

3rd, 4th, and 5th Grade Physical Education Lessons and Games Map

KEY:	The color of the page # below represents which	book to reference or to	see Lesson	Plan Folder
No Standing Around in My Gym:	Creative Lesson Plans, Games, and Teaching Tips for Elem. P.E.	Book I've authored		
PE2theMax:	Maximize Skills, Participation, Teamwork and Fun	Book I've authored		
PE2theMax II	Stepping up the "Game" in Physical Education	Book I've authored		
PE²	<i>Double the Physical + Double the Education = Double the Fun</i>	Book I've authored		
HyPED Up	<i>Taking Physical Education Games to the Next Level</i>	Book I've authored		
HyPED Up II	<i>Taking Physical Education Games Beyond the Next Level</i>	Book I've authored		
PE2theMax's Greatest Hits	Games Created to Maximize Skills, Part., Teamwork & Fun	Book I've authored		
L.P. = in Lesson Plan Folder	From lessons I have found	or Authored		
Lessons and Games	National Standards for 3-5 Physical Education	Essential Questions	Beginning	# of
See KEY for color references	See National Standards Attached	See EQ Attachment	Date	Days
2 Heads are Better than 1 pg. 81	(2-5) The Good Sports Code on Wall	EQ 2; EQ 16		
Ballistic pg. 1 (2-5)	S1, S2	EQ 64		
Word Wall:	Triceps and Biceps			
Bank It pg. 12 (2-5)	S1, S2	EQ 51		
Word Wall:	Rest	WW 9		
Birdee Battle pg. 11	*Underhand Badminton Serve Video*	EQ 38		
Bounce Brigade pg. 12 (4-5)	S1, S2, S4	EQ 16		
Bowling Blitz pg. 19	S1, S2	Rules/Procedures		
Bowling Bombs II pg. 15 (1-5)	S1, S2			
	Bowling Cues on Wall			
Building Blocks pg. 25 (2-5)	S1, S2, S4	EQ 44		
BullsEye pg. 18	S1, S2, S4	EQ 39		
Word Wall:	Healthy Artery and Clogged Artery Display	WW 26		
Capture the Critters L.P.		EQ 70-2 sided		
Castle Mania L.P.	S1, S2	EQ 71-2 sided		
Word Wall:	Fat & Muscle Display	WW 24		
Cone Flip Chaos pg. 132	Water Fuels Your Fun Poster			
Connect 4-Fun pg. 17	S1, S2, S4	EQ 36		
	Get Connect 4 Picture			
coopERation pg. 23 (2-5)	S1, S2	EQ 4-2 sided		
	Cooperation Throwing Video	WW 6		
Crack the Code pg. 27	S1, S2, S4			
Word Wall:	Deltoids & Trapezius	WW 3		

