

CURRICULUM PHYSICAL EDUCATION

MONTH	GAME/SKILL	LEARNING OBJECTIVE	Teaching Method	LEARNING OUTCOME
April /May	Dance Aerobics / Zumba	WARM-UP-Slow jogging,Running,Side Hops Stretching,Exercise ,Forward & backward bending,Yoga After the demonstration, all students go practice their skills. COOLING DOWN,Slow walking,Stretching exercise.Breathing exercise	This activity cause student to breathe more heavily during the exercise Set up 4-6 Stations. Station 2 - Jumping Jacks Station 3 - Sit-ups Station 4 - Push-ups or plank holds Station 5 - Jump Rope TEACHING AIDS Cone, Markers, Rope, MUSIC, WHISTLE	1. It's fun the more students enjoy the exercise routine. 2. Great for weight loss. Tones entire body. 3. Boosts student's heart health. 4.Helps students de- Stress. 5. Improves coordination. 6. Makes students happy.
July	JUMPING AND HOPPING	WARM-UP-Slow jogging,Running,Side Hops Stretching,Exercise ,Forward & backward bending,Yoga After the demonstration, all students go practice their skills. COOLING DOWN,Slow walking,Stretching exercise.Breathing exercise	Single-Leg Hops 1. Stand on students left leg while bending student's right leg at the knee. 2. Bring the heel of student's right foot towards bottom, and grasp and hold the ankle. 3. Hop around the room, while counting the number of successful hops. 4. Repeat this action 25 times on each leg. TEACHING AIDS Wooden, Hoopla, Markers, Cones	Hopping is a good indicator of being able to maintain balance while moving. 2. It is referred to as dynamic balance. 3. This is a skill for beginners who are still be learning to jump. 4. Jumping takes strength, balance, coordination, and motor planning

August	BALL HANDLING	<p>WARM-UP-Slow jogging,Running,Side Hops Stretching,Exercise ,Forward & backward bending,Yoga After the demonstration, all students go practice their skills.</p> <p>COOLING DOWN,Slow walking,Stretching exercise.Breathing exercise</p>	<p>Have students sit back-to-back on the floor and grab any sized ball that students have at home Have student's kids rotate their trunk to pass the ball back and forth to each other to work on trunk rotation and core activation. If students want to add to the challenge, students can work on practicing counting.</p> <p>TEACHING AIDS Swiss Ball, Volleyball, Soft Ball, Plastic Ball</p>	<ol style="list-style-type: none"> 1. Students will be able to develop works arm and leg muscles 2. Students will be Developing improves hand- eye coordination 3. Students will also develop builds self- esteem and confidence.
Sept/Oct	Different types of Relay Race	<p>WARM-UP-Slow jogging,Running,Side Hops Stretching,Exercise ,Forward & backward bending,Yoga After the demonstration, all students go practice their skills.</p> <p>COOLING DOWN,Slow walking,Stretching exercise.Breathing exercise</p>	<p>Divide the group into two teams Hula Hoop over one player's arm and have each team join hands to form a circle. Without letting go of the other player's hands, the player with the hoop must step into and through the hoop, so it rests on their other arm. From there, the player must slide it onto the next player's arm, who repeats the same maneuver. Whichever team can pass the hoop all the way around the circle first wins.</p> <p>TEACHING AIDS Baton, Markers, Beanbag, Lime Powder ,Rubber Ring</p>	<ol style="list-style-type: none"> 1. Students will be able to develop Neuro-muscular coordination. 2. Students will be developing Concentration. 3. Students will also develop Eye Leg Coordination 3. The students will learn different shapes.

November	THROWING AND CATCHING	WARM-UP-Slow jogging,Running,Side Hops Stretching,Exercise ,Forward & backward bending,Yoga After the demonstration, all students go practice their skills. COOLING DOWN,Slow walking,Stretching exercise.Breathing exercise	Hang up a hula hoop and practice some targeting throwing like an underhand toss or potentially even rolling the ball towards the target. Begin with two hands throwing using larger, lighter/softer balls. For catching, begin by rolling the ball to students in the seated position then work towards a gentle toss in standing. Initially they trap the ball with both arms against their chest. TEACHING AIDS Wooden Hoopla, Markers, Cones, Tyers, Rubber rings	1. It will help Students with Math's skills which can be developed through reaching the targets. 2. Students will be developing gross and fine motor skills. 3.The students will also develop problem-solving skills, balance
December	Kicking	WARM-UP-Slow jogging,Running,Side Hops Stretching,Exercise ,Forward & backward bending,Yoga After the demonstration, all students go practice their skills. COOLING DOWN,Slow walking,Stretching exercise.Breathing exercise	Place cones a meter or two apart in a row. Dribble the ball in between the cones with the student's feet. Place the cones closer together to make it more challenging. Kick the ball back and forth or play a mini-game of soccer use a larger ball. TEACHING AIDS Cone, Markers, Rope, Softball, Whistle	1. Students will be able to develop strong leg muscles 2. Students will be developing improves hand- eye coordination 3. Students will also develop self-esteem and confidence. 4. Better Cognitive Function
Jan-Feb	Dodge Ball,	WARM-UP-Slow jogging,Running,Side Hops Stretching,Exercise ,Forward & backward bending,Yoga After the demonstration, all students go practice their skills. COOLING DOWN,Slow walking,Stretching exercise.Breathing exercise	In a group, make a circle and take turns throwing the ball at the person standing in the middle. The person must jump out of the way, dodging the ball. If they get hit, they swap out with someone else. Simply aim and throw the balls at each other. Teach them to avoid getting hit. TEACHING AIDS Soft Ball, Markers, Cones, Lime-Powder	1. The students will Improve agility and balance while ducking out of the way of incoming balls. 2. It will develop stronger shoulders, back and arm muscles from throwing the ball. 3. Increased leg strength from jumping around to avoid the balls. 4. Stronger hand-eye coordination as students try to catch the ball or aim at students opponent.