

**TOWNSHIP OF FRANKLIN PUBLIC SCHOOLS
PHYSICAL EDUCATION CURRICULUM
GRADES 1, 2 & SPECIAL EDUCATION**

SKILL AREA	STUDENT OBJECTIVE	EXAMPLE/ACTIVITIES	RESOURCE/MATERIALS	ASSESSMENT	NJ CORE CURRICULUM STANDARD
<u>BASKET-BALL</u>	<p>Students will be able to:</p> <ul style="list-style-type: none"> • demonstrate throwing upward; • demonstrate catching; • demonstrate eye-hand coordination; • mimic ball handling skills. <ul style="list-style-type: none"> • demonstrate bouncing and catching the ball; • demonstrate eye-hand coordination • mimic ball handling skills. <ul style="list-style-type: none"> • practice pushing, not slapping, downward with right and left hand; • demonstrate coordination; • demonstrate laterality; • demonstrate pushing forward. <ul style="list-style-type: none"> • demonstrate eye-hand coordination; • mimic correct form in catching. 	<p>I. <u>SKILLS</u></p> <p>A. Ball Handling</p> <p>1. Catch and Throw</p> <p>Standing in a space, and tossing with both hands, throw ball straight up and catch it. Keeping eyes on ball, open hands and catch with both hands.</p> <p>2. Drop and Catch</p> <p>Standing in a space, drop ball to the floor and catch it. Keeping eyes on ball, catch it with both hands, keeping fingers spread.</p> <p>3. Dribble (Push not Slap)</p> <p>Standing in place, push ball with one hand, using finger pads and making sure fingers are spread out and hand is below waist.</p> <p>4. Catch</p> <p>Catch the ball with both hands, fingers spread, eyes on the ball the whole time.</p>	<ul style="list-style-type: none"> • 8 ½" Play-ground Balls for each child if outside (size can vary) • Sponge or Yarn Ball if inside <ul style="list-style-type: none"> • Same as above <ul style="list-style-type: none"> • Same as above <ul style="list-style-type: none"> • Same as above 	<ul style="list-style-type: none"> • Teacher Observation <ul style="list-style-type: none"> • Teacher Observation <ul style="list-style-type: none"> • Teacher Observation <ul style="list-style-type: none"> • Teacher Observation 	<p>2.5 A.1-4 A.8-9 B.5</p> <p>2.5 A.1-4 A.8-9 B.5</p> <p>2.5 A.1-4 A.8-9 B.5</p> <p>2.5 A.1-4 A.8-9 B.5</p>

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<u>BASKET-BALL</u>	<p>Students will be able to:</p> <ul style="list-style-type: none"> • demonstrate catching from wall; • demonstrate catching from partner; • demonstrate overhead throw; • demonstrate laterality; • demonstrate eye-hand coordination; • mimic correct form in throwing overhead pass. • demonstrate eye-hand coordination; • follow through; • mimic correct form in chest pass; • mimic correct position throw for a chest pass. • aim at a target with a follow through; • develop body and spatial awareness; • improve accuracy of throwing and catching; • demonstrate coordination. 	<p>I. <u>SKILLS</u> (continued)</p> <p>B. Passes</p> <p>1. Overhead Throw</p> <p>Bring the ball from behind the ear with the throwing hand aiming at the target as the hand follows through right with the ball. Step out on opposite foot as the ball is thrown to a wall or partner.</p> <p>2. Chest Pass</p> <p>Holding the ball with hands on both sides of the ball, step out with the opposite foot as the arms and hands are pushed straight out toward the target. The ball goes from chest to chest. Keep elbows in.</p> <p>3. Bounce Pass</p> <p>Step into the pass, putting both hands on ball, thumbs back and top. With ball waist high, push forward and down, bouncing the ball near the receiver, reaching waist level.</p>	<ul style="list-style-type: none"> • 8 ½" Play-ground Balls for each child if outside (size can vary) • Sponge or Yarn Ball if inside • Wall • 8 ½" Play-ground Balls for each child if outside (size can vary) • 8 ½" Play-ground Balls for each child if outside (size can vary) 	<ul style="list-style-type: none"> • Teacher Observation • Teacher Observation • Teacher Observation 	<p>2.5 A.1-4 A.8-9 B.5</p> <p>2.5 A.1-4 A.8-9 B.5</p> <p>2.5 A.1-4 A.8-9 B.5</p>

