

## Physical Education/Health Curriculum for Blacksburg New School

**2024-2025**

Our goal here at BNS is to foster a love of life long learning. That includes building children’s knowledge, their skills, application, and most importantly their confidence when it comes to living a healthy lifestyle. The PE/Health curriculum has elements of Virginia’s Standards of Learning, the Spark Physical Education curriculum, and the input of teachers, students, and families. Having input from various sources allows for cross curricular opportunities as well as bringing knowledge and skills in from the community. Focuses include skilled movement, personal fitness/mental health/goals, responsible behavior-sportsmanship, and engaging in an overall physically active lifestyle. Assessments will be based on classroom observations during PE class and Physical Fitness Testing. My goal is for each student to not only create their own fitness goals for the school year, but also to help build and maintain fitness goals for the rest of their lives. Physical Fitness Testing will be conducted 4 times during the school year for all Green-Purple classes. The first will be at the very beginning of the year in order to create a baseline for them to analyze their personal growth and to create appropriate goals for themselves.

Red, Orange, Yellow			
Trimester	P.E.	Theme Ideas	Health
Fall	<ul style="list-style-type: none"> <li>-Spatial Awareness</li> <li>-Effort</li> <li>-Relationships</li> <li>-Sportsmanship</li> <li>-Travelling</li> <li>-Throwing &amp; Catching</li> <li>-Chasing, Fleeing, Dodging</li> </ul>	<ul style="list-style-type: none"> <li>-Exploring personal space</li> <li>-Travelling along different pathways</li> <li>-Tag games</li> <li>-Olympics Unit</li> <li>-Throwing balls/Frisbees</li> <li>-Dodgeball</li> </ul>	<ul style="list-style-type: none"> <li>-5 Senses</li> <li>-Bones</li> <li>-Muscles</li> <li>-Conflict Resolutions</li> <li>-Germs</li> </ul>
Winter	<ul style="list-style-type: none"> <li>-Bending, Stretching, Curling</li> <li>-Jumping &amp; Landing</li> <li>-Kicking &amp; Punting</li> <li>-Cooperative Activities</li> <li>-Balancing</li> <li>-Transferring Weight &amp; Rolling</li> </ul>	<ul style="list-style-type: none"> <li>-Yoga</li> <li>-Jumping rope</li> <li>-Soccer skills</li> <li>-Dancing</li> <li>-Gymnastics skills</li> </ul>	<ul style="list-style-type: none"> <li>-Body Systems</li> <li>-Healthy Eating</li> <li>-Fitness Concepts</li> <li>-Safety</li> </ul>
Spring	<ul style="list-style-type: none"> <li>-Volleyball</li> <li>-Dribbling</li> <li>-Striking with Racquets &amp; Paddles</li> <li>-Striking with long handled Implements</li> <li>-Backyard Games</li> </ul>	<ul style="list-style-type: none"> <li>-Volleyball</li> <li>-Basketball</li> <li>-Badminton</li> <li>-Baseball/Softball skills</li> <li>-Cornhole, Ladder Golf</li> </ul>	<ul style="list-style-type: none"> <li>-Sleep</li> <li>-Self Esteem</li> <li>-Sportsmanship</li> <li>-Empathy</li> <li>-Encouragement</li> </ul>

