

## Glenridge PE/Health Year at a Glance (3-5)

### **August**

Routines, Warm Up  
Simple Games

### **September** (Intro. to health topics)

Team Building/Challenges  
Volleyball Skills/Games  
Football Skills/Games

### **October** (Cont. Intro. to health topics)

Archery  
Lacrosse Skills/Games  
Intro. to Fitness Concepts  
Halloween Activities

### **November** (Cont. Intro. to health topics)

African Dance with Mr. Diadie  
Table Tennis Skills/Games  
Pickleball Skills/Games  
Rugby Skills/Games

### **December**

Bowling  
Fitness Stations & Testing

### **January** (Health: Self-Awareness)

Scooter Games  
Basketball Skills/Games  
International Games  
Jump Rope (Individual)

### **February** (Health: Social-Awareness)

Heart Healthy Activities  
Jump Rope (Group)  
Cup Stacking/Relays

### **March** (Health: Self-Management)

Badminton Skills/Games  
Pillo Polo Hockey Skills/Games  
Soccer Skills/Games

### **April** (Health: Relationship Skills)

Kickball Skills/Games  
Batting Skills & Wiffle Ball Games  
Tennis Skills/Games  
Inline Skating at GLN

### **May** (Health: Responsible Decision-Making)

Fitness Stations & Testing  
Frisbee Skills/Golf  
Student Choice Games

**\*Please Note:** Most units will be taught for 2 weeks and then classes will be switched to the other PE teacher for a new unit.