



Curriculum Mapping Project

Elementary



ACTIVE HOME PHYSICAL EDUCATION LESSONS: ELEMENTARY GRADES

5 Day Rotation	Day 1	Day 2	Day 3	Day 4	Day 5
Concept of Focus	I will learn and perform jump rope endurance rhymes.	I will demonstrate cooperation & positive communication while creating a dance.	I will follow the rules and have fun with my friends and family.	I will demonstrate cooperation with family members in order to master difficult challenges.	I will perform exercises with perfect form and at a safe speed.
Academic Language for Today	ENDURANCE The ability or strength to continue or last. Stamina.	FITNESS The degree to which a person is able to meet the physical, intellectual, and emotional demands for everyday living.	ROUTINE A set sequence of steps.	SUCCESS The accomplishment of a goal or purpose.	SAFE Protected from danger or risk.
Instant Activity	Ahh, Umm, Err	Ahh, Umm, Err	Ahh, Umm, Err	Ahh, Umm, Err	Ahh, Umm, Err
OPEN Home Activity	Jump Rope Rhymes	Dance Party	Fitness Uno	Parachute Pass	Deck of Fitness
Daily Fitness Activity	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar
Assessment(s)	Physical Activity Log	Physical Activity Log	Physical Activity Log	Physical Activity Log	Physical Activity Log

SHAPE America Grade-level Outcomes Focus

Standard 3 [E2.K-5] Actively participates in physical education class (K); Actively engages in physical education class (1); Actively engages in physical education class in response to instruction & practice (2); Engages in the activities of physical education class without teacher prompting (3); Actively engages in the activities of physical education class, both teacher-directed & independent (4); Actively engages in all the activities (5).

Standard 5 [E1.K-2] Recognizes that physical activity is important for good health (K); Identifies physical activity as a component of good health (1); Recognizes the value of "good health balance" (2); Discusses the relationship between physical activity and good health (3); Examines the health benefits of participating in physical activity (4); Compares the health benefits of participating in selected physical activities (5).

Ahh, Umm, Err

Created by: Jim DeLine

STUDENT TARGETS

- **Fitness:** I will articulate the relationship between food choices and personal health.
- **Personal & Social Responsibility:** I will follow the rules of the physical education learning environment.

TEACHING CUES

- Stay Active
- Act Responsibly

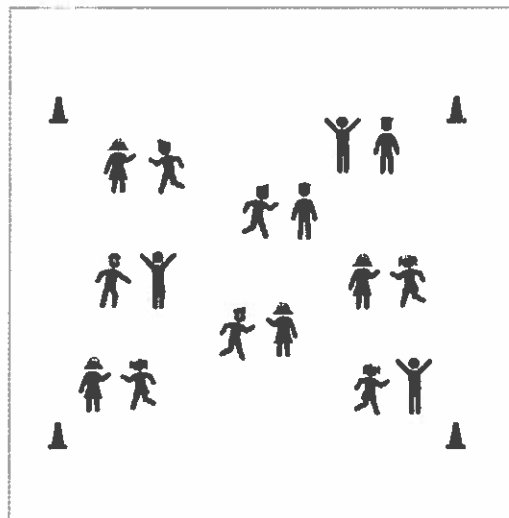
ACTIVITY SET-UP & PROCEDURE

Equipment:

- None

Set-Up:

1. Pair students.
2. Each pair safely spaced in the activity area.



Activity Procedures:

1. It's time for the Ahh, Umm, Err Challenge! The object is for the Storyteller to tell their partner a story without saying, "Ahh," "Umm," or "Err."
2. When you hear me yell, "Huddle Up!" all Storytellers will hustle in to our huddle. I'll give you a story-starter. On, "Break!" hustle back to your partner (the Active Listener) and begin telling your story.
3. All Active Listeners must stay active while the Storyteller is talking. Do invisible jump ropes, invisible dumbbell exercises, or something else that's safe and active.
4. If an Active Listener catches a Storyteller saying, "Ahh," "Umm," or "Err," put both hands in the air and say, "STOP! GOTCHA!" Then, choose an exercise that both partners must do until you hear me say, "Huddle Up!"
5. Then, change roles and repeat so we can play again!

Grade Level Progression:

K – 2nd: Choose a familiar story for students to retell to their partner. Collaborate with classroom teachers to use literature they are reading in Language Arts.

