

**Mt. View Elementary School**  
**Long Range Plan for Physical Education Focus Subjects**  
**2008--2009**

This is subject to changes as I figure out how much more I can teach with the extra time students have for PE this year. Other years include such subjects as: Ultimate Frisbee, Team Handball, Soccer, Flag Football, Parachute Games, more Track & Field, and a few others that I've probably forgotten. --Jay Thatcher

<i>Week of:</i>	<i>Day off?</i>	<i>Primary</i>	<i>Upper Elementary</i>	<i>Club</i>
<b>9/1 (3)</b>	<b>MTu</b>	Skills of Independence	Skills of Independence	
9/8 (5)	W Pict. day	Skills of Independence (1/2 of kinders on Mon. & Tue.)	Skills of Independence & Playground Games	Running
9/15 (5)		Cooperative Activities	Playground Games	Running
<b>9/22 (5)</b>	<b>Tu</b> Health & Sfy day	Playground Games	Softball	
9/29 (5)		Playground Ball Catch, Roll	Volleyball	Tennis
10/6 (4)	F	Fire Safety	Fire Safety	Tennis
10/13 (5)		Flying Disc	Volleyball	
10/20 (5)		Locomotor Movements: Run	Volleyball	
<b>10/27 (2)</b>	<b>W—F</b>	Kicking, Jog-a-Thon Prep	Group Initiatives	
11/3 (5)		Jog-a-Thon Locomotor Movements: Slide	Jog-a-Thon Pedometers	
<b>11/10 (3)</b>	<b>MTu</b>	Skills of Independence, Fitness Stations	Skills of Independence, Fitness Stations	
11/17 (5)		Locomotor Movements: Gallop	Fitness Stations, Pedometers	<i>MW 12:05—12:25 p.m.</i>
<b>11/24 (3)</b>	<b>ThF</b>	Playground Ball Catch, Roll and Bounce	Skills of Independence, Fitness Stations	International Folk Dance
12/1 (5)		Catch, Fitness Stations	Basketball	
12/8 (5)		Long Rope Jumping, Fitness concepts	Basketball	
12/15 (5)		Sleigh Ride	Sleigh Ride	
<i>Winter Break 12/20/2008—1/4/2009</i>				
1/5 (5)		Skills of Independence	Skills of Independence (Fitness Testing?)	
1/12 (5)		Review & Evaluation	<i>Basketball, Floor Hockey</i>	
<b>1/19 (4)</b>	<b>M</b>	Long Rope Jumping	Review & Evaluation	
<b>1/26 (3)</b>	<b>MTu</b>	Locomotor Movements: Jump	Group Initiatives	
2/2 (5)		Fitness Challenges	Fitness Testing	<b>7:45—8:10 am</b>
2/9 (5)		Something to write home about	Fitness Lab, Something to write home about	Jump Rope
		Individual Rope Jumping	Individual Rope Jumping	Jump Rope
<b>2/16 (4)</b>	<b>M<sup>Th</sup></b> JRFH	Review & Evaluation	Individual Rope Jumping	Jump Rope
2/23 (5)		Locomotor Movements: Leap	Fitness Lab, Stunts & Tumbling	
3/2 (5)		Stunts & Tumbling	Fitness Lab, Stunts & Tumbling	
3/9 (5)		Review, Evaluation	Fitness Lab, Elastic Jump Rope	
3/16 (5)			Fitness Testing	
<i>Spring Break 3/21—3/29/2009</i>				
3/30 (5)		Skills of Independence	Skills of Independence	
<b>4/6 (2)</b>	<b>W—F</b>	Locomotor Movements: Skip	Fitness Testing	
4/13 (5)		Locomotor Movements: Skip	Review & Evaluation	
4/20 (5)		Games	Game Concepts	
4/27 (5)		International Games	International Games	
5/4 (5)		Striking	Striking	
5/11 (5)		Review, Evaluation	Review, Evaluation	
5/18 (5)		Catching	Softball	
<b>5/25 (4)</b>	<b>M</b>	Throwing	Track & Field	
<b>6/1 (4)</b>	<b>F on Field</b>			
<b>6/8 (4)</b>	<b>F</b>	Review	Review	
<i>Summer Break 6/12 or 13—9/2009</i>				