Dice Dash pg. 22	S1, S2, S4	EQ 55		
Disarmament pg. 28 (2-5)	S1, S2, S4	EQ 67-2 sided		
EcSTATIC Bowling pg. 35 (2-5)	S1, S2, S4	EQ 40-2 sided		
Word Wall:	Weight training	WW 11		
Finesse pg. 38	S1, S2	EQ 43		
Fitness War pg. 39	S1, S2; Tape up Cheat Sheet	EQ 11-2 sided		
Word Wall:	Aerobic and Anaerobic Exercise/Rabbit-Turtle race	WW 7		
Flip For It pg. 30 (2-5)	S1, S2, S4	EQ 1		
Field Days pg. 97	S1, S2, S4			
Free Throw Challenge	Video & Basketball Skill Cues on Wall	EQ 17		
Frisbee Smack Down pg. 26	S1, S2, S4	EQ 43		
	Frisbee Throw Cues on Wall			
Fun Days pg. 143	S1, S2, S4			
Going Cuckoo pg. 44	S1, S2, S4	EQ 15		
Grinchmas pg. 39 (2-5)	S1, S2, S4	EQ 49-2 sided		
Guess Who? Fitness pg. 43	S1, S2, S4	EQ 25-2 sided		
Get Guess Who Picture	Muscular Endurance	WW 20		
Gymnastics, Tumbling and Stunts pg. 30	S1, S2, S3, S4, S5	EQ 30; EQ 52		
	Gymnastics Videos & Tumbling Card			
Head Honcho II pp. 51 (2-5)	S1, S2	Rules/Procedures		
Hornswoggled pg. 34 (2-5)	S1, S2	EQ 56-2 sided		
Hula Hut Challenges pg. 43 (2-5)	*Hula Hut Building Video & Challenges*	EQ 35		
Hula Hut Throw Down pg. 49	*Hula Hut Building Video*	EQ 13		
In the Zone pg. 109	S1, S2, S4	EQ 28		
It's Going to Blow! pg. 45	S1, S2, S3, S4, S5	EQ 16; EQ 68-2 sided		
Jump Rope: Short-Long Rope Challenges	Complete Day 1 & 2 in L.P.	EQ 21; EQ 33; EQ 46		
	Show A-E Rope Turning Videos	EQ 54		
JRFH-Long Rope Challenge Contest	Day 3: Create the best long rope challenge			
Just Concentrate! pg. 55	Football Throwing Cues on Wall	EQ 74-2 sided		
Just Roll the Dica pg. 38				
Kick Start Your Heart pg. 49	*Soccer Juggling Video*	EQ 47		
	Soccer Skills Cues on Wall			
Launch It! pg. 42	*Slingshot Video Demonstration*	EQ 19-2 sided		
Word Wall:	Physical Activity	WW 8		

Let 'em Roll pg. 59	S1, S2, S4	EQ 12-2 sided		
Word Wall:	Aerobic and Anaerobic Exercise	WW 7		
Moving On Up pg. 53	S1, S2 Body Composition WW 22	EQ 27-2 sided		
NBAced It pg. 62 (2-5)	S1, S2, S4	EQ 17; EQ 31; EQ 48		
Word Wall:	Dominant and Non-dominant	Basketball Cues on Wall		
Outside Games	Toilet Tag; Frisbee Frenzy; KanJam Extreme			
Pace Maker II pg. 68	Pacing: Tortoise and Hare Analogy	EQ 20; EQ 44		
Word Wall:	Green Info. Card and Picture	WW 10		
PaddleStar Galactica pg. 65	S1, S2, S4	EQ 62		
	Striking with Paddles Cues on Wall			
Parachute L.P.	S1, S2, S4	EQ 8		
Personal High Jinks pg. 72 (2-5)				
	Frisbee Throw Cues on Wall			
P.I.E. L.P. (2-5)	S1, S2, S4	EQ 63-2 sided		
Pokemon Go Get 'em pg. 67	S1, S2, S4	Vaping Posters		
2nd Grade throws balls				
Pre-Field Day Volleyball	Volleyball practice for Field Day Competition	Volleyball Rally Video		
Quick Six pg. 76 (2-5)	S1, S2, S4	EQ 23-2 sided		
Word Wall:	Cardiovascular Endurance	WW 18		
Rampage pg. 64 (2-5)	S1, S2, S4	EQ 42-2 sided		
Word Wall:	Sedentary	WW 12		
Rhythms and Dance L.P.	S1, S2, S3, S4, S5	EQ 29; EQ 34		
Dance Routines/Beat Sheets				
Risky Business Solo pg. 71 (2-5)	Risky Business PowerPoint			
Risky Business Team pg. 71 (3-5)	S1, S2, S4	EQ 7; EQ 59		
Scallywag pg. 59 (Team vs Team)	S1, S2	EQ 16		
Scout N' Shoot pg. 110		EQ 66-2 sided		
Word Wall:	Triceps and Biceps	WW 1		
Scooter Scavenger pg. 80	S1, S2, S4	EQ 32		
Word Wall:	Heart Rate	WW 14		
Scooter Scavenger Spelling Bee pg. 136		EQ 3; 75-2 sided		
Scooter Skills Galore pg. 57	S1, S2, S4	EQ 45		
	Scooter Videos & Scooter Skills Card			

