

**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>WARM-UPS</u>	<p>Students will be able to:</p> <ul style="list-style-type: none"> • follow directions; • demonstrate fundamental rhythms. • demonstrate body awareness. • demonstrate balance. • demonstrate endurance. • demonstrate rhythm. 	<p>A. Movement Education (refer to unit)</p> <p>B. Rope Jumping</p> <ol style="list-style-type: none"> 1. Students will move in and out of ropes: <ul style="list-style-type: none"> – to a drum beat – following commands on tape – using fundamental rhythms – running, walking, sliding, leaping, skipping, galloping, hopping, & jumping 2. Body Awareness & Ropes <p>Students will place different parts of the body over, under, or on the rope.</p> 3. Balance <p>Students will walk the rope forward, backward, with or without a partner.</p> 4. Endurance <p>Students will try to increase the number of times they jump rope with each practice.</p> 5. Rhythm <p>Students will jump rope to music by themselves and with a partner.</p> 	<ul style="list-style-type: none"> • Short Ropes (one for each) • Suitable Music • Same as above • Same as above • Same as above • Same as above 	<ul style="list-style-type: none"> • Teacher Observation • Teacher Observation • Teacher Observation • Teacher Observation • Teacher Observation 	<p><u>Grades 1 & 2</u> 2.5 A.1-5 B.3</p> <p><u>Grades 3 & 4</u> 2.5 A.1-5</p> <p><u>Grades 5 & 6</u> 2.5 A.1-5</p> <ul style="list-style-type: none"> • Same as above • Same as above • Same as above • Same as above

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<u>WARM-UPS</u>	<p>Students will be able to:</p> <ul style="list-style-type: none"> • enjoy a challenge; • demonstrate endurance; • demonstrate timing. <ul style="list-style-type: none"> • demonstrate rhythm and timing. <ul style="list-style-type: none"> • demonstrate arm strength; • demonstrate endurance; • demonstrate flexibility and agility. 	<p>B. Rope Jumping (cont'd.)</p> <p>6. Challenge Activity</p> <p style="padding-left: 40px;">Students will attempt to do the following:</p> <ul style="list-style-type: none"> – Jump while turning rope backwards – Jump while crossing rope in front and in back – Jump, turn 2x, jump once <p>7. High Water, Low Water</p> <p style="padding-left: 40px;">Students will practice running and jumping into the rope when it is “high” or “low.”</p> <p>C. Parachute</p> <ol style="list-style-type: none"> 1. Moving using Fundamental Rhythms 2. Lifting Chute 3. Lowering Chute 4. Waves 	<ul style="list-style-type: none"> • Short Ropes (one for each suitable music) <ul style="list-style-type: none"> • Long Ropes <ul style="list-style-type: none"> • Parachute • Balls (various sizes) • Bean Bags • Music • Individual Ropes 	<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.1-5 B.3</p> <p><u>Grades 3 & 4</u> 2.5 A.1-5</p> <p><u>Grades 5 & 6</u> 2.5 A.1-5</p> <p><u>Grades 1 & 2</u> 2.5 A.1-5 B.3</p> <p><u>Grades 3 & 4</u> 2.5 A.1-5</p> <p><u>Grades 5 & 6</u> 2.5 A.1-5</p> <p><u>Grades 1 & 2</u> 2.5 A.1-5 B.3</p> <p><u>Grades 3 & 4</u> 2.5 A.1-5</p> <p><u>Grades 5 & 6</u> 2.5 A.1-5</p>

