

BNS Physical Education and Health Themes

| Red, Orange, Yellow | | | |
|------------------------|--|--|--|
| Trimester | P.E. | Activity Examples | Health |
| Fall | <ul style="list-style-type: none"> • Space Awareness • Effort • Relationships • Throwing and Catching • Locomotor Movements: Running, Marching, Skipping, Jumping, Chasing, Fleeing, Dodging | <ul style="list-style-type: none"> • Exploring personal space • Cooperative games: relays, tag, pursuit/ evade games, soccer • Throwing Frisbees • Nature walks | <ul style="list-style-type: none"> • Following directions • Cooperation, sportsmanship, conflict resolution • Sports safety • Healthy habits: hydration, rest, nutrition, sun protection |
| Winter | <ul style="list-style-type: none"> • Bending, Stretching, Curling • Jumping and Landing • Kicking, Dribbling, Passing, and Punting • Cooperative Activities • Balancing | <ul style="list-style-type: none"> • Yoga • Jumping rope • Soccer skills • Dancing • Cooperative games | <ul style="list-style-type: none"> • Body Systems • Germs • Healthy heart • Respecting nature |
| Spring | <ul style="list-style-type: none"> • Volleying • Dribbling • Striking with Racquets and Paddles • Striking with Long Handled Implements • Backyard Games | <ul style="list-style-type: none"> • Volleyball Skills • Basketball Skills • Badminton Skills • Baseball/Softball Skills • Cornhole, Ladder Golf, etc. | <ul style="list-style-type: none"> • Sleep • Self Esteem • Sportsmanship • Empathy |
| Green, Turquoise, Blue | | | |
| Trimester | P.E. | Activity Examples | Health |
| Fall | <ul style="list-style-type: none"> • Space Awareness • Effort • Relationships • Body Weight Exercises: Push-ups, Sit-ups, Pull-ups, Planks • Throwing and Catching • Chasing, Fleeing, Dodging | <ul style="list-style-type: none"> • Advanced throwing and catching skills • Capture the Flag • Agility drills • Games and Drills: Soccer, Basketball, Volleyball, Floor Hockey, Frisbee | <ul style="list-style-type: none"> • Cooperation, sportsmanship, conflict resolution • Safety in sports • Healthy habits: hydration, rest, nutrition, sun protection |
| Winter | <ul style="list-style-type: none"> • Bending, Stretching, Curling • Jumping and Landing • Kicking and Punting • Cooperative Activities • Balancing | <ul style="list-style-type: none"> • Yoga • Jumping rope • Soccer • Flexibility drills • Dancing | <ul style="list-style-type: none"> • Consistency in physical activity • Healthy habits • Body systems |

| Spring | <ul style="list-style-type: none"> • Volleying • Dribbling • Striking with Racquets and Paddles • Striking with Long Handled Implements • Backyard Games | <ul style="list-style-type: none"> • Volleyball • Basketball • Badminton • Baseball/Softball • 4-Square | <ul style="list-style-type: none"> • Sports Safety • Germs • Sleep • Stress |
|-----------|--|---|--|
| Purple | | | |
| Trimester | P.E. | Activity Examples | Health |
| Fall | <ul style="list-style-type: none"> • Games and Drills • Running Drills • Agility and Coordination Drills • Foundation of Body Weight Exercises • Aerobic Fitness Activities • Fitness Assessment | <ul style="list-style-type: none"> • Flag Football • Soccer • Basketball • Ultimate Frisbee • Croquet • Disc Golf • Yoga | <ul style="list-style-type: none"> • Body Systems • Conflict Resolution • Lifelong fitness • Setting fitness goals • Healthy habits |
| Winter | <ul style="list-style-type: none"> • Games and Drills • Yoga • Functional Flexibility • Fitness Unit/Challenge • Fitness Assessment | <ul style="list-style-type: none"> • Volleyball • Badminton • Handball • Lacrosse • Hockey • Dance | <ul style="list-style-type: none"> • Healthy habits • Balanced lifestyle • Community health |
| Spring | <ul style="list-style-type: none"> • Games, Drills, and Sports: Baseball, Track, Tennis • Backyard Games • Fitness Unit/Challenge • Fitness Assessment | <ul style="list-style-type: none"> • Kickball • Baseball/Softball • 4-Square • Cornhole • Bocce Ball | <ul style="list-style-type: none"> • Coping with stress • Current events in health and fitness • Setting fitness goals • Illness |