

Wyoming Department of Education Required Virtual Education Course Syllabus

Natrona County School District # 1

Program Name	Natrona Virtual Learning	Content Area	PE
Course ID	NVA050801	Grade Level	K,1,2,3,4,5
Course Name	Physical Education w/out lessons	# of Credits	
SCED Code		Curriculum Type	K12

COURSE DESCRIPTION

This is a k-5 physical education course created for students to do at home with their learning coach. A video will be submitted at the end of this course by the student. Daily activity time will be logged.

WYOMING CONTENT AND PERFORMANCE STANDARDS

STANDARD#	BENCHMARK_(Standard/Indicator) Use the Standards and Benchmarks as Spreadsheets
PE2.1.1	Students demonstrate fundamental locomotor skills.
PE2.1.2	Students demonstrate fundamental body control skills.
PE2.1.3	Students demonstrate developing control of fundamental manipulative skills.
PE2.1.4	Students demonstrate fundamental movement concepts related to space, effort, and relationships.
PE2.1.5	Students identify critical elements of fundamental locomotor skills.
PE2.1.6	Students identify critical elements of fundamental body control skills.
PE2.1.7	Students identify critical elements of fundamental manipulative skills.
PE2.1.8	Students identify critical elements of fundamental movement concepts related to space, effort, and relationships.
PE.2.2.1	Students identify current levels of personal health-related fitness.
PE 2.2.2	Students identify the health benefits of physical activity.
PE 2.2.3	Students identify the principles, components, and practices of health-related fitness.
PE 2.2.4	Students engage in a variety of physical activities that will enhance health-related fitness.
PE 2.3.1	Students know and follow procedures and safe practices.
PE 2.3.2	Students demonstrate socially responsible behavior in physical activity settings.
PE 2.3.3	3 Students exhibit persistence when participating in a variety of physical activities.
PE 2.3.4	Students discover that physical activities promote self-expression and positive social interaction.
PE5.1.1	Students combine locomotor and body control skills into movement patterns.
PE5.1.2	Students demonstrate a combination of body control skills.
PE5.1.3	Students apply fundamental manipulative skills in a variety of physical activities.

PE5.1.4	Students demonstrate and apply basic tactics and principles of movement.
PE5.1.5	Students explain critical elements of locomotor skills.
PE5.1.6	6 Students explain critical elements of body control skills.
PE5.1.7	Students explain critical elements of fundamental manipulative skills.
PE5.1.8	Students explain basic tactics and principles of movement.
PE 5.2.1	Students assess current levels of personal health-related fitness.
PE 5.2.2	Students define the health benefits of physical activity.
PE 5.2.3	Students explain the principles, components, and practices of health-related fitness.
PE 5.2.4	Students engage in a variety of physical activities that will enhance health-related fitness (inside and/or outside of school).
PE 5.2.5	Students recognize valid characteristics of fitness-related products technology and resources.
PE 5.3.1	Students understand the purpose of and apply appropriate rules, procedures, and safe practices in physical activity setting.
PE 5.3.2	Students interact and communicate positively with others.
PE 5.3.3	Students participate in and explain physical activities that promote self-challenge and enjoyment.
PE 5.3.4	Students participate in physical activities that promote self-expression and social and group interaction.

SCOPE AND SEQUENCE

UNIT OUTLINE	STANDARD#	OUTCOMES OBJECTIVES/STUDENT CENTERED GOALS
Unit 1		
Lesson 1: Animal Antics	PE2.1.1, PE5.1.3, PE 2.2.4, PE 5.2.4 , PE2.1.2, PE5.1.2	Develop gross motor skill to perform various movements. Log daily physical activity.
Lesson 2: Dental Health	PE5.1.3, PE 2.2.4 , PE 5.2.4	Recognize the importance of visiting a dentist every six months. Recognize the importance of good oral hygiene. Log daily physical activity.
Lesson 3: Exploring Shapes	PE2.1.1, PE5.1.3, PE 2.2.4 ,PE 5.2.4	Move over shapes created with jump ropes. Log daily physical activity.
Lesson 4: Food Groups and My Plate	PE5.1.3, PE 2.2.4 , PE 5.2.4	Read and understand food labels to decide where they belong on the Food Guide Pyramid. Log daily physical activity.
Lesson 5: Germs	PE5.1.3, PE 2.2.4 , PE 5.2.4	Understand that germs exist almost everywhere, including on your hands. Demonstrate how germs on your hands can be spread. Understand that one way that you can rid your hands of germs is with soapy water. Log daily physical activity.
Lesson 6: Grocery Bag Fun	PE5.1.3, PE 2.2.4 , PE 5.2.4	Improve ability to catch and control an object. Log daily physical activity.
Lesson 7: Growing	PE5.1.3, PE 2.2.4 , PE 5.2.4	Measure and compare the sizes of old and new shoes and boots. Identify signs of growth and change in oneself. Log daily physical activity.

Lesson 8: How To Be Healthy	PE5.1.3, PE 2.2.4 , PE 5.2.4, PE 5.2.2, PE 2.2.2	Identify what a body needs to grow and be healthy. Identify foods that contribute to good health. Log daily physical activity.
Lesson 9: Mr. Tape	PE5.1.3, PE 2.2.4 , PE 5.2.4	Identify different body parts. Become more familiar with the concept of general and personal space. Log daily physical activity.
Lesson 10: Crossing The Street Correctly	PE5.1.3, PE 2.2.4 , PE 5.2.4, PE 2.3.1 , PE 5.3.1	Look left, right, and then left again when crossing the street. Cross the street only when no cars are coming. Log daily physical activity.
Lesson 11: Crossing the Street with a Traffic Signal	PE5.1.3, PE 2.2.4 , PE 5.2.4, PE 2.3.1 , PE 5.3.1	Push the button on the traffic light and wait for the "Walk" symbol to appear before crossing the street. Walk between the painted lines on a crosswalk. Log daily physical activity.
Lesson 12: Crossing the Street with a Traffic Signal	PE5.1.3, PE 2.2.4 , PE 5.2.4, PE 2.3.1, PE 5.3.1	Recall ways to cross the street. Recall how to cross the street when there is not a traffic light, by looking left, right, left. Recall how to cross the street with a traffic light "Walk" symbol. Log daily physical activity.
Lesson 13: TV Workout	PE2.1.1, PE2.1.2, PE5.1.3, PE5.1.1, PE5.1.2, PE5.1.5, PE 2.2.4, PE 5.2.4 , PE 2.3.4, PE 5.3.4, PE2.1.7, PE5.1.7, PE5.1.8, PE2.1.8	Perform two or three exercises to stay healthy and strong. Log daily physical activity.