

Seldens Landing Elementary
Second Nine Week Plans 2019-2020

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
Kindergarten First Grade Second Grade	Scooters SOL (1.1j)(2.2b) <i>Movement</i> <i>Principles</i> “Military PFT’s”(OTTW) Day 1: Warm-Up- Watch Military Videos *Perform exercises in video in squads (2 nd video) Day 2: Warm-Up- Military Circuit *Scooter Tag Day 3: Warm-Up- Military Circuit *Scooter Tag	Basketball SOL (1.1d)(2.1h) <i>Motor Skill Dev.</i> Day 1: Ball Handling in squads *Human Cone Dribbling Day 2: Warm-Up- Human Cone Dribbling-w/def. *Bounce/Chest Pass w/partner Day 3: Warm-Up- Half-court Shuttle Dribble/change hands *Partner Passing	Basketball SOL (1.1d)(2.1h) <i>Motor Skill Dev.</i> Day 1: *Shooting Review -BEEF *Skill Centers- dribble,pass,shoot Day 2: Teacher explan. Of activity *PacMan-divide each class into 4 teams Day 3: *PacMan-divide each class into 4 teams	Thanksgiving Week SOL (1.3)(2.3) <i>Fitness Planning</i> Day 1: Turkey Trot Day 2: Turkey Trot	Speed Stacks SOL (1.1c)(2.1a) <i>Motor Skill Dev.-hand/eye coord.</i> Day 1: Warm-Up- *Stacking basics Teacher demo./student practice *3-3-3 stack Day 2: Warm-Up- 3-3-3 Shuttle Run *3-6-3 practice- Challenge classmates Day 3: Warm-Up- 3-6-3 Shuttle Run *Stack Laps-3-3-3, 3-6-3, 6-6, 3-3-3 upside down	Speed Stacks SOL (1.1c)(2.1a) <i>Motor Skill Dev.</i> Day 1: *Pyramid Challenge -3-3-3 -3-6-3 -6-6 Day 2: *Pyramid Challenges day 2 Day 3: Stack Laps Challenge- 3-3-3-3,3-6-3,6-6, 3-6-3 upside down	Winter Games SOL (1.1d)(2.1h) <i>Skilled Movement</i> Day 1: *Saving Frosty (Rocket Attack)- First day for K/1 to use yarn balls Day 2: Warm up- Partner pacer (20m) *Snowman Busters Day 3: *Snow fort/castle Down” (Dome Down)	Juggling SOL (1.1c)(2.1a) <i>Motor Skill Dev.-Hand/eye coord.</i> Day 1: Jump Rope Club info. (1/8-2/2) *Juggle Intro. * 1 & 2 Scarf Day 2: Warm-Up- Rev. Day 1 *2 Scarves, 2 scarves/one hand Day 3: *Challenge Levels(centers) *2 scarves (10x) *2 scarves/1 hand(10x) *3 scarves	Fitness SOL (1.3)(2.3) <i>Fitness Planning</i> Day 1: *Partner Pacer Day 2: Warm up- Practice stations w/teacher *Mousercise Fitness Stations Day 3: *Finish stations as warm-up *Ghostbusters-go to a Mousercise station for exercise
	Third Grade Fourth Grade Fifth Grade	Scooters SOL (3.1a)(4.1d)(5.1d) <i>Movement</i> <i>Principles</i> “Military PFT’s”(OTTW) Day 1: Warm-Up- Watch Military Videos *Perform exercises in video in squads (2 nd video) Day 2: Warm-Up- Military Circuit *Scooter Tag Day 3: Warm-Up- Military Circuit *Scooter Tag	Basketball SOL (3.1a)(4.1a)(5.1a) <i>Motor Skill Dev.</i> Day 1: *Dribbling/Ball Handling *Human Cone Dribbling Day 2: Warm-Up- Shuttle Dribble *Partner chest/bounce pass Day 3: Warm-Up- Shuttle Dribble * "Hit the Deck"- partner passing game	Basketball SOL (3.1a)(4.1a)(5.1a) <i>Motor Skill Dev.</i> Day 1: Warm-Up- Review B.E.E.F. *Skill centers- Dribble,pass,shoot Day 2: Teacher review of activity *Pac Man shooting- divide classes into even teams of 4 Day 3: *PacMan-divide each class into 4 teams	Thanksgiving Week SOL (3.3)(4.3)(5.3) <i>Skilled Movement</i> Day 1: Turkey Trot Day 2: Turkey Trot	Speed Stacks SOL (3.1a)(4.1a)(5.1a) <i>Motor Skill Develop.</i> Day 1: Warm-Up- Teacher Review of basics *3-3-3, 3-6-3- practice/challenge Day 2: Warm-Up- 3-3-3 shuttle run *6-6 *1-10-1 *Cycle Day 3: Warm-Up- 3-6-3 shuttle run *Stack Laps:3-3-3 -3-6-3 -6-6 - cycle	Speed Stacks SOL (3.1a)(4.1a)(5.1a) <i>Skilled Movement</i> Day 1: *Pyramid Challenge -3-3-3 -3-6-3 -6-6 -cycle Day 2: *Pyramid Challenges Day 3: Independent practice, partner challenges, timing tables	Winter Games SOL (3.1a,4.1a,5.1a) <i>Skilled Movement</i> Day 1: *Saving Frosty (Rocket Attack)- First day for K/1 to use yarn balls Day 2: Warm up- Partner pacer (20m) *Snowman Busters Day 3: *Snow fort/castle Down” (Dome Down)	Juggling SOL (3.1a)(4.1a)(5.1e) <i>Motor Skill Dev.-Hand/eye</i> Day 1: Warm-Up- Aerobic Video *Juggle Intro. * 1 & 2 Scarf challenges Day 2: *2-3 Scarf challenges Day 3: *Challenge Levels 1) 2 scarf (10x) 2)2 scarves/one hand (10x) 3) 3 scarves