

Yearly Plan – Lower School

	Grades 1and 2	Grade 3	Grade 4	Grade 5
Term 1	<p>SPACE</p> <p>Pathways</p> <ul style="list-style-type: none"> • Locomotor w/ pathways • Hand dribble w/ pathways • Foot dribble w/ pathways • Hockey stick dribble w/ pathways • Gymnastics w/ pathways <p>Location</p> <ul style="list-style-type: none"> • Dance w/ location • Rope jumping w/ location • Striking w/ location • Rhythmic gymnastics w/ location <p>Direction</p> <ul style="list-style-type: none"> • Locomotor w/ direction • Rhythmic gymnastics w/ direction • Dance w/ directions <p>Levels</p> <ul style="list-style-type: none"> • Throwing/catching w/ levels • Hand dribble w/ levels • Striking w/ levels • Chasing/fleeing/dodging w/ levels <p>Extensions</p> <ul style="list-style-type: none"> • Striking w/ extensions • Stretching w/ extensions • Shooting (basketball) w/ extensions • Throwing w/ extensions 	<p>Field Activities</p> <ul style="list-style-type: none"> • Soccer (4) <p>Fitness Act's</p> <ul style="list-style-type: none"> • Circuits • Rollerblading • Games • Aerobics (step/taebo) • Rope Jumping • Fitness theory "passport to fitness", fitness testing • Swimming • Ultimate Frisbee, etc (12) <p>Expressive/Creative Activities</p> <ul style="list-style-type: none"> • Gymnastics • Rhythmic Gymnastics • Dance (folk, square, hip hop, creative), etc.(12) <p><i>Teacher choice (2)</i></p>	<p>Field Activities</p> <ul style="list-style-type: none"> • Soccer (4) <p>Fitness Act's</p> <ul style="list-style-type: none"> • Circuits • Rollerblading • Games • Aerobics (step/taebo) • Rope Jumping • Fitness theory "passport to fitness", fitness testing • Swimming • Ultimate Frisbee, etc (8) <p>Expressive/Creative Activities</p> <ul style="list-style-type: none"> • Gymnastics • Rhythmic Gymnastics • Dance (folk, square, hip hop, creative), etc. (8) 	<p>Field Activities</p> <ul style="list-style-type: none"> • Soccer (4) <p>Cooperative/ Adventure Ed</p> <ul style="list-style-type: none"> • Treasure Hunt • Trust walks/fall • Blindfold activities • Orienteering, hiking, etc. • Self designed games, etc (8) <p>Fitness Act's</p> <ul style="list-style-type: none"> • Circuits • Rollerblading • Games • Aerobics (step/taebo) • Rope Jumping • Fitness theory "passport to fitness", fitness testing • Swimming • Ultimate Frisbee, etc (8)

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	Grades 1and 2	Grade 3	Grade 4	Grade 5
Term 2	<p>RELATIONSHIPS</p> <p>Body Parts</p> <ul style="list-style-type: none"> Gymnastics of body parts Dance of body parts <p>Partner/group activities</p> <ul style="list-style-type: none"> Passing (chest/bounce) w/ partner or group Dance (unison/contrast) w/partner or group Games (between groups, partner games, keep away) Mirroring + matching activities Locomotor (leading/following) Cooperative games (partner/small group/mass-large group) Challenge games (partner/mass) crossing gym w/o feet <p>With Objects</p> <ul style="list-style-type: none"> Mounting/dismounting (on/off) objects Striking w/ objects (hockey dribble alongside body) Hand dribbling near/far/over/under/in front/behind/ alongside Scoops around/alongside/in front/behind Adventure education w/ equipment and other people 	<p>Court Activities</p> <ul style="list-style-type: none"> Volleyball (4) Handball (4) Basketball (4) Floor Hockey (4) <p>Individual. Act's</p> <ul style="list-style-type: none"> Racquet activities (6) <p><i>Teacher choice (4)</i></p>	<p>Expressive/Creative Activities</p> <ul style="list-style-type: none"> Gymnastics Rhythmic Gymnastics Dance (folk, square, hip hop, creative), etc. (4) <p>Court Activities</p> <ul style="list-style-type: none"> Volleyball (4) Handball (4) <p>Individual. Act's</p> <ul style="list-style-type: none"> Racquet activities (4) 	<p>Court Activities</p> <ul style="list-style-type: none"> Basketball (4) Floor Hockey (4) <p>Individual Act's</p> <ul style="list-style-type: none"> Racquet activities (4) <p>Expressive/Creative Activities</p> <ul style="list-style-type: none"> Gymnastics Rhythmic Gymnastics Dance (folk, square, hip hop, creative), etc. (8)

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Term 3	<p>EFFORT</p> <p>Flow</p> <ul style="list-style-type: none"> • Gymnastics w/ flow • Dance w/ flow • Obstacle course w/ flow • Striking w/ even flow • Rhythmic gymnastics w/ flow • Foot dribble w/ flow <p>Time</p> <ul style="list-style-type: none"> • Locomotor w/ time • Hand dribble w/ time • Chasing/fleeing/dodging w/ time • Stretching, twisting, turning, curling w/ time <p>Force</p> <ul style="list-style-type: none"> • Throwing w/ force • Kicking w/ force • Striking w/ force • Dance w/ force • Gymnastics w/ force • Jumping (rope, on and off objects, long) w/ force 	<p>Cooperative/ Adventure Ed</p> <ul style="list-style-type: none"> • Treasure Hunt • Trust walks/fall • Blindfold activities • Orienteering, hiking, etc. • Self designed games, etc (12) <p>Individual Act's</p> <ul style="list-style-type: none"> • Track and field (6) <p>Field Activities</p> <ul style="list-style-type: none"> • Softball (4) • Speedaway (4) <p><i>Teacher choice (4)</i></p>	<p>Cooperative/ Adventure Ed</p> <ul style="list-style-type: none"> • Treasure Hunt • Trust walks/fall • Blindfold activities • Orienteering, hiking, etc. • Self designed games, etc (8) <p>Individual Act's</p> <ul style="list-style-type: none"> • Track and field (4) <p>Field Activities</p> <ul style="list-style-type: none"> • Softball (4) 	<p>Expressive/Creative Activities</p> <ul style="list-style-type: none"> • Gymnastics • Rhythmic Gymnastics • Dance (folk, square, hip hop, creative), etc. (8) <p>Individual Act's</p> <ul style="list-style-type: none"> • Track and field (4) <p>Field Activities</p> <ul style="list-style-type: none"> • Speedaway (4)