

Physical Education

P.E. Units by Month: 3rd-5th Grade (subject to change)

Warm-ups and rainy day activities will consist of a variety of activities: parachute, tag, resistance bands, dance, jump rope, pedometer challenges, and cooperative games.

Month(s)	Spotlight on Skills
September:	Soccer
October:	Frisbee (Flying Disc)
November:	Volleyball
December:	Dance
January:	Basketball
February:	Hockey/Racquets/Paddles
March:	Football
April:	Track & Field
May:	Softball
June:	Great Games

Also incorporated into the 3-5 Spark Program is Personal Best Days. Students will participate in approximately 12 Personal Best Days throughout the year. Each student will track their fitness progress over time completing a nine minute, or mile jog/walk, a 30 second push-up test, and a one minute sit-up test. Students will set personal goals for each challenge and record their own results. Personal Best Days will prepare all students for the California State Physical Fitness test administered in the fifth grade.