

Glenridge PE/Health Year at a Glance (K-2)

August

Routines and Simple Games
Spatial Awareness/Tag Games
Locomotor Skills

September (Intro. to health topics)

Throwing & Catching Skills/Games
Parachute Activities
Frisbee Skills/Games

October (Cont. Intro. to health topics)

Introduction to Golf
Hula Hoop Fun
Scooter Activities
Halloween Activities

November (Cont. Intro. to health topics)

African Dance with Mr. Diadie
Kicking Skills & Kickball Games
Soccer
Drumtastic

December

Scarf Juggling
Fitness Stations
Bowling
Scooter Games

January (Health: Self-Awareness)

Basketball Skills & Games
International Games
Jump Rope (Individual)

February (Health: Social-Awareness)

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

March (Health: Self-Management)

Circus Stations
Spring Games
Pillo Polo Hockey
Soccer

April (Health: Relationship Skills)

Tennis Exploration
Batting Skills & T-Ball Games
Kickball Games
Tag Games

May (Health: Responsible Decision-Making)

Frisbee Skills & Games
Frisbee Golf
Student Choice Games