About Me

14 Years teaching Elementary PE

T.O.Y. 2011

Helped Raise over $250K for the American Heart Association
WHAT'S (IN)SIDE?

- Unit Focus/Goals
- Student Learning Objectives
- Lesson Activities
- Modifications/Variations
- Resources/Equipment
- Evaluation/Assessment
MAXIMUM PARTICIPATION

HAVE FUN

DIFFERENTIATED INSTRUCTION
Critical Thinking Skills  
Differentiated Instruction  
Meaningful, Positive, Fun Physical Education  

Large Group Interaction  
Cooperative Learning  
Sportsmanship/Sportswomanship  

Strong Health/PE Early Foundation  
Maximum Student Participation  

Cross-Curricular Learning  
Activity Assessment  

Individual Fitness, Skill, Sport Exploration  
Partner/Small Group Skill Development
Any college student who wants to build their teaching collection

Any Physical Education teacher just starting out and looking to build a program

Any seasoned vet looking to challenge themselves from year to year while learning and growing as a professional

Any program (camps, churches, sports teams) that are looking for a back-pocket resource

Anyone looking to get students healthier, happier, and more active in brand new and exciting ways.
Sample Lesson (K/1st Grade)

Grade Level: K-2nd Grade

Week 23

Standards (Linked)

Unit/Focus of Lesson
Bean Bags

What I want students to learn

Student Learning Objectives
Students will demonstrate an understanding of components of health, fitness, skill/sport in relation to teamwork and sportsmanship while focusing on jumping skills and eye-hand/foot and strategy skills using bean bags.

Learning Activities:

Grade Level: Kindergarten/1st Grade

Bean Bag Challenges- scatter bean bags around the gym and have them perform the following challenges:

- Body Part Touching- call out various colors and body parts that they must correctly perform. Example- knee to only red bean bags, elbow to green, etc.

How they are going to learn it
(Through warm-ups, skill development, and small/large group activities)

THIS IS JUST 1 SAMPLE LESSON!
How they are going to learn it
(Through warm-ups, skill development,
and small/large group activities)

- Memory colors: call out various color sequences and have them see if they can listen, remember, and touch. Example: green, blue, yellow, red in that order

- Body part Memory: same concept as above, but now add in body parts to colors. Example: elbow to green, red to thumb, yellow to knee, purple to pinky

- Muscle Memory touch: get a little more in-depth with types/names of body parts/muscles and colors to touch. Example: touch hamstring to red, biceps to yellow, quad to green, clavicle to orange

More Variations/Modifications

More Variations/Modifications
(Cross-Curricular, fitness)

PICK AND CHOOSE TO MEET YOUR NEEDS
MORE SKILLS, DRILLS, AND PE THRILLS

How they are going to learn it
(Through warm-ups, skill development, and small/large group activities)

More Variations/Modifications
(Cross-Curricular, fitness)

Organized skill development with step by step activities to pick and choose from

- Bean Bag Math/Spelling: place a number or letter on each bean bag and have students race to touch numbers in order 1-24, or Alphabet A-Z. Then have them solve math problems, spell words or any other cross-curricular challenges using the bean bags.

Give each student their own bean bag and choose a few of the activities to take them through for each class.

Bean Bag Race: students move around the gym to different locomotor movements as they catch the bean bags. If dropped, players must lay on back and throw and catch 3 times before re-entering activity. Variation: students can also try and switch with other players as they move around the gym, or they must catch on back, knees and while standing before re-entering activity.

Agility:
- pass around waist (then move- walk, jog, skip, gallop)
- place on knee w/ balance
- figure eight (then move and continue)

Toss and Catch:
- with two hands
- with right & left
- switch
- clap & catch
Small-group/partner skill development

Partner Challenges:
- toss the bean bag to a partner
- toss it to partner at the same time as players move around the gym
- slide to partner
- kick to partner
- see which partner can underhand toss it further
- see which partner can slide it further
- see which partner can kick it further
- Toss and aim at partner holding bucket, cup, cone, etc.

Skill development through exploration while reviewing/reinforcing other skills and using prior taught equipment and skills

How they are going to learn it (Through warm-ups, skill development, and small/large group activities)
EVEN MORE ACTIVITIES TO CHOOSE FROM

How they are going to learn it
(Activities that test previous knowledge and skills taught during lesson)

Small-group/partner skill development

Fun, engaging, and controlled activities that focus on skill development, confidence and sportsman/womanship
Built in/additional teaching resources

FREE RESOURCES INCLUDED

How are you going to assess and prove Student Learning Objectives were met?