3rd – 5th: Prompt students to retell the details of nonfiction work (e.g., how food choices impact personal health, how to prepare a healthful meal, or historical events).

STANDARDS & OUTCOMES ADDRESSED

- **Standard 3 [E6.5]** Analyzes the impact of food choices relative to physical activity, youth sports & personal health (5).
- **Standard 4 [E2.K-2]** Acknowledges responsibility for behavior when prompted (K); Follows the rules/parameters of the learning environment (1); Accepts responsibility for class protocols with behavior and performance actions (2).

DEBRIEF QUESTIONS

- **DOK 1:** What is personal responsibility?
- **DOK 2:** How would you apply personal responsibility to this activity?
- **DOK 3:** How is personal responsibility related to your food choices and your personal health?

JUMP 4 ENDURANCE RHYMES

ACTIVITY GOALS

- I will learn and perform jump rope endurance rhymes.

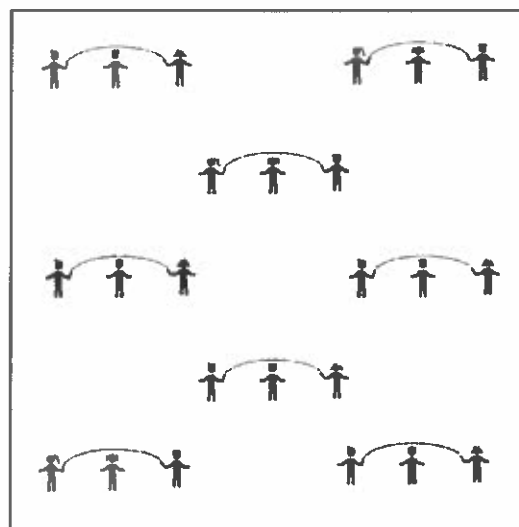
ACTIVITY SET-UP & PROCEDURE

Equipment:

- 1 long jump rope per 3 players
- 1 short jump rope per player

Set-Up:

- 3 players at a rope.
- Spread out in general space with enough space to turn the rope safely.
- Get your jump ropes ready!



Activity Procedures:

- Let's see how long we can jump our ropes using the endurance rhymes listed below.
- To start, begin jumping your rope while calling out the rhyme. Keep counting (or saying the alphabet) until you make a jump rope mistake and have to stop.
- How many jumps can you make in a row with no mistakes?
- After you master each rhyme, work to try and add all of the different jump rope tricks that you know.

Endurance Rhymes:

- I can jump. I can hop. How many jumps before I stop? 1, 2, 3, 4...
- Up, and up. Down, and down. Jump and make the world go 'round! 1, 2, 3, 4...
- Pick a fruit. Pick a veggie. How many picked before I'm ready? 1, 2, 3, 4...
- ABCs and vegetable goop. What letters land in the vegetable soup? A, B, C, D...

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- Focus on Fruit:** Eating a fresh apple (including the skin!) is one of the best things you can do with your teeth on any given day. Eating the skin with the rest of the apple gives you twice as much fiber when compared to peeled apple slices. Not to mention all of the other essential nutrients that are found mostly in the skin. Eat up!

Looking for more physical education and activity ideas?
Visit [OPENPhysEd.org](https://openphysed.org) and find free activity plans and resources.

What is OPEN? OPEN is a national grassroots organization of teachers helping teachers working to provide physical educators and activity leaders free curriculum tools and outstanding professional development experiences. OPEN is a public service of [BSN Sports](https://bsnsports.org) and [US Games](https://usgames.org) with a network of 60 national trainers providing curriculum support and professional development experiences to teachers around the world. More than 43,000 teachers have downloaded lesson plans and resources that have enhanced the educational experience of 22 million students.

THE DANCE PARTY

ACTIVITY GOALS

- I will demonstrate cooperation and positive communication while creating a group dance.

ACTIVITY SET-UP & PROCEDURE

Equipment:

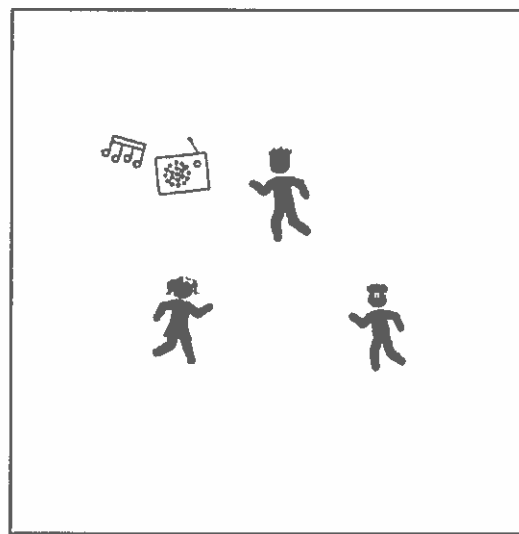
- Dance Cards
- Upbeat, fun music and music player

Set-Up:

- Create a safe space large enough to dance with friends.
- Get your music ready!