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<u>WARM-UPS</u>	Students will be able to: <ul style="list-style-type: none"> • demonstrate arm strength; • demonstrate endurance; • demonstrate flexibility and agility. • demonstrate coordination and agility; • demonstrate eye-foot coordination; • demonstrate speed. 	C. Parachute (cont'd.) 5. Games <ul style="list-style-type: none"> a) Number off by 4's and: <ul style="list-style-type: none"> 1) Run to other side on their # 2) Run under and jump rope 3) Run under and bounce a ball 4) Run under and throw a ball b) Make an Igloo c) Bean Bag Challenge - two teams try to get their own bean bag through the center first. d) Balls - same as above & others D. Obstacle Courses <ul style="list-style-type: none"> 1. Follow the Leader 2. Work in Teams 	<ul style="list-style-type: none"> • Parachute • Balls (various sizes) • Bean Bags • Music • Individual Ropes • Cones • Boxes • Ropes • Hoops 	<ul style="list-style-type: none"> • Teacher Observation • Teacher Observation 	<u>Grades 1 & 2</u> 2.5 A.1-5 B.3 <u>Grades 3 & 4</u> 2.5 A.1-5 <u>Grades 5 & 6</u> 2.5 A.1-5 <u>Grades 1 & 2</u> 2.5 A.1-5 B.3 <u>Grades 3 & 4</u> 2.5 A.1-5 <u>Grades 5 & 6</u> 2.5 A.1-5

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<u>WARM-UPS</u>	Students will be able to: <ul style="list-style-type: none"> • demonstrate body capabilities; • demonstrate endurance; • demonstrate coordination; • demonstrate flexibility and agility; • demonstrate fitness. • demonstrate eye-hand coordination; • demonstrate spatial awareness; • demonstrate body awareness. 	E. Hoops <ol style="list-style-type: none"> 1. Scatter Hoops - movement in and out 2. Hold and use Body Capabilities 3. Run and Push Hoop 4. Hula the Hoop 5. Toss and Catch Hoop 6. Move to music holding and manipulating hoop with/without partner or group F. Balls <p>Students can do any of the similar activities with balls with/without partners or groups.</p>	<ul style="list-style-type: none"> • Hoops for each • Music • Use according to unit being covered - ex., volleyball, basketball, etc. 	<ul style="list-style-type: none"> • Teacher Observation • Teacher Observation 	<u>Grades 1 & 2</u> 2.5 A.1-5 B.3 <u>Grades 3 & 4</u> 2.5 A.1-5 <u>Grades 5 & 6</u> 2.5 A.1-5 <u>Grades 1 & 2</u> 2.5 A.1-5 B.3 <u>Grades 3 & 4</u> 2.5 A.1-5 <u>Grades 5 & 6</u> 2.5 A.1-5

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<u>WARM-UPS</u>	<p>Students will be able to:</p> <ul style="list-style-type: none"> • demonstrate rhythm and timing; • demonstrate endurance; • demonstrate strength; • demonstrate flexibility and agility. <ul style="list-style-type: none"> • demonstrate rhythm and timing; • demonstrate coordination. • demonstrate strength and endurance; • demonstrate flexibility. • demonstrate running, jumping, kicking, and stretching. 	<p>G. Long Ropes</p> <ol style="list-style-type: none"> 1. 4-5 students to a rope 2. Run under 3. Leap over 4. Jump standing in center 5. Jump in each side 6. Jump in and get out <p>H. Musical Warm-Ups</p> <ol style="list-style-type: none"> 1. Students in two-line formation 2. Jogging in place when music is playing 3. Students “follow the leader” of warm-up. <p>I. Fitnopoly</p> <ol style="list-style-type: none"> 1. Board games with warm-ups 2. Students roll dice and move game piece 3. Students complete task which is indicated on section their game piece lands on. 	<ul style="list-style-type: none"> • 16" Ropes • Music <ul style="list-style-type: none"> • Warm-up Task Cards • Tape Player • Music <ul style="list-style-type: none"> • Fitnopoly Game Board • Foam Dice • Tape Player 	<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.1-5 B.3</p> <p><u>Grades 3 & 4</u> 2.5 A.1-5</p> <p><u>Grades 5 & 6</u> 2.5 A.1-5</p> <p><u>Grades 1 & 2</u> 2.5 A.1-5 B.3</p> <p><u>Grades 3 & 4</u> 2.5 A.1-5</p> <p><u>Grades 5 & 6</u> 2.5 A.1-5</p> <p><u>Grades 1 & 2</u> 2.5 A.1-5 B.3</p> <p><u>Grades 3 & 4</u> 2.5 A.1-5</p> <p><u>Grades 5 & 6</u> 2.5 A.1-5</p>