# Course Description:

Physical Education K (2 of 2) reinforces locomotor movement concepts, such as patterns, pathways, speeds, and start/stop signals. The course explores non-locomotor movements while stretching, rotating, extending, and flexing the body into wide, curled, and narrow body shapes and explores how muscles help the body move when pushing, pulling, jumping, gripping, and climbing. Topics include foundational motor skills like jumping rope, volleying, striking with a paddle or racket, striking with a bat, and striking with a golf club, as well as goal setting, taking responsibility, sharing with others, and solving problems.

# Course Objectives:

* Apply manipulative skills, such as volleying and striking with a paddle, in a group game setting.
* Create a stretching routine and identify the benefits of being flexible.
* Follow the rules for a group game, including staying within the boundaries.
* Identify and describe how some physical activities are hard and how it is good to keep trying.
* Travel in different pathways and speeds.
* Describe reasons for setting a physical activity goal.
* Identify the benefits of trying new movements.
* Recognize muscles used for different activities.
* Turn and jump with a short rope and a long rope.
* Lift and support your weight while doing different activities.
* Identify and describe correct reactions during emergencies.
* Make different shapes with the body, such as curled, twisted, and wide.
* Extend, flex, and rotate different body parts.
* Practice cooperation in a group game by solving problems, treating others with respect, and sharing equipment and space.
* Recognize and describe how to take personal responsibility for behavior.
* Use short-handled equipment correctly to balance and strike an object while moving.
* Volley a lightweight object with your dominant hand.
* Use long-handled equipment correctly to strike from a tee and the ground.

# Required Materials:

* balloon
* baseball or tennis ball
* baseball tee
* beach ball
* buckets
* chalk or tape
* cup
* foam tennis ball (oversized)
* golf ball
* golf club
* items to create pathways (such as tape, chalk, or cones)
* jungle gym or rock wall
* long jump rope
* paddle or racket
* plastic or foam baseball bat
* printer and printer paper for printables (see Course Syllabus for link)
* pull-up bar
* short jump rope
* video recording device

# Course Overview:

* **Warm-Ups** allow for practice of skills or concepts taught in previous lessons. These are graded activities.
* **Instruction** activities provide modeling of new skills and concepts. These are not graded activities.
* **Practice**activities allow for practice of a skill without support. These are graded activities.
* **Checkpoints** test mastery of skills from lessons. These are graded activities.
* **Projects** provide an opportunity for practice of more complex skills across several activities or lessons within a unit. These activities require a final graded submission.

### Unit 1: Get Ready to Move

### Unit 2: Stretch and Flex Your Body

### Unit 3: Use Your Muscles in Different Ways

### Unit 4: Volley and Strike

### Unit 5: Work Together in Group Games

### Unit 6: Hit with a Bat