

# G1 PE Long Range Year Plan:

Grade: 1		Teacher: Miss P.E		Subject: PE	
Timing	Unit Title/ Breakdown	Content Covered	Big Idea	Resources and Materials	
10-01-17 - 10-31-17	<b>Team Sport 1: Floor Hockey</b>	1. proper technique for fundamental movement skills, including non-locomotor, locomotor, and manipulative skills	1. Daily participation in physical activity at moderate to vigorous intensity levels benefits all aspects of our well-being	1. Hockey sticks (1 per child) 2. Different sizes of balls 3. Cones 4. Pinnies 5. Foldable Nets (4)	
	1. Hockey Safety 2. Ball handling 3. Stick handling 4. Moving the ball and dribbling 5. Receiving ball and Passing ball 6. Use of forehand and backhand 7. Shooting on goal 8. Group Drills 9. Mini Game with no Goalie 10. Scrimmage 5 vs 5 with Goalie	2. ways to monitor physical exertion levels  3. how to participate in different types of physical activities, including individual and dual activities, rhythmic activities, and games	2. Learning how to participate and move our bodies in different physical activities helps us develop physical literacy.  3. Adopting healthy personal practices and safety strategies protects ourselves and others.  4. effects of physical activity on the body  5. practices that promote health and well-being, including those relating to physical activity, nutrition, and illness prevention	<a href="http://www.specialolympicsns.ca/wp-content/uploads/2016/01/Teaching-Floor-Hockey-Skills.pdf?x16520">http://www.specialolympicsns.ca/wp-content/uploads/2016/01/Teaching-Floor-Hockey-Skills.pdf?x16520</a>  <a href="https://www.pescholar.com/resource/phase/ks1/2640/floor-hockey-unit-plan-lessons/">https://www.pescholar.com/resource/phase/ks1/2640/floor-hockey-unit-plan-lessons/</a>  <a href="http://www.tellurideschool.org/UserFiles/Servers/Server_4072017/File/K-12thPEUnits.pdf">http://www.tellurideschool.org/UserFiles/Servers/Server_4072017/File/K-12thPEUnits.pdf</a>	
	<b>Team Sport 2: Basketball</b>	1. proper technique for fundamental movement skills, including non-locomotor, locomotor,	1. Daily participation in physical activity at moderate to vigorous intensity levels benefits	1. Basketballs per student 2. Cones 3. Pinnies	
	1. Holding the ball				

11-01-17 - 11-30-17	2. Foot work 3. Dribbling the ball 4. Dribble and move the ball 5. Directional movement with dribbling 6. Chest Pass 7. Bounce pass 8. Pivoting 9. Alternating Dribble 10. Shooting position 11. Trash can lay up 12. 3 vs 3 half court	and manipulative skills  2. ways to monitor physical exertion levels  3. how to participate in different types of physical activities, including individual and dual activities, rhythmic activities, and games	all aspects of our well-being  2. Learning how to participate and move our bodies in different physical activities helps us develop physical literacy.  3. Adopting healthy personal practices and safety strategies protects ourselves and others.  4. effects of physical activity on the body  5. practices that promote health and well-being, including those relating to physical activity, nutrition, and illness prevention	4. Garbage cans 5. Basketball Nets  <a href="http://schoolsites.schoolworld.com/schools/Lampasas/filesystem/Basketball%202-3.pdf">http://schoolsites.schoolworld.com/schools/Lampasas/filesystem/Basketball%202-3.pdf</a>  <a href="http://www.tellurideschool.org/UserFiles/Servers/Server_4072017/File/K-12thPEUnits.pdf">http://www.tellurideschool.org/UserFiles/Servers/Server_4072017/File/K-12thPEUnits.pdf</a>
	<b>Team Sport 3: Football</b>  1. Dribbling 2. Passing 3. Trapping 4. Shooting 5. Rules of game	1. proper technique for fundamental movement skills, including non-locomotor, locomotor, and manipulative skills  2. ways to monitor physical	1. Daily participation in physical activity at moderate to vigorous intensity levels benefits all aspects of our well-being	1. Balls 2. Starting and end line  <a href="https://web.uvic.ca/~thopper/Pe352/T&amp;F352.htm">https://web.uvic.ca/~thopper/Pe352/T&amp;F352.htm</a>