Resources
- Microphone, whistle, floor tape, camera, music, footballs, colored and numbered cones, pinnies, poly stars, hula hoops, whiteboard, football pass route cards, scoreboard, flags

Evaluation
- Observation of Student behavior, interactions, and connections to learning objectives being introduced, explored, and mastered

Equipment needed for lesson

Assessments (written/oral/performance-based) that your district might require
Sample Lesson (3rd Grade)

Grade Level
3rd-5th Grade

Week 6

Linked to National Standards
(I also link my own to NJ standards and that is what you will most likely do as well depending upon your state requirements)

Focus of Lesson
Unit/Focus of Lesson
Football

What I want students to learn

Student Learning Objectives
Students will demonstrate an understanding of football rules/strategies, and skills that involve handling and protecting the football, throwing, catching, kicking, communication (verbal/non-verbal) and teamwork.

How they are going to learn it
(Through warm-ups, skill development, and small/large group activities)

Learning Activities
3rd Grade - Moving the chains: groups of 3 will each have 1 football and 1 poly spot. The goal is to start with the quarterback standing on the star. The two other players are wide receivers who run out and try to catch the ball. If caught, the quarterback picks up the poly star and moves it to where the player caught the ball. That player now becomes the quarterback and the activity continues. If a ball is dropped, the star doesn't move, and the player stays a qb until their teammate/s catch it. Every time they make it from 1 side of the field or gym to the other they earn 1 td and they reset back at the starting line. Variation - 1 player is center, 1 is wr and 1 is qb. Players take turn switching and Goal is to try and score as many tds while having

JUST 1 SAMPLE LESSON
Variation 2 - set up the colored stars in particular rows and students decide/work towards scoring as many points as they can. The stars closer are worth less and the stars further away are worth more. Challenge them to see if they can collect 1 from each row or a particular point total/most points.

Star Football Players - set up 5-6 different teams with about 3-4 players on each team. Scatter stars/poly spots/domes that match each team’s cone/color. Players must stay behind the line as they take turns being quarterback (thrower) and wide receiver (catching ball). Quarterbacks must say hike and then their wide receiver can run out and run to the star that matches their team. If they catch the ball while on the star they pick up the star and bring it back to their team. Activity continues until one team collects all their stars. Reset and restart. Variations:
1. Each team must collect one of every color.
2. Each team must collect as many as they can (colors don’t matter)
3. Place pieces of tape under each star/poly spot with point totals, playing card or words (teams will make sentences using the words they have collected)
4. Add defenders blocking the wr’s from catching while on stars
5. Players don’t take stars when making a catch, but instead earn Popsicle stick or object to signify catch.
6. Each team has their own lane of cones that they must work together to clean-up by earning catches each pass.

How they are going to learn it
(Through warm-ups, skill development, and small/large group activities)
More Visuals on how to set up activities

Developmentally appropriate scaffolding of skills, overall gameplay, and strategy

More Variations/Modifications (hidden fitness, cross-curricular learning, and maximum participation)

EASY TO UNDERSTAND AND SET UP
Built-in/additional teaching resources

FREE RESOURCES INCLUDED

How are you going to assess and prove Student Learning Objectives were met

Equipment needed for lesson

Resources
- Microphone, whistle, floor tape, camera, music, football, colored and numbered cones, pinnies, paly stars, hula hoops, whiteboard, football pass route cards, scoreboard, flags

Evaluation
- Observation of Student behavior, interactions, and connections to learning objectives being introduced, explored, and mastered

Assessments (written/oral/performance-based) that your district might require
AND NOW FOR SOMETHING COMPLETELY DIFFERENT

EACH YEARLY PLAN IS COMPLETELY DIFFERENT
Start Here

First, thank you for deciding to purchase this bundled resource! It has taken me years to put together and throughout this journey, my main goal was to provide students with top-quality Health and Physical Education while also helping teachers throughout the world do what they love the most...Teach!

My belief is it is better to be overprepared when it comes to Elementary Physical Education. With that being said, this resource has a substantial amount of organized and fully detailed information in it for you to slowly digest. Think of it as you having all the ingredients to offer a full course meal, however you decide on the appetizer, dinner, and dessert (something healthy of course) when and how you like. Use this one-stop guide to fit the needs of your school, program and most importantly your students. Play around with activities, pacing, and enjoy the process of exploring what activities are bringing your students the most participation, learning, and success, while also developing/building their life-long love of health and physical activity. If something is working really well, stick with it for longer and put the other activities on the back burner for another meal. If the oven is smoking, move on to another option.