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<u>BASKET-BALL</u>	<p>Students will be able to:</p> <ul style="list-style-type: none"> • throw and catch 3 times in a row; • drop and catch 3 times in a row; • throw and clap 1 time and catch; • attempt to push, not slap, when dribbling a ball; • attempt to push the ball forward, while dribbling (on the move). <ul style="list-style-type: none"> • throw overhand to a partner; • catch using both hands; • bounce a ball to a partner; • keep eyes on the ball. 	<p>II. <u>DRILLS</u></p> <p>A. Ball Handling</p> <p>Each child will stand in their own space with the ball. Challenge them to see how many times they can:</p> <ol style="list-style-type: none"> 2. Throw upward and catch. 3. Drop downward and catch. 4. Throw upward and clap 2 times. 5. Throw upward and clap 3 times before catching. 6. Dribble around the space. 7. Dribble in and out of cones. <p>B. Catching and Throwing</p> <p>Have each child perform the following skills and then sit down. Count the number of times they can do each one.</p> <ol style="list-style-type: none"> 1. Overhand Passes <ol style="list-style-type: none"> a. to a partner b. to a wall c. to a target d. to a group 2. Chest Pass <ol style="list-style-type: none"> a. to a partner b. to a wall c. to a target d. to a group 	<ul style="list-style-type: none"> • 8 ½" Play-ground Balls for each child if outside • Sponge or Bean Bags if inside (vary sizes of balls for fun) • Cones <ul style="list-style-type: none"> • 8 ½" Play-ground Balls for each child if outside • Sponge or Bean Bags if inside (vary sizes of balls for fun) 	<ul style="list-style-type: none"> • Teacher Observation <ul style="list-style-type: none"> • Teacher Observation 	<p>2.5 A.1-4 A.8-9 B.5</p> <p>2.5 A.1-4 A.8-9 B.5</p>

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<u>BASKET-BALL</u>	<p>Students will be able to:</p> <ul style="list-style-type: none"> • mimic underhand foul shot and following through to target; • keep eyes on target; • demonstrate coordination. <ul style="list-style-type: none"> • mimic overhand foul shot and following through to target; • keep eyes on target; • demonstrate coordination. 	<p>II. <u>DRILLS</u> (continued)</p> <p>B. Catching and Throwing (continued)</p> <p>3. Bounce Pass</p> <ol style="list-style-type: none"> a. to a partner b. to a wall c. to a target d. to a group <p>C. Basketball Shooting</p> <p>1. Underhand Foul Shot</p> <p>Each child will stand in place with feet astride, holding the ball in a bowl made by both hands. With knees bent, back straight, and eyes on target, they will throw the ball underhanded, following through all the way to the target.</p> <p>2. Overhand Foul Shot</p> <p>Each child will stand in place with one foot forward, placing both hands on the sides of the ball with their thumbs to top and back of the ball. With knees bent, elbows in, and the ball held just below eye level, they will toss the ball upward with hands, following through all the way to the target.</p>	<ul style="list-style-type: none"> • 8 ½" Play-ground Ball • Waste Baskets • Wall Space • Wall Targets • Funnel Ball Areas • Boxes <ul style="list-style-type: none"> • Same as above 	<ul style="list-style-type: none"> • Teacher Observation <ul style="list-style-type: none"> • Teacher Observation 	<p>2.5 A.1-4 A.8-9 B.5</p> <p>2.5 A.1-4 A.8-9 B.5</p>

