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| Date | Resilience Challenge | Topic | Essential Question |
| Sept 4-12 | Tennis Ball Super Seven | Personal & Social Responsibility | Can I follow directions?  Can I use equipment safely?  Can I participate safely without teacher reminders? |
| Sept 17-20 | \*Short week with 3 missed days | Manipulation – Scarves | Can I perform locomotor skills while keeping my balance?  Can I perform locomotor skills with a mature pattern?  Can I skip and run with a mature pattern? |

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| Sept 23-27 | Bean Bag Super Seven | Manipulation & Locomotion – Bean Bags | Can I stay balanced both while I’m still and while moving?  Can I stay balanced on different bases of support?  Can I balance while making new shapes with my body? |
| Sept 30 | Orange Shirt Day |  |  |
| Oct 1-4 | Hacky Sack | Flags | Can I use equipment safely?  Can I follow all instructions with no teacher reminders?  Can I help my classmates follow directions? |
| Oct 7-Oct 10 | Scoop & Balls Super Seven | Balls | Can I catch a bouncing ball?  Can I catch a ball that is tossed to me?  Can I toss a ball underhand accurately to a partner? |
| Oct 15-18 | Your choice  Tennis ball, bean bag, hacky sack | Hoops  \*Outdoor Day Oct 16 | Can I share equipment?  Can I respond positively to teacher feedback?  Can I accept responsibility for my behaviours and actions? |
| Oct 21-24 | Deck Ring Super Seven | Curling | Can I follow directions?  Can I use strong and light force when needed?  Can I use correct force towards the target? |
| Oct 28-Nov 1 | Frisbee & Tennis Ball Super Seven | Halloween Games | Am I respectful to others?  Am I following the rules of the game? |
| Nov 4-8 | Pool Noodle Super Seven | Noodles | Am I showing ‘Grit’ during my challenges? |
| Nov 12-15 | Juggling Scarves Super Seven | Catching | Can I track an object?  Can I move to a tracked object?  Can I catch a tracked object? |
| Nov 18-29 | Reaction (scarf run) | Gymnastics & Jungle Gym | Can I move at different levels and directions?  Can I stay balanced while moving through obstacles?  Can I recognize different ways to move around a variety of equipment? |
| Dec 2-5 | Concert | Speed Stacks | Can I follow directions?  Can I help my classmates follow directions?  Can I use the equipment safely independently? |
| Dec 9-13 |  | Gallop/Skip | Can I recognize the names of transport skills?  Can I demonstrate basic transport skills?  Can I demonstrate competency in transport skills? |
| