

**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>FITNESS</u>	<p>Students will be able to:</p> <ul style="list-style-type: none"> • jog single file without bumping into runner in front of them. • perform the correct number of exercises; • use correct form while performing exercises; • stay with a partner to exercise. • demonstrate ability to perform various types of exercises. 	<p><u>Fitness Activities</u></p> <p>A. Students will jog single file around the perimeter of the room. Variations include:</p> <ol style="list-style-type: none"> 1. Jog down long ends of the room and gallop down short ends 2. Jog and slide 3. Jog and jump hurdles <p>B. In groups of 2 to 3, students will jog around the room until they come to a cone, where they stop and perform 5 of any kind of exercise. Variations include doing a different exercise at each cone.</p> <p>C. Locomotor Course - students will go through an obstacle course and perform different activities which may include:</p> <ol style="list-style-type: none"> 1. Jumping over hurdles 2. Crawling through a tunnel 3. Rolling on a mat 4. Stepping through hula hoops 5. Various other single file exercises such as jogging, hopping, galloping, etc. 	<ul style="list-style-type: none"> • None • 5 Cones • Tape Lines on Floor • Hula Hoops • Hurdles • Tunnel • Mat 	<ul style="list-style-type: none"> • Teacher Observation • Teacher Observation • Teacher Observation 	<p>2.5 A.1,4 A.8-9</p> <p>2.5 A.1,4 A.8 B.2,4</p> <p>2.5 A.1,4 A.8 B.2,4</p>

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<u>FITNESS</u>	Students will be able to: <ul style="list-style-type: none"> • move within their personal space; • avoid contact with other players; • kick a tennis ball with their foot; • demonstrate eye-foot coordination; • demonstrate ability to move quickly in different directions. • perform various activities at each station; • perform the activities using the correct form; • change to the next activity on signal. 	<u>Fitness Activities</u> (cont'd.) <p>D. Keep the Balls Moving</p> <p>Students will form a circle and place a tennis ball under one of their feet. On signal from the teacher, the students will kick any tennis ball they see on the floor. Object of the game: Keep all the balls rolling. Check edges and corners of the room to get balls that are stuck. When the students are winded, the teacher will blow the whistle so that they will return to the circle to restart the game.</p> <p>E. Fitness Circuit</p> <p>Set up 9 stations around the room. Assign 3 or 4 students per station. Students will perform an activity at each station, moving every 60-90 seconds. Activities will include:</p> <ol style="list-style-type: none"> 1. Vertical Jump 2. Crab Walk 3. Jump Rope 4. Pencil Roll (on mat) 5. Hurdle Jumps (3) 6. Log Roll (on mat) 7. Mountain Climbers 8. Scissors 9. Basketball Shoot 	<ul style="list-style-type: none"> • 1 Tennis Ball for each student • Tape on Wall (to measure jumps) • Tape on Floor (for crab walk) • Jump Ropes • Mats • 3 Hurdles • Adjustable Basketball Nets and Playground Balls 	<ul style="list-style-type: none"> • Teacher Observation • Teacher Observation 	<p>2.5 A.1-4 A.9 B.2,4</p> <p>2.5 A.1-4 A.9 B.2,4</p>

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<u>FITNESS</u>	<p>Students will be able to:</p> <ul style="list-style-type: none"> • demonstrate arm and leg muscle endurance; • demonstrate coordination. • demonstrate the ability to jump & run. • demonstrate arm and abdominal strength; • demonstrate endurance. • demonstrate coordination. 	<p><u>Fitness Activities</u> (cont'd.)</p> <p>F. Scooter Practice</p> <p>Set up 6-7 relay lines with 1 cone across from each line. Have students perform the following activities:</p> <ol style="list-style-type: none"> 1. Sit on scooter and use legs to go forward and go around the cone and come back again. 2. Sit on scooter and go backward. 3. Kneel on scooter and use arms to go around the cone. 4. On chest, use arms and legs on the floor, like a turtle, to propel themselves. <p>G. Obstacle Course</p> <p>Set up 2 courses each with 3 sets of hurdles and 1 set of tires or hoops. Divide the class into 2 groups and have them line up at the starting line. Each group will run through the course and tag off. They will try to finish first as a team.</p>	<ul style="list-style-type: none"> • 6-7 Scooters • 6-7 Cones • 2 Refrigerator Boxes • 14 Ropes • 10 Hoops • 2 Spots (start marker) 	<ul style="list-style-type: none"> • Teacher Observation • Teacher Observation 	<p>2.5 A.1-4 A.9 B.2,4</p> <p>2.5 A.1-4 A.9 B.2,4</p>

