

**TOWNSHIP OF FRANKLIN PUBLIC SCHOOLS
PHYSICAL EDUCATION CURRICULUM
GRADES 1 - 6 & SPECIAL EDUCATION**

SKILL AREA	STUDENT OBJECTIVE	EXAMPLE/ACTIVITIES	RESOURCE/MATERIALS	ASSESSMENT	NJ CORE CURRICULUM STANDARD
<u>FIELD DAY ACTIVITIES</u>	<p>Students will be able to:</p> <ul style="list-style-type: none"> • demonstrate quick change of direction while running; • demonstrate agility and flexibility; • demonstrate speed; • demonstrate cooperation. <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 	<p><u>Relays</u></p> <p>A. Shuttle Relay</p> <p>Divide students into 2 teams and split each team into 2 lines that face each other across a field. Upon signal, the 1st player runs across the field to hand off to 1st player on the other side and then goes to the end of the line. The receiver runs across, hands off to the 2nd player and goes to the end of that line. This continues until the 1st player is back in his/her starting position.</p> <p>B. Potato Race</p> <p>Same as above except that players must pick up a tennis ball with a tablespoon.</p> <p>C. Ring Relay</p> <p>Same as above, except that players must hand off a rubber ring.</p> <p>D. Baton Relay</p> <p>Same as above, except that player must hand off a Lummi Stick.</p>	<p><u>For All Games:</u></p> <ul style="list-style-type: none"> • Map of field areas for all grades • To mark off lanes for each class in their own grade area: Liner, Chalk, Ropes for Guide, Cones <ul style="list-style-type: none"> • Tennis Balls • Tablespoons <ul style="list-style-type: none"> • Rubber Ring <ul style="list-style-type: none"> • Lummi Stick 	<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><u>Grades 1 & 2</u> 2.5 A.1-4 D.1-3</p> <p><u>Grades 3 & 4</u> 2.5 A1-4 D1-3</p> <p>2.6 A1-2</p> <p><u>Grades 5 & 6</u> 2.5 A.1-4 D.1-3</p> <p>2.6 A.1-2</p> <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

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<u>FIELD DAY ACTIVITIES</u>	Students will be able to: <ul style="list-style-type: none"> • demonstrate coordination; • demonstrate balance. • Same as above. • Same as above • Same as above • Same as above 	<u>Relays (cont'd.)</u> E. Eraser Balance Relay Same as above, except that players must balance an eraser on their head as they run across. F. Potato Sack Race Same as above, except that players step into a potato sack and jump across. G. Three Legged Race Same as above, except that players tie their middle legs together with a man's tie and run across and tag off. H. Siamese Twins Same as above, except that partners stand back-to-back, walk across and tag off. I. Egg & Spoon Relay Divide players into two teams and line each team up behind a cone. Players will place a wooden egg on their spoon, walk around the cone, and go back to the starting line.	<ul style="list-style-type: none"> • Erasers • Potato Sacks • Men's Ties • None • Cones • Wooden Eggs • Wooden Spoons 	<ul style="list-style-type: none"> • Teacher Observation • Teacher Observation • Teacher Observation • Teacher Observation • Teacher Observation 	<u>Grades 1 & 2</u> 2.5 A.1-4 D.1-3 <u>Grades 3 & 4</u> 2.5 A.1-4 D.1-3 2.6 A.1-2 <u>Grades 5 & 6</u> 2.5 A.1-4 D.1-3 2.6 A.1-2 The above standards also apply to Relays F - I.