Slingshot pg. 62	S1, S2, S4	EQ 18		
Stack Attack pg. 67	S1, S2, S4	EQ 24-2 sided		
Word Wall:	Muscular Strength	WW 19		
State Lingo Bingo pg. 77 (2-5)	S1, S2, S4	EQ 61		
Stay ComPOSED pg. 90	S1, S2, S4	EQ 26-2 sided		
Word Wall:	Flexibility	WW 21		
Team Trashball pg. 90	S1, S2, S4	EQ 15		
Word Wall:	Abdominals and Obliques	WW 5		
The Great Escape pg. 44	S1, S2, S4	EQ 14		
Word Wall:	4 Stages of Exercise	WW 16		
The Mega BankRoll pg. 142		EQ 41-2 sided		
The Savage Sumos pg. 93	S1, S2	EQ 10		
Sumo Picture on TV	F.I.T.T. Principle	WW 17		
Toxic Blast pg. 92	S1, S2	EQ 65		
Word Wall:	Vaping Video	WW 25		
Treasure Quest pg. 93	S1, S2, S4	EQ 53-2 sided		
Word Wall:	Caloric Expenditure	WW 13		
UFO's pg. 76	S1, S2, S4	EQ 72-2 sided		
Word Wall:	Sugar Test Tube Displays	WW 23		
Volleyblaster pg. 94	S1, S2	EQ 69-2 sided		
Volleyball Pre-Field Day Tourn.	Set up standards and practice game			
	How it will be played on Field Day			
Watch Your Back pg. 81	S1, S2, S4	EQ 6		
We're on Lockdown! pg. 98	S1, S2, S4	?		
What Did You Say? pg. 82	S1, S2, S4	EQ 50		
What's in Your Wallet? pg. 106	S1, S2, S4	EQS 57, 58 and 59		
Who Sunk Our Battleships? pg. 117	S1, S2	EQ 73-2 sided		
Word Wall:	Fat Test Tube Displays	WW23		
Yeah Baby! Pg. 97	Overhand Throw Cues on Wall	EQ 16		
Word Wall:		WW 4		
F.I.T.T. Club pg. 86	S1, S2, S3, S4, S5	Every Monday & Wed.		
		from 7-7:30 am		

Fast Track to Fitness pg. 85	S1, S2, S3, S4, S5			
Fitness Finders pg. 89	S1, S2, S3, S4, S5			
Roadrunners pg. 133	S1, S2, S3, S4, S5			
Word Wall	S1, S2, S3, S4, S5			
Daily Stretches and Captain	S1, S2, S3, S4, S5			
Problem Solving Area pg. 121	S4			

Extra 3-5 Physical Education Curriculum Map

Lessons and Games	National Standards for 3-5 Physical Education	Essential Questions	Beginning	# of
See KEY for color references	See National Standards Attached	See EQ Attachment	Date	Days
Badminton Skills pg. 62				
Ball Challenges pg. 5				
Fitness for the Fun of It pg. 42				
Football and Frisbee Skills pg. 16				
Frisbee Golf L.P.				
Noodle Challenges L.P.				
Skele-ton-of-Fun pg. 82				
Soccer Skills pg. 18				
Striking Skills L.P.				
Volleyball pg. 68				
Games				
Action Packed pg. 12				
Basic Training L.P.				
Boo-Yah pg. 8				
Bowl-A Hula (2nd-5th) pg. 15				
Cross Over Craze pg. 97				
Frisbee Frenzy pg. 99				
H2O No pg. 47				

Indoor Soccer pg. 108				
Scrabblistic pg. 70				
Hockey pg. 74				
Stick it to Ya! pg. 78				
Super "Bowl" pg. 77				
Supremacy pg. 80				
Under Siege pg. 84				
What Lies Beneath pg. 86				
Cooperatives pg. 43				
All or Nothing pg. 10				
Smack Down pg. 73				
The Tri Factor pg. 72				