

BLOCK PLAN (Elementary)

Unit	# of Sessions	Starting Date	Ending Date	Skills/Concepts
FIRST MARKING PERIOD – PHYS. ED.				
Manipulative Skills – Striking (Hands & Feet)	3	9/5/06	9/12/06	<ul style="list-style-type: none"> - Forehand Strike - Backhand Strike - Balance during Striking - Dribbling with the feet - Passing with the feet - Shooting with the feet
Manipulative Skills – Throwing	3	9/14/06	9/21/06	<ul style="list-style-type: none"> - Review how to aim - Release point & follow through - Review one hand and two hand throws - Overhand and underhand throws
Manipulative Skills – Catching	3	9/26/06	10/3/06	<ul style="list-style-type: none"> - Body Positioning - Hand/eye Coordination - Review catching with two hands - Learn catching with one hand
Running	3	10/5/06	10/12/06	<ul style="list-style-type: none"> - Review proper technique and basics of jogging - Proper sprinting technique and form - Variety of running races
Fitness	6	10/17/06	11/2/06	<ul style="list-style-type: none"> - Cardiovascular training and respiration; review definition - Identification of muscles in the upper and the lower body - Exercises to strength the upper, middle, and lower body - Use of various fitness activities (i.e. jump rope and tag games) - Use of fitness equipment (i.e. weights, bands, and balls)

SECOND MARKING PERIOD – HEALTH

Safety Precautions	1	11/7/06	11/7/06	<ul style="list-style-type: none"> - Review of “good”, “bad”, and “confusing” touching - Answering doors and phones when home alone - Avoiding blood and bodily fluids - Diseases Prevention
Nutrition	3	11/9/06	11/16/06	<ul style="list-style-type: none"> - Review food groups and food pyramid - Review food labels - Serving sizes and food proportions - Development of a healthy meal plan (i.e. food, cost, availability) - Importance of daily activity
Injury Prevention & Treatment	4	11/28/06	12/7/06	<ul style="list-style-type: none"> - Review basic first aid procedures - CPR for adult and child - Rescue breathing for child - Short & long term effects of injuries - Increase daily activities to prevent injuries caused by inactivity
Stress	2	12/12/06	12/14/06	<ul style="list-style-type: none"> - Review different types of stress - Review causes and effects of stress - Learn various coping techniques for stress - Preventative techniques to eliminate/reduce stress
Problems & Solutions: Negative Behaviors/Actions	4	1/2/07	1/11/07	<ul style="list-style-type: none"> - Types of Abuse - Types of Harassment - Review of Stereotypes - Problems with authority figures and self - Techniques for dealing with problems - Review the steps of decision making - Effect of influential

				factors on decisions (i.e. media, peers, family) - Role playing – Decision Making & Problem Solving
Relationships & Attitudes	2	1/16/07	1/18/07	- Self Esteem - Positive Relationships - Negative Relationships - Reasons behind each type of relationship
Family Life	4	1/23/07	2/1/07	- Research family health history - Creation of family “health” tree - Adopted family (i.e. siblings; parents) - Extended family (i.e. aunts; uncles) - Interracial family (i.e. race; religion; social acceptance/standards) - Blended family (i.e. step parents; step siblings; visitations agreements)
THIRD MARKING PERIOD – PHYS. ED.				
Swimming	4	2/6/07	2/15/07	- Water safety - Review of kicking techniques - Various arm strokes
Basketball	4	2/20/07	3/1/07	- Dribbling - Shooting - Passing - Rules
Climbing	4	3/6/07	3/15/07	- Safety equipment and rules - Review of net climbing - Rock wall climbing - Rope climbing
Soccer	4	3/20/07	3/29/07	- Review of different passes and trapping techniques - Running kick - Head ball - Playing different positions
Inline Skating	3	4/3/07	4/12/07	- Review of safety gear - Forward and backward

				<ul style="list-style-type: none"> skating - Stopping safely - Following patterns - Dodging cones
FOURTH MARKING PERIOD – PHYS. ED.				
Gymnastics	9	4/17/07	5/15/07	<ul style="list-style-type: none"> - Stretching techniques and review of proper breathing patterns - Increase range of motion - Tumbling (backward roll, review forward roll and log roll) - Equipment/Apparatus (uneven bars; vault; review of balance beam and trampoline) - Basic techniques (toe point; review of tuck and rolling positions) - Review of one foot and two foot movements - Rhythmic gymnastics equipment (hoops; review of wands and balls)
Dance	9	5/17/07	6/14/07	<ul style="list-style-type: none"> - Patterns (side to side; zig zag) - Levels (combination of high and low) - Formations (lines; review of circle and square) - Music (beat; tempo) - Review of rhythm - Review of children's dances - Square Dances - Social Dances - Line Dances