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<p><u>FITNESS</u></p>	<p>Students will be able to:</p> <ul style="list-style-type: none"> • demonstrate endurance; • demonstrate ability to run; • demonstrate arm and abdominal strength. 	<p><u>Fitness Activities</u> (cont'd.)</p> <p>H. Simple Aerobics</p> <p>Students will perform various exercise routines to music. They will start slowly and gradually build up to faster and faster commands. One example is as follows:</p> <ol style="list-style-type: none"> 1. Slow Jog in Place 2. Jumping Jacks 3. On Stomach 4. On Back 5. 4 Sit Ups 6. Run in Place 7. Run to the Left 8. Run to the Right 9. Run Forward & Backward 10. 2 Push Ups 11. Any Other Exercise Activities <p>Students can make up their own routines.</p>	<ul style="list-style-type: none"> • Record or Tape Player • Current Music (refer to Great Activities Publishing Co. Materials) 	<ul style="list-style-type: none"> • Teacher Observation 	<p>2.5 A.1-4 A.9 B.2,4</p>

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<u>FITNESS</u>	<p>Students will be able to:</p> <ul style="list-style-type: none"> • demonstrate proper position at each station; • demonstrate knowledge of safety rules at each station; • demonstrate aerobic fitness; • demonstrate muscular endurance. <ul style="list-style-type: none"> • demonstrate running, jumping, and leaping. 	<p><u>Fitness Activities (cont'd.)</u></p> <p>I. Fitness Stations</p> <p>Set up a circular area with 6 different stations. Assign students to each station. Students will perform an activity at each station, moving every 60-90 seconds. Activities will include:</p> <ol style="list-style-type: none"> 1. Push Ups 2. Jumping Jacks 3. Slow Stretch 4. Basketball Dribble 5. Sit Ups 6. Jump Rope <p>J. Follow the Leader</p> <p>Set up an obstacle course with 4 different stations. Students will form a line at "start" and "follow the leader" to each station, performing activities that include:</p> <ol style="list-style-type: none"> 1. Jump Hurdles (3) 2. Leap to Cone 3. Leap the Brook 4. Jump Rope 25 Times 	<ul style="list-style-type: none"> • 3 Cones • 1 Basketball • 5-6 Ropes • 4 Mats <ul style="list-style-type: none"> • 7 Cones • 5 Long Ropes • 5 Short Ropes 	<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 D.2-3 E.1</p> <p>2.5 A.1-4 A.8-9 D.2-3 E.1</p>

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<u>FITNESS</u>	Students will be able to: <ul style="list-style-type: none"> • understand methods of adding fun to fitness; • demonstrate speed and agility. • understand methods of adding fun to fitness; • demonstrate speed and agility. • understand methods of adding fun to fitness; • demonstrate speed and agility. 	<u>Fitness Games</u> <p>A. Auto-Bodies</p> <p>Students spread out across gym and are given names of cars such as "Trans-Am," "Camaro," "Porsche," etc. One player is selected to be Mr./Ms. Goodwrench or "It." This player stands in the center and calls out the name of one car - those students must switch sides. "It" tags players as they cross over.</p> <p>B. Add-On Tag</p> <p>This game is played in an area the size of a basketball court. All students will scatter and one student will be "It." When "It" tags a player, they join hands and run together and try to tag others. All tagged students keep joining on. Only the ends of the chain are allowed to tag (must hold on). All students work together to hem in players.</p> <p>C. Circle Hook-On</p> <p>Divide the class into groups of 4 players in each group - 3 of the players join to make a circle and the 4th player stays on the outside of the circle. Object of the game is for the outside player to tag a designated circle player. All 3 players try to keep the taggers from the designated player. Spin and dodge away from tagger.</p>	<ul style="list-style-type: none"> • Gym or similar size room • Basketball Court • None 	<ul style="list-style-type: none"> • Teacher Observation • Teacher Observation • Teacher Observation 	<p>2.5 A.1-4 A.8-9 D.2-3 E.1</p> <p>2.5 A.1-4 A.8-9 D.2-3 E.1</p> <p>2.5 A.1-4 A.8-9 D.2-3 E.1</p>

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<u>FITNESS</u>	Students will be able to: <ul style="list-style-type: none"> • jog single file around a room; • perform all exercises correctly; • demonstrate endurance while jogging; • demonstrate the ability bend, stretch, and jump. 	<u>Fitness Games (cont'd.)</u> D. Fitnopoly Students jog around perimeter of room to music. When the music stops, children freeze where they are and perform a selected exercise. When the exercise is completed, the music begins again and jogging resumes. Students will repeat this activity several times. Methods of choosing exercises: 1. Picking Cards 2. Spin on Wheel 3. Dice 4. Game Board Increase amount of time students are jogging and the number of exercises they do as their fitness improves.	<ul style="list-style-type: none"> • Music • Record or Tape Player 	<ul style="list-style-type: none"> • Teacher Observation 	2.5 A.1-4 A.8-9 D.2-3 E.1