

Pennington Traditional – *Health and PE*

Teacher: *Robinson/McNeill/Hoover*

Updated: *March 20, 2020*

<u>Elementary PE Objectives and Resources</u>	<u>Middle School PE Objectives and Resources</u>	<u>Middle School Health Education Objectives</u>
Striking: Striking a balloon	Cooperative & Team Building Activities	Substance Abuse Prevention, Opioids and Safe Use Medication
Volleying: Passing (bump) Set	Lifetime Sports	Body Systems
Frisbee: How to throw a frisbee	Individual Sports	Community Involvement
Dance/Rhythm: Cupid shuffle how to Cupid Shuffle Sid shuffle (ice age) Just Dance	Team Sports	Healthy Environment
Jump Rope: How to jump rope Jump Rope Tricks	Dance & Rhythms: Just Dance Hip Hop dance moves	Health Promotion including Nutrition and Physical Activity
Throwing and Catching: Underhand throw Overhand throw and catching	Fitness Activities: Daily PE workout	Social/Emotional/Mental Health
Kicking: How to kick a soccer ball		
Fitness: Character themed workouts Daily PE workout		

Reminders:

- No new instruction is being given.
- All additional available resources are for optional practice only and are not being used for grades.
- All due dates are April 14, or whenever students return to school.
- I am available during regular school hours (9:00 a.m. – 3:40 p.m. Monday-Friday) to provide assistance and/or additional resources and I can be reached at robinstj@pwcs.edu - mcneilcc@pwcs.edu - hooverbr@pwcs.edu