12-01-17 - 12-22-17		<p>exertion levels</p> <p>3. how to participate in different types of physical activities, including individual and dual activities, rhythmic activities, and games</p>	<p>2. Learning how to participate and move our bodies in different physical activities helps us develop physical literacy.</p> <p>3. Adopting healthy personal practices and safety strategies protects ourselves and others.</p> <p>4. effects of physical activity on the body</p> <p>5. practices that promote health and well-being, including those relating to physical activity, nutrition, and illness prevention</p>	<p><a href="https://www.google.com/url?sa=t&amp;rct=j&amp;q=&amp;esrc=s&amp;source=web&amp;cd=3&amp;cad=rja&amp;uact=8&amp;ved=0ahUKEwi56KiM58bUAhXFbxQKHRdoDcEQFggrMAI&amp;url=http%3A%2F%2Fpaxtonenterprises.com%2Fjoe%2Fdocuments%2Fpe%2Ftrack.doc&amp;usg=AFQjCNHEWkaPsO8GP-sAYSAP5vCCO0ogJg">https://www.google.com/url?sa=t&amp;rct=j&amp;q=&amp;esrc=s&amp;source=web&amp;cd=3&amp;cad=rja&amp;uact=8&amp;ved=0ahUKEwi56KiM58bUAhXFbxQKHRdoDcEQFggrMAI&amp;url=http%3A%2F%2Fpaxtonenterprises.com%2Fjoe%2Fdocuments%2Fpe%2Ftrack.doc&amp;usg=AFQjCNHEWkaPsO8GP-sAYSAP5vCCO0ogJg</a></p>
01- 01-18 - 01-21-18	<p><b>Individual/ Team Sport: Indigenous Games</b></p> <p>1. Qatar indigenous games</p> <p>2. Canadian Indigenous Games</p>	<p>1. proper technique for fundamental movement skills, including non-locomotor, locomotor, and manipulative skills</p> <p>2. ways to monitor physical exertion levels</p> <p>3. how to participate in different types of physical activities, including individual and dual activities, rhythmic activities, and games</p>	<p>1. Daily participation in physical activity at moderate to vigorous intensity levels benefits all aspects of our well-being</p> <p>2. Learning how to participate and move our bodies in different physical activities helps us develop physical literacy.</p> <p>3. Adopting healthy</p>	

			<p>personal practices and safety strategies protects ourselves and others.</p> <p>4. effects of physical activity on the body</p> <p>5. practices that promote health and well-being, including those relating to physical activity, nutrition, and illness prevention</p>	
02-04-18 - 03-31-18	<b>Strategy and Cooperative Games 1: Variety of Games</b>	<p>1. proper technique for fundamental movement skills, including non-locomotor, locomotor, and manipulative skills</p> <p>2. ways to monitor physical exertion levels</p> <p>3. how to participate in different types of physical activities, including individual and dual activities, rhythmic activities, and games</p>	<p>1. Daily participation in physical activity at moderate to vigorous intensity levels benefits all aspects of our well-being</p> <p>2. Learning how to participate and move our bodies in different physical activities helps us develop physical literacy.</p> <p>3. Adopting healthy personal practices and safety strategies protects ourselves and others.</p> <p>4. effects of physical activity on the body</p> <p>5. practices that promote health and well-being, including those relating to physical</p>	<p><a href="https://www.gonoodle.com/">https://www.gonoodle.com/</a></p> <p><a href="http://www.pegames.org/full-length">http://www.pegames.org/full-length</a></p> <p><a href="http://www.playworks.org/playbook/games">http://www.playworks.org/playbook/games</a></p>
	<p>1. Dodgeball</p> <p>a. Rules</p> <p>b. Throwing the ball</p> <p>c. Catching the ball</p> <p>2. Capture the Flag</p> <p>a. Rules</p> <p>b. Tagging</p> <p>c. Footwork</p> <p>d. Movement</p> <p>3. Circle Games</p> <p>4. Parachute Games</p>			