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<u>BASKET-BALL</u>	<p>Students will be able to:</p> <ul style="list-style-type: none"> • demonstrate the ability to catch, throw, and dribble in a game situation; • demonstrate alertness and cooperation; • demonstrate good sportsmanship in winning and losing; • have fun using skills. <ul style="list-style-type: none"> • demonstrate the ability to catch, throw, and dribble in a game situation; • demonstrate alertness and cooperation; • demonstrate good sportsmanship in winning and losing; • have fun using skills. • catch with/without a bounce; • throw straight up. 	<p>III. <u>GAMES</u></p> <p>A. Race to the Moon</p> <p>Divide the class into 4 or 5 groups. Have each group stand side by side, facing boy/girl on the moon. The boy/girl on the moon will call the name of a player in one of the groups and throw the pass designated by the teacher to that player. The player called will dribble the ball to the boy/girl on the moon and stay. See who gets to the moon first (skills can vary).</p> <p>B. Call Ball</p> <p>Place a group of 5 or 6 players in a circle, with one player in the center. The center player calls the name of a player in the circle and throws the ball straight up. The player called must catch the ball after one bounce or none to take the center player's place. If the player misses, he/she goes back into the circle.</p>	<ul style="list-style-type: none"> • 8 ½" Play-ground Ball for ea. group • 3 Cones for each group <ul style="list-style-type: none"> • 8 ½" Play-ground Ball for each circle 	<ul style="list-style-type: none"> • Teacher Observation <ul style="list-style-type: none"> • Teacher Observation 	<p>2.5 A.1-9 B.1-6 C.1 D.1-3 E.1</p> <p>2.5 A.1-9 B.1-6 C.1 D.1-3 E.1</p>

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<u>BASKET-BALL</u>	<p>Students will be able to:</p> <ul style="list-style-type: none"> • demonstrate the ability to catch, throw, dodge, and use strategy in a game situation; • demonstrate the ability to outsmart chaser and to use problem solving; • demonstrate ability to change directions quickly; • enjoy the social participation. <ul style="list-style-type: none"> • demonstrate the ability to recall numbers; • demonstrate problem solving; • demonstrate positive attitudes in play; • demonstrate the ability to catch, throw, aim, recall, and use strategy in a game situation. 	<p>III. <u>GAMES</u> (continued)</p> <p>C. Center Base Ball</p> <p>Place a group of 5 or 6 players in a circle, with one player in the center. The center player calls a name and gets out of the circle. The player called must get the ball as fast as possible, place it in the center and try to tag the caller before he/she tags the ball. If the caller is tagged, the player is the new caller. If the caller tags the ball first, he/she calls again.</p> <p>D. Prisoner Ball</p> <p>Class is divided into 2 groups. They are separated by a neutral area, facing each other. Each group is numbered 1 - ?. The team with the ball must call a number and throw over the neutral area to the other side. Anyone can catch the ball. If caught, no prisoner is taken. If missed, the player with the number becomes the prisoner and leaves the game. Play for 3 minutes. Winner is the group who has lost the least amount of players or has gained the most prisoners. Variation: Get prisoners back by calling "Prisoner #___." If ball gets missed, get prisoner.</p>	<ul style="list-style-type: none"> • 8 ½" Play-ground Ball for each circle <ul style="list-style-type: none"> • 8 ½" Play-ground Ball or Sponge Ball • 8 Cones or other boundary markers 	<ul style="list-style-type: none"> • Teacher Observation <ul style="list-style-type: none"> • Teacher Observation 	<p>2.5 A.1-9 B.1-6 C.1 D.1-3 E.1</p> <p>2.5 A.1-9 B.1-6 C.1 D.1-3 E.1</p>

