

Unalaska City School District Physical Education Curriculum Guide Elementary Activities

I. Fitness

A. Pulse	B. Target Heart Rate	C. Fitness Assessment
		<ol style="list-style-type: none"> 1. Flexibility 2. Muscular Strength 3. Muscular Endurance 4. Speed/Agility 5. Cardio Endurance

II. Skills

A. Loco motor	B. Non-LoCo motor	C. Change of Direction	D. Visual Motor	E. Body Awareness
<ol style="list-style-type: none"> 1. Gallop 2. Hop 3. Jump 4. Crawl 5. Leap 6. Run 7. Skip 8. Slide 9. Walk 	<ol style="list-style-type: none"> 1. Balance 2. Turn 3. Twist 4. Bend 5. Stretch 	<ol style="list-style-type: none"> 1. Accelerate 2. Chase 3. Dodge 4. Flee 	<ol style="list-style-type: none"> 1. Catch 2. Kick 3. Strike 4. Throw 	<ol style="list-style-type: none"> 1. Identification of Body parts 2. Laterality 3. Directionality 4. Spatial Awareness

III. Application of Core Skills

A. Individual	B. Team/Lead up game concept (Intermediate)	C. Rhythmic Movements
<ol style="list-style-type: none"> 1. Jumping Rope 2. Tumbling 	<ol style="list-style-type: none"> 1. Basketball 2. Floor Hockey 3. Kickball 4. Soccer 	<ol style="list-style-type: none"> 1. Marching 2. Movement Exploration

IV. Other Activities

<ol style="list-style-type: none"> 1. Frisbee 2. Juggling 3. Native Youth Olympics 	<ol style="list-style-type: none"> 4. New games/ cooperative games 5. Relays
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