

Kindergarten Through 3rd Grade

Sandwich Elementary Schools

Physical Education

Acquiring Skills and Physical Activities - Goal 19

- Locomotor Movements
 - Hopping -Skipping
 - Jumping -Leaping
 - Gallopig -Jogging
 - Frog Jump -Leaping
 - Crabwalk -Bunny Hop
 - Seal Crawl
- Non-Locomotor Movements
 - Bending -Stretching
 - Twisting -Turning
- Spatial and Body Awareness
 - Tag Games
 - Dodging Games
- Basic Tumbling
 - Forward Roll
 - Backward Roll
 - Balance Beam
 - Log Roll
 - Body Bridge
 - Balances
- Object Manipulation
 - Throwing -Catching
 - Kicking -Putting
 - Scoops
 - Hula Hoops
 - Jump Ropes
 - Scarf Juggling
 - Hitting Off a Tee
 - Balancing an Object
 - Dribbling a Hockey Puck
 - Dribbling a Soccer Ball
 - Dribbling a Basketball
 - Rolling Various Objects

Achieve Physical Fitness – Goal 20

- Daily Warm-up Exercises
 - Pushups -Sit-ups
 - Jogging -Supermans
 - Burpees -Bridges
 - Pretzels -Stretches
 - Mountain Climbers
- Lifetime Fitness Activities
 - Hopscotch
 - Jump Rope
 - Ring Toss
 - Bean Bag Toss
 - Frisbee Toss
- Dance
 - Circle Dances
 - Line Dances

Team Building Skills – Goal 21

- Intro to Team Games and Working with Others
 - Kickball
 - Hockey
 - Basketball
 - Soccer
 - Crab Soccer
 - Rolling Games
 - Relays
 - Tee Ball
 - Parachute
 - Long Jump Rope