Green, Turquoise, Blue			
Trimester	PE	Theme Ideas	Health
Fall	<ul style="list-style-type: none"> <li>-Spatial Awareness</li> <li>-Effort</li> <li>-Relationships</li> <li>-Sportsmanship</li> <li>-Travelling</li> <li>-Throwing &amp; Catching</li> <li>-Chasing, Fleeing, Dodging</li> </ul>	<ul style="list-style-type: none"> <li>-Advanced throwing and catching skills</li> <li>-Capture the Flag</li> <li>-Disc Golf</li> <li>-Ultimate frisbee</li> <li>-Olympics Unit</li> <li>-Tag games</li> <li>-Dodgeball</li> <li>-Football skills</li> </ul>	<ul style="list-style-type: none"> <li>-Bones</li> <li>-Muscles</li> <li>-Body Systems</li> <li>-Conflict Resolution</li> </ul>
Winter	<ul style="list-style-type: none"> <li>-Bending, Stretching, Curling</li> <li>-Jumping &amp; Landing</li> <li>-Kicking &amp; Punting</li> <li>-Cooperative Activities</li> <li>-Balancing</li> <li>-Transferring Weight &amp; Rolling</li> </ul>	<ul style="list-style-type: none"> <li>-Yoga</li> <li>-Jumping Rope</li> <li>-Soccer</li> <li>-Dancing</li> <li>-Gymnastics</li> </ul>	<ul style="list-style-type: none"> <li>-Drugs</li> <li>-Alcohol</li> <li>-Obesity</li> <li>-Fitness Concepts</li> </ul>
Spring	<ul style="list-style-type: none"> <li>-Volleyball</li> <li>-Dribbling</li> <li>-Striking with Racquets &amp; Paddles</li> <li>-Striking w/Long Handled Implements</li> <li>-Backyard games</li> </ul>	<ul style="list-style-type: none"> <li>-Volleyball</li> <li>-Basketball</li> <li>-Badminton</li> <li>-Baseball/Softball</li> <li>-4-Square</li> <li>-Golf</li> <li>-Cornhole, Ladder Golf, Yahtzee, Can Jam</li> </ul>	<ul style="list-style-type: none"> <li>-Sports Safety</li> <li>-Germs</li> <li>-Sleep</li> <li>-Stress</li> </ul>

All Purple			
Trimester	P.E.	Theme Ideas	Health
Fall	<ul style="list-style-type: none"> <li>-Invasion Games</li> <li>-Target Games</li> <li>-Fitness Unit/Challenge</li> <li>-Fitness Assessment</li> </ul>	<ul style="list-style-type: none"> <li>-Flag football</li> <li>-Soccer</li> <li>-Basketball</li> <li>-Ultimate Frisbee</li> <li>-Croquet</li> <li>-Disc Golf</li> <li>-Yoga</li> <li>-Capture the Flag</li> <li>-Olympics Unit</li> </ul>	<ul style="list-style-type: none"> <li>-Bones</li> <li>-Muscles</li> <li>-Body Systems</li> <li>-Conflict Resolution</li> </ul>
Winter	<ul style="list-style-type: none"> <li>-Net &amp; Wall Games</li> <li>-Invasion Games</li> </ul>	<ul style="list-style-type: none"> <li>-Volleyball</li> <li>-Badminton</li> </ul>	<ul style="list-style-type: none"> <li>-Eating Disorders</li> <li>-Nutrition</li> </ul>

	<ul style="list-style-type: none"> <li>-Fitness Unit/Challenge</li> <li>-Fitness Assessment</li> </ul>	<ul style="list-style-type: none"> <li>-Pickleball</li> <li>-Handball</li> <li>-Lacrosse</li> <li>-Hockey</li> <li>-Dance</li> <li>-Tennis</li> </ul>	<ul style="list-style-type: none"> <li>-Energy &amp; Time Balance</li> <li>-Sleep</li> </ul>
Spring	<ul style="list-style-type: none"> <li>-Striking &amp; Fielding Games</li> <li>-Backyard Games</li> <li>-Fitness Unit/Challenge</li> <li>-Fitness Assessment</li> </ul>	<ul style="list-style-type: none"> <li>-Kickball</li> <li>-Baseball/Softball</li> <li>-4-Square</li> <li>-Bocce Ball</li> <li>-Golf</li> <li>-Cornhole, Golf Pong, Washer games</li> <li>-Muscular Strength</li> </ul>	<ul style="list-style-type: none"> <li>-Stress</li> <li>-Obesity</li> <li>-Illness</li> <li>-Community Health</li> </ul>