

# Almadina Language Charter Academy Physical Education Long Range Plans

Dates:	September	October	November	December	January	February	March	April	May	June
K	Rules/ Coop. and Team Games/ Fitness Test ( <b>Terry Fox Run</b> )	Exposure to passing and receiving with hands.	Exposure to passing and receiving with feet..	Exposure to levels, speed, direction, movement.		Exposure to implements.		Exposure to track and field games.		
Grade 1		Receive, Retain and Send using hands: Pass, catch, trap, dribble, throw, roll (Bowling, Basketball, Volleyball, Football, 4-Square, Frisbee)	Receive, Retain and Send using feet: Pass, catch, trap, dribble, kick, roll (Soccer, Scooters, Hackey-Sack, Kickball)	Movement (Dance Gymnastics, Skipping)		Receive, Retain and Send using implements: Pass, catch, trap, dribble, roll, hit, juggle (Hockey, Baseball, Lacrosse, Broomball, Scooter Hockey)		Track and Field (Discus, Hurdles, Javelin, Shot, Relays, Jumping)		
Grade 2										
Grade 3										
Grade 4										
Coop. Games/ Popsicle Run ( <b>Sports Day</b> )										