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<u>BASKET-BALL</u>	<p>Students will be able to:</p> <ul style="list-style-type: none"> • demonstrate cooperation; • build stamina; • enjoy playing; • demonstrate the ability to throw overhand; • play safely; • demonstrate the ability to dodge. <ul style="list-style-type: none"> • experience some cardiovascular endurance; • try aiming ahead to a moving target; • admit being hit; • play safely; • throw at a moving target; • demonstrate the ability to run and dodge; • support body on all fours. 	<p>III. <u>GAMES</u> (continued)</p> <p>E. Keep Your Garbage in Your Own Backyard</p> <p>Class is divided into 2 groups. They are separated by a neutral area, facing each other. On the signal from the teacher students are to keep throwing the balls over to the other side until the whistle blows. As they throw, they will say "Keep your garbage in your own backyard!" The object is to have the least amount of balls when the whistle blows.</p> <p>F. Abominable Snowman</p> <p>Using the whole space, give 5 or 6 students a sponge ball. They are to throw them to hit any player. Players must keep moving. If they are hit, they freeze on all fours. Others can unfreeze the "snowmen" by crawling under without getting hit. Change throwers after 2 minutes.</p>	<ul style="list-style-type: none"> • 4-6 Sponge Balls • 4-6 8 ½" Playground Balls • 4-6 6" Balls • 8 Cones <ul style="list-style-type: none"> • 5-6 Sponge Balls • Boundary Lines or Markers 	<ul style="list-style-type: none"> • Teacher Observation <ul style="list-style-type: none"> • Teacher Observation 	<p>2.5 A.1-9 B.1-6 C.1 D.1-3 E.1</p> <p>2.5 A.1-9 B.1-6 C.1 D.1-3 E.1</p>

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<u>BASKET-BALL</u>	<p>Students will be able to:</p> <ul style="list-style-type: none"> • use proper skills; • cooperate as a group; • demonstrate the ability to catch and throw. <ul style="list-style-type: none"> • keep eyes on the ball; • use primary skills of dribbling and shooting; • respond appropriately when their numbers are called; • demonstrate the ability to dribble, shoot, and run. 	<p>III. <u>GAMES</u> (continued)</p> <p>G. Teacher and Class</p> <p>Divide the class into 4-5 groups, with 4-5 players in each group. Each group will stand in line formation, with the teacher standing approximately 7 feet from the line (vary distance according to skill). The object is for the teacher to throw to each member of the class and go to the end of the line. Next player becomes the teacher until all have had a chance to be the teacher. Teacher must follow directions as game may have a variety of skills, such as:</p> <ul style="list-style-type: none"> - throw overhead to each player - throw chest pass to each player - children must catch after one bounce or no bounce <p>H. Line Basketball</p> <p>Divide the class into two teams numbered equally. The teams will stand on the opposite ends of the court. The teacher will call several numbers and those players will run, pick up their playground balls and dribble to their baskets and shoot. Allow them to shoot for 30-60 seconds.</p>	<ul style="list-style-type: none"> • Cones, Ropes, Spots or Lines (to mark class line and teacher spot on floor or ground) • Ball for each teacher <ul style="list-style-type: none"> • 6 Playground Balls • 2 Hula Hoops • 2 Adjustable Height Nets 	<ul style="list-style-type: none"> • Teacher Observation <ul style="list-style-type: none"> • Teacher Observation 	<p>2.5 A.1-4 A.8-9 B.5 C.1 D.1</p> <p>2.5 A.1-4 A.8-9 B.5 C.1 D.1</p>

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<u>BASKET-BALL</u>	<p>Students will be able to:</p> <ul style="list-style-type: none"> • use a bounce pass to get a ball to a partner; • roll a ball in a straight line; • demonstrate team cooperation. • demonstrate the ability to dribble and shoot. 	<p>III. <u>GAMES</u> (continued)</p> <p>I. Ten Passes</p> <p>Class is divided into 3 teams. Player #1 bounces the ball to Player #2. Player #2, turns and bounces the ball to Player #3. Player #3 rolls the ball through Player #2's straddled legs so that Player #1 can catch it. Repeat this drill 10 times.</p> <p>J. Four Baskets Basketball</p> <p>Class is divided into 4 teams. Number the children 1-4. When their numbers are called, they dribble and shoot at their designated basket. When all players have had a turn, rotate to different baskets.</p>	<ul style="list-style-type: none"> • 1- 8 ½" Play-ground Ball for every 3 children • 4 Baskets • 8 - 8 ½" Play-ground Balls 	<ul style="list-style-type: none"> • Teacher Observation • Teacher Observation 	<p>2.5 A.1-4 A.8-9 B.5 C.1 D.1</p> <p>2.5 A.1-4 A.8-9 B.5 C.1 D.1</p>