

PHELPS COUNTY R-3 PHYSICAL EDUCATION OUTLINE

2017-2018

- K-2:**
- 1st Quarter – Movement and Spatial Awareness
 - 2nd Quarter – Locomotor Skills and Tag Games
 - 3rd Quarter – Throwing and Catching Skills
 - 4th Quarter – Fitness and Basic Lifetime Sports

- 3-8:**
- August – Physical Fitness
 - September – Basketball
 - October – Soccer/Ultimate Frisbee
 - November – Pickle ball/Badminton
 - December – Archery
 - January – Volleyball
 - February – Bowling
 - March – Physical Fitness Testing
 - April – Softball
 - May – Free Choice/Field Day Practice

FITNESS FRIDAYS: 5th-8th students will participate in Fitness Fridays this year. This will include a stretching/agility routine, push-ups, sit-ups, and a cadence run. Practice will occur every Friday, with the goal of increasing flexibility and repetitions. There will be a "test" at the end of each month to track individual progress. 😊

Super Jogger Goals*:

	3rd – 5th	6th – 8th
August/September	2:00 mins.	3:00 mins.
October	2:45 mins.	4:00 mins.
November	3:30 mins.	5:00 mins.
December/January	4:15 mins.	6:00 mins.
February	5:00 mins.	7:00 mins.
March	5:45 mins.	8:00 mins.
April	6:30 mins.	9:00 mins.

**Students must pass ALL monthly goal times in order to attend the Super Jogger field trip in May. There will be an option to retake each monthly test ONE time if needed. Retakes will need to be scheduled with a Coach, and may need to take place during another hour outside of P.E.*