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<u>FIELD DAY ACTIVITIES</u>	<p>Students will be able to:</p> <ul style="list-style-type: none"> • demonstrate ability to jump with a ball between their knees. • demonstrate balance. • demonstrate coordination; • demonstrate balance. • demonstrate eye-hand coordination; • control the speed of a golf ball; • demonstrate cooperation with a teammate. 	<p><u>Relays</u> (cont'd.)</p> <p>J. Kangaroo Jump Relay</p> <p>Same as above, except players will place a ball between their knees and jump, with both feet, around the cone and back.</p> <p>K. Statue of Liberty Relay</p> <p>Same as above, except that players must carry a plunger, with a ball balanced in it, high over their head and walk around the cone and back without dropping it.</p> <p>A variation of this relay is the "Ice Cream Relay." Players will do the same as above, except they will hold up a plastic cone with a ball balanced in it.</p> <p>L. Golf Ball Relay</p> <p>Grouped together in partners, one player slowly rolls a golf ball down a tube. The second player quickly places his tube next to his partner's to catch the ball and keep it rolling continuously. They will continue this pattern until the children reach the goal line.</p>	<ul style="list-style-type: none"> • 6" Sponge Balls or Playground Balls • Cones • plungers • Wiffle Balls • Cones • 12 Golf Balls • 24 - 3-ft. Lengths of PVC Tubes 	<ul style="list-style-type: none"> • Teacher Observation • Teacher Observation • Teacher Observation 	<p><u>Grades 1 & 2</u> 2.5 A.1-4 D.1-3</p> <p><u>Grades 3 & 4</u> 2.5 A.1-4 D.1-3</p> <p>2.6 A.1-2</p> <p><u>Grades 5 & 6</u> 2.5 A.1-4 D.1-3</p> <p>2.6 A.1-2</p> <p>The above standards also apply to Relays K & L.</p>

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<u>FIELD DAY ACTIVITIES</u>	<p>Students will be able to:</p> <ul style="list-style-type: none"> • demonstrate coordination; • demonstration cooperation. <ul style="list-style-type: none"> • demonstrate coordination; • demonstrate speed; • demonstrate agility. <ul style="list-style-type: none"> • demonstrate coordination; • demonstrate endurance; • demonstrate agility; • demonstrate ability to use timing in jumping over hurdles. 	<p><u>Relays</u> (cont'd.)</p> <p>M. Over & Under Relay</p> <p>Players will be divided into teams of 5-6, each team lined up single file. Each team will pass a ball over their head until the last player gets the ball, who will then run to the front of the line. Continue this throughout the whole team. Then, each team will pass the ball under their legs, and then pass it over and under.</p> <p>N. Locomotor Relays</p> <p>Divide players into teams of 4-5, each team lined up single file behind a cone. Each team will perform various locomotor skills, individually or in combinations, around the cone and back again. Variations include: Hopping, Jumping, Skipping, Galloping, Sliding, Walking & Running.</p> <p>O. Hurdle Jump Relay</p> <p>In relay fashion, players will line up and jump over hurdles (3) and return to their line.</p>	<ul style="list-style-type: none"> • Playground Balls <ul style="list-style-type: none"> • Cones <ul style="list-style-type: none"> • Foam Hurdles (3) 	<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><u>Grades 1 & 2</u> 2.5 A.1-4 D.1-3</p> <p><u>Grades 3 & 4</u> 2.5 A.1-4 D.1-3</p> <p>2.6 A.1-2</p> <p><u>Grades 5 & 6</u> 2.5 A.1-4 D.1-3</p> <p>2.6 A.1-2</p> <ul style="list-style-type: none"> • Same as above <ul style="list-style-type: none"> • Same as above

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<u>FIELD DAY ACTIVITIES</u>	<p>Students will be able to:</p> <ul style="list-style-type: none"> • demonstrate coordination; • demonstrate endurance; • demonstrate arm strength. <ul style="list-style-type: none"> • demonstrate coordination; • demonstrate endurance; • demonstrate arm strength. <ul style="list-style-type: none"> • demonstrate coordination; • demonstrate endurance; • demonstrate arm strength. 	<p><u>Relays</u> (cont'd.)</p> <p>P. Wheel Barrow Relay</p> <p>In relay fashion, players will line up with a partner. One partner will hold the other partner's knees while they walk across on their hands.</p> <p>Q. Crab Walk Relay</p> <p>In relay fashion, students will walk across in a "crab walk" position and tag off.</p> <p>R. Fetch & Carry Relay</p> <p>Players will form 2 lines, 8 in each. In relay fashion, player #1 will run across, pick up a baton, and come back for player #2. Player #2 holds onto the baton while player #1 takes #2 over with them. Player #1 stays and Player #2 comes back for Player #3. This continues on until all players are on the opposite side.</p>	<ul style="list-style-type: none"> • None <ul style="list-style-type: none"> • None <ul style="list-style-type: none"> • Baton 	<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><u>Grades 1 & 2</u> 2.5 A.1-4 D.1-3</p> <p><u>Grades 3 & 4</u> 2.5 A.1-4 D.1-3 2.6 A.1-2</p> <p><u>Grades 5 & 6</u> 2.5 A.1-4 D.1-3 2.6 A.1-2</p> <ul style="list-style-type: none"> • Same as above <ul style="list-style-type: none"> • Same as above

