

# Academic Themes that connect your with classroom teachers

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## Themes

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|----------------------|----------------|
| 1. Alphabet Walk     | 7. Olympics    |
| 2. Brave Smart Girls | 8. Maps        |
| 3. Geography         | 9. Rain Forest |
| 4. Butterflies       | 10. Money      |
| 5. Turtles           | 11. Math       |
| 6. Kenya             | 12. Reading    |

## Alphabet Walk

Using an iPad or other device to take photos. The class walks outside learning about the benefits and importance of exercise. While walking they document different objects they find that start with each letter of the alphabet (I do not allow them to use classmates ie. Joe for J). At the end of class you will have 26 photos that you can turn into an iMovie and share with families and the community.

## Brave Smart Girls

This is a kindergarten unit. During this study, one of the individuals is Wilma Rudolph. This unit allows for a variety of conversations in physical education and the culminating activity is a trip to the track to run like Wilma! Also during this unit the students climb the horizontal rock wall and then in class write about their experience with the classroom teacher. They also have a chance to try the Whale Watch on our challenge course.

## Geography

Using the 50 state poly spots, a variety of activities can happen in physical education depending on the age. The possibilities can be endless.

1. Locomotor movements to different states.
2. Ball skills around the states - dribbling during basketball, bounce catches.
3. Depending on how your school studies the state's design a worksheet the students complete to challenge them to find the poly spot.

## Butterflies

A memory card warm-up game. Zerox the stages of the butterfly metamorphosis.

This becomes a group activity where the students turn over one card and bring back the cards in the correct order. It reinforces the stages and encourages teamwork and communication.

## Turtles

Pre-K studies turtles and this parachute helps to reinforce the academic concepts and TEAMWORK! I challenge them to move the turtle from island to island on the floor in the air and include everyone.

## Kenya

To connect with the classroom teacher and the science teacher during the study of Kenya in PE we do a water walk with pedometers. The students track the number of steps they take outside on the field while carrying bottles of water. Many wonderful conversations about different cultures and ways of life result from this activity.

There was even spontaneous Swahili singing!

## Olympics

Plan an all school Winter Olympic unit. Assign students to different countries across different grades. Hold an opening ceremony where students make flags for their country, march in the parade as a team, take the Olympic Oath, have students play music and light the Olympic Flame. The entire school can be involved and during PE class teach the different Winter Olympic events.

We cross country skied through the halls on paper plates with pillo polo sticks, curled with an indoor curling set, downhill skied on paper plates through the gates (cones), speed skated on an indoor oval.

## Maps

When a class is studying maps this can be taught as another form of a map. I use this for fitness with poly spots and gates.

You can use it for soccer passing,

catching or other challenges.



## Money

To connect with the classroom teachers borrow their money kit and set up a warm up activity where a team has to collect money totaling the amount on the card you give them.

Depending on the age group make the cards age appropriate with clues. This activity not only reinforces money recognition but develops math skills, problem solving, communication, cooperation and teamwork.

## Rain Forest

This is a unit that PE, art and music do together. As the students study the rain forest, in art they design and make a headpiece of an animal, in music they use Garageband to make music that they will use to choreograph a dance in Physical Education class. The culminating event is an assembly for the entire lower school.

## Math

- Sequencing # 1 - 10 warm up
- Numbers scattered around the gym - locomotor +1, +2, -1 (math skills)
- Jump ropes and making numbers and solving equations
- Pedometer math - adding numbers on pedometer
- Dice with graphs for exercise or number of repetitions.

## Reading / Letter Recognition

This category is endless.

- Use jump ropes to make letters - with a partner spell a word.
- Toss and spell beanbags for classroom spelling words.
- Read a book the class can act out "The Ball Bounced"
- Body shapes for letters.