

2019-2020 PE YEARLY PLAN

WK OF	EQ	PE K-1	PE 2-5	RW/Health	CHALL*
8/15		Rules, Proc., Drills, & Gen. Space	Rules, Proc., Drills, & Gen. Space		
8/19		Rules, Proc., Drills, & Gen. Space	Rules, Proc., Drills, & Gen. Space		
8/26		Drills, Body & Space Awareness, Recess Games	Dodge, Chase, Flee, Recess Games		
9/2		Cooperatives & Run Club	Cooperatives & Run Club	VEHICLE & BIKE SAFETY	JUMPING JACKS-7
9/9		Go, Slow, & Whoa Games	Go, Slow, & Whoa Games	GO, WHOA, SLOW	
9/16		Pizza Tag	FITNESSGRAM PRE-TEST 3-5	SMART GOAL SETTING	
9/23		Striking & Manipulatives Stations	Volleyball Stations	WALK TO SCHOOL	
9/30		Clean Your Back Yard-Volleyball	Volleyball Mini Games	HYGIENE	WALK OR BIKE 2X/WK-5
10/7		Stop, Drop & Roll Tag & Run club	Stop, Drop & Roll Tag & Run club	FIRE PREVENTION	
	9:00 AM	FD CLOWNS K-2 9AM CAFÉ	Two Ways Out Homework K-5		
10/14		Throwing-Oscar, Bean Bag Slide	Matball	DRUGS	
10/21		Bones & Muscles - Pumpkin Patch	Bones & Muscles - Pumpkin Patch	ASTHMA/SMOKE OUT-15	INCREASE STEPS-8
10/28	CUP	Cupstacking	Cupstacking	FATS/PROTIEN/CANDY	
11/4		New Pirates of the Caribbean	New Pirates of the Caribbean	CHOKING & STRANG.	
11/11		Crabball & Run Club	Crabball & Run Club	FAST FOOD	
11/18	BOWL	Bowling	Bowling	H2O SOLUBLE VITAMINS	TAKE STAIRS-6
12/2		Run Club	Run Club	SMART GOAL SETTING	
12/9		Toss, Catch, and Throw skills	FITNESSGRAM TEST 3-6	POISON PREVENTION	
12/16		Decorate A Tree & Build A Snowman	Decorate A Tree & Build A Snowman	PORTION SIZE/MY PLATE	
1/7			Start Jump Rope Team w/4th & 5th		NEW INDOOR ACTIVITY
1/7		Hoops & Jump Ropes	Jump Ropes		
1/13	GYM	Gymnastics	Gymnastics	FAT SOLUBLE VITAMINS	
1/20		Noodle Hockey & Scooter B-ball	Noodle Hockey & Scooter B-ball	FALLS PREVENTION	
1/27		Body Systems Games & Run Club	Body Systems Games & Run Club	BODY SYSTEMS	JUMP ROPE COMP.-3
2/3		JR4H Kick Off	JR4H Kick Off		
2/3		Dance	Dance		
2/10		Hoops & Jump Ropes	Jump Ropes	HEART & LUNGS	
2/17		Hoops & Jump Ropes	Jump Ropes	FIBER	WALK AT PARK FOR STRESS RELIEF-9
2/24		Lummi Sticks & Drum Fit	Lummi Sticks & Drum Fit	FIRE ARM SAFETY	
3/3		Parachute	FITNESSGRAM TEST 3-5	SMART GOAL SETTING	
3/16		Run Club	Run Club	WATER	
3/23		Bounce & Catch Stations	Basketball Stations	FOOD LABELS	CREATE A DANCE THEN TEACH IT-4
3/30		Sharks & Minnows & Stations	Basketball Mini Games	MINERALS	
4/6		Soccer Kicking & Dribbling	Soccer Stations	NATURAL DISASTERS	
4/13		Tag Games	FITNESSGRAM POST-TEST 3-5	SMART GOAL SETTING	
4/20		Circus Arts	Circus Arts	SPORTS DRINKS	DRINK AND REFILL YOUR WATER BOTTLE
4/27		FIELD DAY PREP-SAFETY SHOW	FIELD DAY PREP-SAFETY SHOW	HYGIENE	
5/1		FIELD DAY	FIELD DAY	WATER SAFETY	
5/4		Striking & Manipulatives	Manupiluatives-racquets, bats, sticks	SLEEP AND REST	
5/11		Run Club	Run Club	HEALTHY SNACKS	DRINK AND REFILL YOUR WATER BOTTLE
5/18		PE Nice Lists	PE Nice Lists		
5/25		PE Nice Lists	PE Nice Lists		
short week					

** gymnastics not on short week or last week of the month for ASJ