts
,2.5.8.A.2 B. Strategy 2.5.8.B.1,
2.5.8.B.2
C. Sportsmanship, Rules, and Safety 2.5.8.C.1, 2.5.8.C.2

2.6 Fitness

A. 2.6.8.A.2

Games/Activities:

Ultimate Frisbee
Can jam
Target practice

April-Dance

Each component of fitness contributes to personal health as well as motor skill performance.

2.5 Motor Skills Development

A. Fitness and Physical Activity 2.6.8.A.2,

2.6 Fitness

A. 2.6.8.A.1
B. 2.6.8.A.3
C. 2.6.8.A.4
D. 2.6.8.A.5
E. 2.6.8.A.6
F. 2.6.8.A.7

Games/Activities:

Line Dances
Square Dancing
Sport dance creation

May-Wiffle Ball and KickBall

Offensive, defensive, and cooperative strategies are applied in most games, sports and other activity situations.

2.5 Motor Skills Development

- A. Motor Skills and Concepts 2.5.8.A.1, 2.5.8.A.2
- B. Strategy 2.5.8.B.1, 2.5.8.B.2
- C. Sportsmanship, Rules, and Safety 2.5.8.C.1, 2.6.8.A.1

2.6 Fitness

- A. 2.6.8.A.2

Games/Activities:

Cricket wiffle ball
Alaskan kickball
Hit choice ball

June-Football

Offensive, defensive, and cooperative strategies are applied in most games, sports and other activity situations.

2.5 Motor Skills Development

- A. Motor Skills and Concepts 2.5.8.A.1, 2.5.8.A.2
- B. Strategy 2.5.8.B.1, 2.5.8.B.2
- C. Sportsmanship, Rules, and Safety 2.5.8.C.1,

2.6 Fitness

- A. 2.6.8.A.2

Games/Activities

: Capture the
football Flag
Football
Touch Football

Grade 8

September- Football

Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance, and recreational activities.

2.5 Motor Skills Development

- A. Motor Skills and Concepts 2.5.8.A.1, 2.5.8.A.2
- B. Strategy 2.5.8.B.1, 2.5.8.B.2
- C. Sportsmanship, Rules, and Safety 2.5.8.C.1, 2.5.8.C.2

Games/Activities

: Capture the
football Flag
Football
Touch Football

October- Handball

Practicing appropriate and safe behaviors while participating in and viewing games, sports, and other competitive events contributes to enjoyment of the event.

2.5 Motor Skills Development

- A. Motor Skills and Concepts 2.5.8.A.1
- B. Strategy 2.5.8.B.1, 2.5.8.B.2
- C. Sportsmanship, Rules, and Safety 2.5.8.C.1

2.6 Fitness

- A. 2.6.8.A.2

Games/Activities:

Tuk Ball
Ultimate handball
Speed ball

November-Basketball

Practicing appropriate and safe behaviors while participating in and viewing games, sports and other competitive events contributes to enjoyment of the event.

2.5 Motor Skills Development

- A. Motor Skills and Concepts 2.5.8.A.1, 2.5.8.A.2
- B. Strategy 2.5.8.B.1, 2.5.8.B.2
- C. Sportsmanship, Rules, and Safety 2.5.8.C.1,

2.6 Fitness

- A. 2.6.8.A.2

Games/Activities:

Knockout
Dribble knockout

Make it take it

December-Fitness

Knowing and applying a variety of effective fitness principles over time enhances personal fitness level, performance, and health status.

2.5 Motor Skills Development

- A. Motor Skills and Concepts 2.5.8.A.1, 2.5.8.A.2
- B. Strategy 2.5.8.B.1, 2.5.8.B.2
- C. Sportsmanship, Rules, and Safety 2.5.8.C.1,

2.6 Fitness

- A. 2.6.8.A.2
- B. 2.6.8.A.3
- C. 2.6.8.A.4
- D. 2.6.8.A.5
- E. 2.6.8.A.6
- F. 2.6.8.A.7

Games/Activities

: Fitness bowling
Fitness uno
Fitness foursquare

January- Hockey

Practicing appropriate and safe behaviors while participating in and viewing games, sports, and other competitive events contributes to enjoyment of the event.

2.5 Motor Skills Development

- A. Motor Skills and Concepts 2.5.8.A.1, 2.5.8.A.2
- B. Strategy 2.5.8.B.3, 2.5.8.B.2
- C. Sportsmanship, Rules, and Safety 2.5.8.C.1,

2.6 Fitness

- A. 2.6.8.A.2

Games/Activities

: Four goal hockey
Foosball hockey
Pillow polo

February-Pickleball

Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance and recreational activities.

2.5 Motor Skills Development

- A. Motor Skills and Concepts 2.5.8.A.2
- B. Strategy 2.5.8.B.1, 2.5.8.B.2

C. Sportsmanship, Rules, and Safety 2.5.8.C.1, 2.5.8.C.2

2.6 Fitness

A. 2.6.8.A.2

Games/Activities:

Round robin elimination

Four square pickleball

Pickleball tournament

March-volleyball

There is a relationship between applying effective tactical strategies and achieving individual and team goals when competing in games, sports, and other activity situations.

2.5 Motor Skills Development

A. Motor Skills and Concepts

,2.5.8.A.2 B. Strategy 2.5.8.B.1,

2.5.8.B.2

C. Sportsmanship, Rules, and Safety 2.5.8.C.1, 2.5.8.C.2

2.6 Fitness

A. 2.6.8.A.2

Games/Activities:

Nuke ball

Beach Ball volleyball

Four Square beach volleyball

April-Physical Fitness

Each component of fitness contributes to personal health as well as motor skill performance.

2.5 Motor Skills Development

A. Fitness and Physical Activity 2.6.8.A.2,

2.6 Fitness

A. 2.6.8.A.1

B. 2.6.8.A.3

C. 2.6.8.A.4

D. 2.6.8.A.5

E. 2.6.8.A.6

F. 2.6.8.A.7

Games/Activities:

Two by two fitness

Scooter bring back

Obstacles on wheels

May-Wiffle Ball and KickBall

Offensive, defensive, and cooperative strategies are applied in most games, sports and other activity situations.

2.5 Motor Skills Development

- A. Motor Skills and Concepts 2.5.8.A.1, 2.5.8.A.2
- B. Strategy 2.5.8.B.1, 2.5.8.B.2
- C. Sportsmanship, Rules, and Safety 2.5.8.C.1, 2.6.8.A.1

2.6 Fitness

- A. 2.6.8.A.2

Games/Activities:

Fitness kickball
Mat Ball
Racket wiffle ball

June-Soccer

Offensive, defensive, and cooperative strategies are applied in most games, sports and other activity situations.

2.5 Motor Skills Development

- A. Motor Skills and Concepts 2.5.8.A.1, 2.5.8.A.2
- B. Strategy 2.5.8.B.1, 2.5.8.B.2
- C. Sportsmanship, Rules, and Safety 2.5.8.C.1,

2.6 Fitness

- A. 2.6.8.A.2

Games/Activities:

Sideline Soccer
JK Soccer
Four goal soccer