TEACHING TIPS

- Stay Inside Boundaries
- Blindfolds are Optional
- Think Safety First



Activity Procedures:

- It's time for a dance party!!! You're going to make this party ROCK by creating your very own dance.
- You'll create a dance for 8 counts (beats) using the Dance Card to give you movement ideas.
- Now it's time to practice! Start the music and let everyone perform their dance moves at the same time!
- Then, let's put our moves together. First, your friend will perform her/his dance for 8 counts. Next, you'll take a turn and perform yours. Continue through all of your friends' moves.
- Next, teach each other your dance moves, put them in a sequence and then complete the entire dance all together! Keep the music pumping and dance!

Tips:

- Practice counting 8 beats by clapping and counting to aloud to the music. Next, jump up and down while counting aloud to the music. Finally, jump up and down for 8 counts, clap for 8 counts, and then repeat until everyone understands how to count 8 beats of music.

- Healthy Lifestyle:** Remember to eat at least 5 portions of fruit and veggies every day! It's easier than it sounds. Why not slice some banana over your breakfast cereal or reach for a piece of fresh fruit for your mid-morning snack?! Keep in mind, unsweetened 100% fruit juice, vegetable juice, and smoothies can only count as 1 of your 5 servings each day. For example, if you have 2 glasses of fruit juice and a glass of vegetable juice, that still only counts as 1 serving of fruit and veggies. Limit the amount of juice you drink; eat fresh fruits and drink water instead.

DANCE PARTY CARDS

**Robot
Dance**

**Basketball
Dance**

**Football
End Zone
Dance**

**Superhero
Dance**

**Grasshopper
Dance**

**Soccer
Dance**

**Tiptoe
Dance**

**Super Cardio
Dance**

FITNESS UNO

ACTIVITY GOALS

- I will follow the rules and have fun with my friends and family.

TEACHING TIPS

- Use Proper Form
- Increase Your Heart Rate
- Play Fairly
- Have Fun

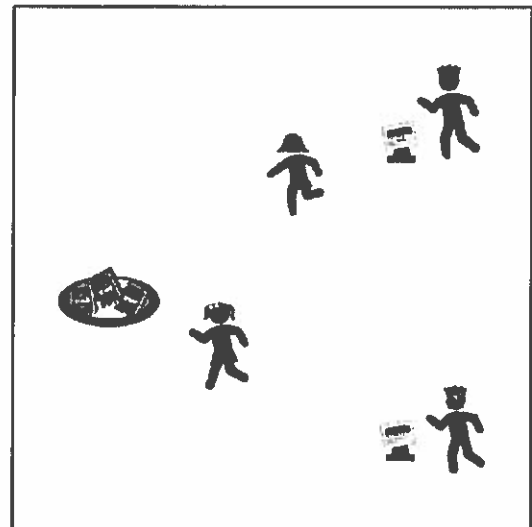
ACTIVITY SET-UP & PROCEDURE

Equipment:

- 1 deck of UNO Cards
- 1 hula hoop
- 1 cone or spot marker per team
- 1 UNO Fitness Chart per team of 2 players

Set-Up:

- Shuffle the UNO Cards and scatter them on the floor inside the hula hoop.
- Place 1 cone or spot marker per team 10–20 meters away from the hoop.
- Create teams of 2 players, each team behind a cone or spot marker with an UNO Fitness Chart.



Activity Procedures:

- Today's friendly competition is Fitness Uno. We will be developing our personal fitness with friends and family. This game is played in 2 phases.
- During Phase 1, your team will run in relay-race format (1 player at a time) to the hoop to grab 1 UNO card per visit. Do not look at the card when you pick it up. When you return, give your teammate a high-5, and then she/he will run to the hoop. Place the cards face-down in a pile.
- When your team has 10 cards, it's time for Phase 2. During this phase, your team will work to return all of your cards to the hoop. To do that, flip over 1 UNO card at a time and use the UNO Fitness Chart to determine which exercise to perform. The number on the card determines the number of exercise repetitions you'll complete. Everyone on your team must complete the exercises together.
- Once you've finished an exercise set, 1 player will return the card to the hoop. Repeat until all cards are back in the hoop.