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<u>FIELD DAY ACTIVITIES</u>	<p>Students will be able to:</p> <ul style="list-style-type: none"> • demonstrate eye-hand coordination. • demonstrate eye-hand coordination; • demonstrate ability to use timing to scoop or catch a ball. • demonstrate coordination and rhythm. 	<p><u>Other Activities</u></p> <p>A. Horseshoe Toss</p> <p>Students will line up single file and each will try to toss a horseshoe to ring a stick. Vary the distance to the stick.</p> <p>B. Ball and Scoop Toss</p> <p>In relay fashion or individually, students will bounce a ball with one hand and catch it in a scoop. Then they will toss the ball in the air and catch it with a scoop. They will pour the ball from the scoop and catch in another scoop. Students can also do this with velcro balls and mitts, and with balls and regular mitts.</p> <p>C. Hula Hoops</p> <ol style="list-style-type: none"> 1. Around the Waist - Students stand with legs apart. Hoop touches back. Spin hoop around waist and rotate body in circular motion. 2. On Arm - Students will keep one arm straight and stiff and push the hula hoop so it rotates around that arm. 	<ul style="list-style-type: none"> • Horseshoes • Sticks • Milk jugs with bottoms cut out • Tennis Balls • Velcro Mitts & Balls • Regular Mitts & Balls • 1 Hula Hoop per student 	<ul style="list-style-type: none"> • Teacher Observation • Teacher Observation • Teacher Observation 	<p><u>Grades 1 & 2</u> 2.5 A.1-4 D.1-3</p> <p><u>Grades 3 & 4</u> 2.5 A.1-4 D.1-3</p> <p>2.6 A.1-2</p> <p><u>Grades 5 & 6</u> 2.5 A.1-4 D.1-3</p> <p>2.6 A.1-2</p> <p>The above standards also apply to Activities B & C.</p>

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<u>FIELD DAY ACTIVITIES</u>	<p>Students will be able to:</p> <ul style="list-style-type: none"> • demonstrate eye-hand coordination; • demonstrate the ability to quickly change direction will running; • demonstrate cooperation. <ul style="list-style-type: none"> • demonstrate arm strength; • demonstrate endurance; • demonstrate cooperation. 	<p><u>Other Activities</u> (cont'd.)</p> <p>C. Hula Hoops (cont'd.)</p> <p>3. Like a Jump Rope - Students will place hoop in front of body. With 2 feet, they will “jump” the hoop or do a “rocking horse jump” - 1 foot at a time into the hoop and circle it overhead.</p> <p>4. On the Ankle - Students will rotate the hoop around one foot like a skip-it rope.</p> <p>D. Partner Dodge Ball</p> <p>Each team has 3 sets of partners who go to the center of a designated area between the 2 teams they represent. Partners must hold hands. Teams share 1 ball, throwing it to put all of the opposite team out first. Winners play to obtain a final winner.</p> <p>E. Tug of War</p> <p>Divide students into 2 teams, 1 at each end of a designated area. All team members will hold onto their end of a tug of war rope, which will be centered by a knot in the rope. Each team will pull back in their direction until they can either pull the other team down or over the center.</p>	<ul style="list-style-type: none"> • Playground Balls <ul style="list-style-type: none"> • Tug of War Rope for each grade level 	<ul style="list-style-type: none"> • Teacher Observation <ul style="list-style-type: none"> • Teacher Observation 	<p><u>Grades 1 & 2</u> 2.5 A.1-4 D.1-3</p> <p><u>Grades 3 & 4</u> 2.5 A.1-4 D.1-3</p> <p>2.6 A.1-2</p> <p><u>Grades 5 & 6</u> 2.5 A.1-4 D.1-3</p> <p>2.6 A.1-2</p> <ul style="list-style-type: none"> • Same as above