Physical Education Guide

This Physical Education Guide can be used to align the lessons to meet the goals of a successful Physical Education program. The 4 Areas (Personal Skills, Motor Skills, Fitness/Activity, and Strategy) will act as a resource to help with any additional planning you might need within any of my Yearly Plans. The elements from each area can also be plugged into your lesson plans to show what goals you

How to Use this Yearly Plan

My belief is that it’s always better to be overprepared than not! With that being said, enjoy the activities, and find what works best for you and your students when it comes to pacing, skill development, and selection of activities. The goal doesn’t have to be to fit in every single activity within each lesson. If you find students struggling or having a hard time, move onto another activity. On the flip side, if students are all involved and really enjoying well during an activity, stick with it for longer. Sometimes you might find work better with younger or older grades so feel free to mix and match through trial and error. There are so many different variables when it comes to teaching and learning so align these lessons to best fit the needs of your students.

Overall, the goal of any class should always be maximum student participation, building confidence/life towards life-long health and fitness, and also meeting your own curriculum/school requirements.

Enjoy your journey and thank you for letting me be part of your adventure!

Mr. Clark

STEP BY STEP GUIDES/ADVICE
<table>
<thead>
<tr>
<th>Month</th>
<th>Month #</th>
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<tbody>
<tr>
<td>September</td>
<td>1. Intro to PE/Expectations/Icebreakers</td>
<td>2. Ht./Wt./Fitness Review/Team Fitness</td>
<td>3. Fitness/Team Activities</td>
<td>4. Cooperative/Kicking</td>
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<td>April</td>
<td>30. Tennis/Paddles</td>
<td>31. Fitness Testing</td>
<td>32. Team Activities</td>
<td>33. Striking</td>
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<tr>
<td>May</td>
<td>34. Cooperative</td>
<td>35. Soccer</td>
<td>36. Soccer</td>
<td></td>
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<tr>
<td>June</td>
<td>39. Tournaments/End of Year Activities</td>
<td>40. Field Day</td>
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**MAPPED OUT YEARLY PLANS**
<table>
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<th>4. Cooperative/Kicking</th>
<th>5. Kickball</th>
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<td>30. Tennis/Paddles</td>
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<td>32. Team Activities</td>
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<tr>
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<td>34. Cooperative</td>
<td>35. Soccer</td>
<td>36. Soccer</td>
<td>37. Frisbees</td>
<td>38. Lifetime Activities</td>
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Mix and Match your own Yearly Plan layout

CREATE YOUR OWN YEARLY PLAN LAYOUT
REVIEWS
"This is a fantastic program for someone (like me) who is new to teaching physical education and wants to have a base foundation in his/her first year. If it were not for this, it would have been a real struggle. With this, I felt like an expert, because I had clear plans that could be explained to my admin. Thanks Mr. Clark, you are an amazing asset to the PE community!"

"Thank you. Your year bundle is incredible. Do you still have the same 24 hours a day that the rest of us have? Father, husband, teacher, blogger, what don't you do!"

"I am looking forward to using this product this school year! I will be teaching P.E. for grades Kindergarten through 6. This product looked well thought out, creative, and I love the schedule, etc."
“What an absolute great resource with so many new ideas. Really easy to follow with detailed lessons and an organized layout. Highly recommend and thanks for creating this product.”

“So organized every unit is well thought out and very organized! Thank you very much. Will be using you again.”

“I am looking forward to using this product this school year! I will be teaching P.E. for grades Kindergarten through grade 6. This product looked well thought out, creative, I loved the schedule, etc. Thank you for the great product!”
"Great outline for what a year in PE should look like!"

"Super easy to follow. Well organized. Thank you!!"

"Pacing and sequencing are always a challenge and I wanted to see what others are doing. This is very helpful."

"This Yearly Plan is Amazing."

"Amazing! Worth the money!"

"I am so excited to have this resource available. I have taught PE for 23 years and this will hopefully bring new ideas to my program."
"This was the first resource I bought from Mr. Clark and I am so thrilled I have already looked into (and purchased) other resources from him! So much detail, does not require a lot of equipment, and I know my kids will love it!"

"Awesome Resource....Thank you! I am a 1st year teacher and this will help me create my curriculum."

"I just bought this and was nervous due to the price tag—so worth it! Wonderful detail and pictures to better explain games and procedures! I have just dived into week one of one year and I am thrilled—what a fantastic resource!"
"I was looking for some supplemental curriculum ideas for my elementary PE classes and this is a wonderful resource. The yearly plan has a wide variety of different types of units. Very helpful and useful!"

"Provides great, easy to follow lesson plans. A time saver when creating your curriculum."

"Great resource for a new teacher!"
I am always available to help answer any questions regarding any of my products and really value meaningful, constructive feedback to help me grow and improve as I continue this adventure! I am so thankful for everyone who has supported me throughout this journey and all of my followers/buyers are my motivation and inspiration to provide the highest quality resources!