UNO Chart Info:

- Red = invisible jump rope; blue = jumping jacks; green = mummy jacks; yellow = stationary sprints.
- Wild card = free (no repetitions); draw 2 cards = draw 2 new cards; reverse = count 10 reps backwards; skip = free (no repetitions); wild draw 4 = give to another team—they must draw 4.

- Color Your Plate:** Different colored fruit and veggies have different health benefits. Be sure to have a colorful plate of fruits and vegetables at every meal. Eat a rainbow of fruits and veggies!

Fitness UNO Chart: Aerobic Capacity

RED	Invisible Speed Rope
BLUE	Jumping Jacks
GREEN	Mummy Jacks

YELLOW

Stationary Sprints

- Wild cards: free—discard with no repetitions.
- Draw 2 cards: draw 2 new cards.
- Reverse cards: count 10 repetitions backward.
- Skip cards: free—discard with no repetitions.
- Wild Draw 4 cards: give to another team—they must draw 4.

PARACHUTE PASS

ACTIVITY GOALS

- I will demonstrate cooperation with teammates in order to master difficult challenges.

TEACHING TIPS

- Stay Inside Boundaries
- Blindfolds are Optional
- Think Safety First

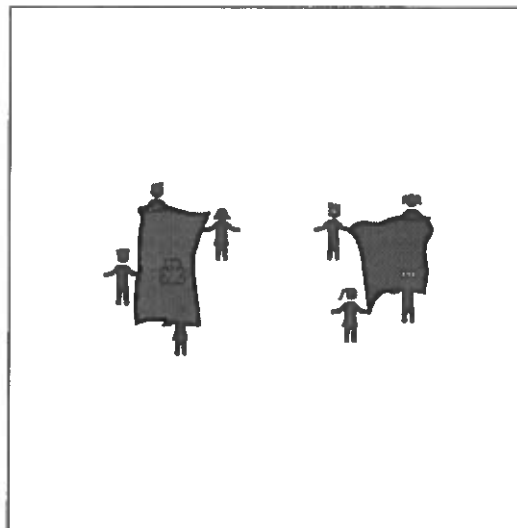
ACTIVITY SET-UP & PROCEDURE

Equipment:

- 1 mini-parachute, large towel, or small tarp per group of 3-5 players
- 1 medium-sized tossable object (ball, stuffed animal, etc.) per 2 groups of 3-5 players

Set-Up:

- Group players (3-5 per group), each with a mini parachute/large towel.
- 2 groups will work together as 1 team during this challenge. They will start across from each other, about 8 feet apart.
- 1 of the groups starts with the tossable object on their mini parachute/towel.



Activity Procedures:

- It's time to play Parachute Pass! Let's work together to pass the object safely back and forth.
- On the start signal, the group that has the object on their parachute will try to send it through the air in the direction of their teammates in the other group, who will try to catch it on their parachute. If a catch is made, the entire team gets a point...no catch, no point.
- Switch roles so the catching group now tosses and vice versa.
- Once a team accumulates a total of 5 points, 1 of the groups move back 2 giant steps, increasing the distance between the groups. Continue this pattern.

Tips:

- Create additional challenges by trying to pass objects that fly differently through the air. Then try multiple objects at the same time.

- Keep Tossing:** You know what's great about tossed salad? You can toss in all of the veggies and fruit that you like! Try tossing apples or mandarin oranges onto a bed of lettuce and shredded carrots. Yummy!

DECK OF FITNESS

ACTIVITY GOALS

- I will perform exercises with perfect form and at a safe speed.

TEACHING TIPS

- Use Proper Form
- Pace Your Movement
- Have Fun!

