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**Elementary PE**

**Online Physical Education Network (OPEN)**

This is an amazing, free, online resource site for PE. They are continually adding resources to it.

Go to <https://openphysed.org>

Register/Login for Free (username & password)- Use EWU as your school and if they require a district, type in your current school district or one in your area (if are not currently in a school).

From the top tabs, hover over “Curriculum Resources” then “Physical Education Grades K-12” and click on “**3-5 intermediate physical education modules.**”

Select **TWO units from “3-5 Intermediate Modules.”** (from the list of basketball skills, bat and ball games… through yoga and mindfulness.”

Once you open that unit you will see a list of “activity plans,” which are various lessons/games the class can play within that unit. From the list of activity plans select **TWO.** For each activity plan read through the handout to complete the following information (example provided with formatting steps):

Submission Requirements (complete the steps below)-

**Unit 1: Basketball (**Passing Triathlon**)**

Activity Plan 1:

* Student target for “skill”- I will show hands in order to give my partner a passing target.
* Teaching cues- Passing Thumbs behind the ball, fingers apart on sides, step to target, push with both hands. Catching Show hands with thumbs together, watch ball into hands, catch with soft hands.
* Brief summary of activity procedures- The students will work on passing skills with a partner they will complete 10 chest passes, 10 bounce passes, and then 20 alternating.
* Select one “debrief question” that you like the most- When do basketball players use passing skills?
* Brief summary of “teaching strategy focus”- YouTube can be used to show incredible passes and get the students excited for the activity. It is crucial to emphasize the importance of good passes so the ball is going where it needs to go.

Activity Plan 2: Hand Skills

• Student target for “skill”- I will dribble with both my right and left hands, using the skill cues we learned in class.

• Teaching cues- soft knees, Finger pads, top of the ball, eye over the ball and alert.

• Brief summary of activity procedures- Students will listen to signals and dribble when advised they will be working on 3 high dribbles, 3 low dribbles then switch hands and repeat.

• Select one “debrief question” that you like the most- What do you know about ball control in the sport of basketball.

• Brief summary of “teaching strategy focus”- Students fall into two categories when it comes to basketball skills. Some thing they know everything others don’t. It’s important to encourage them to set realistic goals and celebrate success.

**Unit 2:** *Select a different unit from the main “3-5 PE modules” page*

Select 2 activity plans and repeat the format (steps) above

Activity Plan 1: Flag Football Pass

• Student target for “skill”- I will accurately toss and catch with a partner.

• Teaching cues- Cue 1: Look at your partner to ensure they are ready before making a toss/pass: their hands are up and their eyes are looking at you. Cue 2: Look for both verbal and non-verbal communication from potential partners. Cue 3: Try and pass with as many different partners as possible.

• Brief summary of activity procedures- Open spaces are created for safety and the students will pass and catch a football back and forth while switching partners the students will toss the ball each time then switch partners.

• Select one “debrief question” that you like the most- How does demonstrating etiquette and respect impact trust amongst teammates?

• Brief summary of “teaching strategy focus”- There was none listed.

Activity Plan 2: Flag Football Partner Pass and Chase

• Student target for “skill”- I will combine traveling with manipulative skills to safely chase or flee from my partner.

• Teaching cues- Cue 1: Communicate with your teammates using positive language. Cue 2: Pull down on the flag when trying to pull the flag belt from your partner. Cue 3: Be aware of your surroundings and keep your eyes up in order to move safely through the

activity space. Cue 4: Remember to show respect and hand the flag back to your partner after you pull it.

• Brief summary of activity procedures- The activity will be groups of two the students will pass it to each other then the point is to avoid your partner while be chased. Music will be used for cues during the activity. The goal when getting chased is to avoid your partner and not get your flag pulled.

• Select one “debrief question” that you like the most- How would you describe what agility looks like?

• Brief summary of “teaching strategy focus”- None listed