			activity, nutrition, and illness prevention	
04-01-18 - 05-01-18	<b>Individual Sport 1: Track and Field</b> <ol style="list-style-type: none"> <li>1. Running: <ol style="list-style-type: none"> <li>a. Sprints</li> <li>b. Starts</li> <li>c. Relays.</li> </ol> </li> <li>2. Jumping: <ol style="list-style-type: none"> <li>a. Long Jump</li> <li>b. Triple Jump</li> <li>c. High Jump.</li> </ol> </li> <li>3. Throwing: <ol style="list-style-type: none"> <li>a. Discus</li> <li>b. Ball throw</li> </ol> </li> </ol>	<ol style="list-style-type: none"> <li>1. proper technique for fundamental movement skills, including non-locomotor, locomotor, and manipulative skills</li> <li>2. ways to monitor physical exertion levels</li> <li>3. how to participate in different types of physical activities, including individual and dual activities, rhythmic activities, and games</li> </ol>	<ol style="list-style-type: none"> <li>1. Daily participation in physical activity at moderate to vigorous intensity levels benefits all aspects of our well-being</li> <li>2. Learning how to participate and move our bodies in different physical activities helps us develop physical literacy.</li> <li>3. Adopting healthy personal practices and safety strategies protects ourselves and others.</li> <li>4. effects of physical activity on the body</li> <li>5. practices that promote health and well-being, including those relating to physical activity, nutrition, and illness prevention</li> </ol>	
05-01-18 - 05-31-18	<b>Fitness 1: Circuits</b> <ol style="list-style-type: none"> <li>1. Warm up circuits</li> <li>2. Stretching circuits</li> <li>3. Muscle and Cardio Strength circuits</li> </ol>	<ol style="list-style-type: none"> <li>1. proper technique for fundamental movement skills, including non-locomotor, locomotor, and manipulative skills</li> <li>2. ways to monitor physical</li> </ol>	<ol style="list-style-type: none"> <li>1. Daily participation in physical activity at moderate to vigorous intensity levels benefits all aspects of our well-being</li> <li>2. Learning how to participate</li> </ol>	<ol style="list-style-type: none"> <li>1. Hoola Hoops</li> <li>2. Station signs and directions</li> </ol> <a href="http://www.pecentral.org/lessonideas/fitnesscircuitlessonplan.pdf">http://www.pecentral.org/lessonideas/fitnesscircuitlessonplan.pdf</a>

		<p>exertion levels</p> <p>3. how to participate in different types of physical activities, including individual and dual activities, rhythmic activities, and games</p>	<p>and move our bodies in different physical activities helps us develop physical literacy.</p> <p>3. Adopting healthy personal practices and safety strategies protects ourselves and others.</p> <p>4. effects of physical activity on the body</p> <p>5. practices that promote health and well-being, including those relating to physical activity, nutrition, and illness prevention</p>	<p><a href="http://homepage.usask.ca/~cah241/rjt.PDF">http://homepage.usask.ca/~cah241/rjt.PDF</a></p>
Term 1	<p>Health Unit 1:</p> <p>Learning about ourselves and others</p>	<p>1. Relationships between food, hydration, and health</p> <p>2. effects of different activities on the body</p> <p>3. practices that promote health and well-being</p> <p>4. names for parts of the body, including male and female private parts</p>	<p>1. Learning about ourselves and others helps us develop a positive attitude and caring behaviours, which helps us build healthy relationships.</p>	
Term 2	<p>Health Unit 2:</p>		<p>1. Knowing about our bodies and making healthy choices helps us look after ourselves.</p>	
	<p>Knowing about our bodies and taking care of them</p>			
Term 3	<p>Health Unit 3:</p> <p>Good Health</p>		<p>1. Good health comprises physical, mental, and emotional well-being</p>	

		<ul style="list-style-type: none"><li>5. appropriate and inappropriate ways of being touched</li><li>6. different types of substances and how to safely use or avoid them</li><li>7. hazards and potentially unsafe situations</li><li>8. caring behaviours in groups and families</li><li>9. emotions and their causes and effects</li><li>10. reliable sources of health information</li></ul>		
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