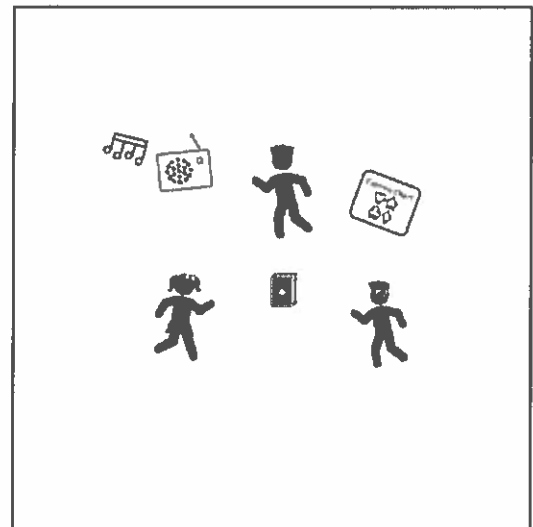
ACTIVITY SET-UP & PROCEDURE

Equipment:

- 1 deck of cards
- Fun music and music player

Set-Up:

- Shuffle and place the deck of cards face down where everyone can reach it.
- Create an exercise chart using the list shown under the "Tips" section below. (It's okay to modify your chart using different exercises.)



Activity Procedures:

- Today's friendly competition is Deck of Fitness. The object of the game is to do as many repetitions as you can of each exercise.
- When you draw a card, you'll use the exercise chart to determine which exercise to do. Complete the number of repetitions shown on your card. For example, if you draw the 4 of hearts, perform 4 jumping jacks.
- Face cards (e.g., a king) are worth 10 repetitions. Aces are worth 11 repetitions.
- In round 1, you and your friends will play together and select 1 card for everyone to perform. In round 2, you can compete: Everyone will choose their own card and complete their own repetitions/exercises.

Tips:

- Make sure you pace your activity safely. Don't give up form for the sake of speed.
- Be sure you have enough activity space for safe movement.
- Follow this format, or create your own:
 - Hearts = Jumping Jacks
 - Clubs = Push-Ups
 - Diamonds = Invisible Jump Rope Jumps
 - Spades = Squats

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- Hydration Station:** Be sure to stay hydrated before, during, and after exercising. Water has zero calories and is the best way to stay hydrated!

MARCH

DEAM Calendar

Drop Everything And Move

BE GOOD
by being helpful

Name: _____

Teacher: _____

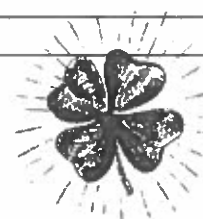
Purpose: This calendar encourages families to become more physically active and to take steps toward a healthier lifestyle. Each day, students are asked to complete a different activity with a family member (or with adult supervision).

Directions: After a student completes a day's activity, adults make a check mark and initial in the space provided. Each week, you can miss one day (activity). If this happens, put an "X" in the space provided for a check mark (do not initial).

✓ Done	Day	DEAM Activity
	1	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	2	Play with a friend.
	3	Do as many curl-ups as you can.
	4	March Madness: Take 64 imaginary jump shots.
	5	Say your math facts while doing reverse lunges.
	6	Take a walk.
	7	Kids should be active sixty minutes EVERY day! Do 60 jumping jacks.
	8	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	9	Play a game that is active. You decide what that is.
	10	Do as many trunk-lifts as you can.
	11	Take 32 imaginary dunks and 16 cross-over dribbles.
	12	Do push-up shoulder taps while reciting your spelling words.
	13	Take a walk.
	14	Run in place and name 3 reasons why you will never smoke or use tobacco.
	15	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	16	Take a hike.
	17	Do as many squats as you can.
	18	Take 8 pretend chest passes and 4 imaginary foul shots.
	19	Perform squat-jumps while naming the continents.
	20	Take a walk.
	21	How many food groups are there? Do 5 plank-jacks.
	22	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	23	Play outside.
	24	Do as many push-ups as you can.
	25	Take 2 laps around a pretend court and 1 giant star-jump!
	26	Read a book while doing a wall sit.
	27	Take a walk.
	28	About how many glasses of water should you drink each day? Do 8 burpees.
	29	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	30	Go to the park!
	31	Do as many squat-thrusts as you can.

Please Remember

- ✓ Always get adult permission before doing any activity.
- ✓ Return calendar to your teacher at the end of the month.





Physical Education

ACTIVITY LOG

2-Week Physical Activity Log

Use this activity log to track your physical activity minutes for 2 weeks. Have an adult sign their initials next to each day that you complete.

Week 1:

Day	Activity 1	Activity 2	Activity 3	Total
Sample Day	DEAM Calendar Challenge 15 Mins	Play with Friends 30 Mins	Walked my Dog 15 minutes	60 minutes
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Week 2:

Day	Activity 1	Activity 2	Activity 3	Total
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				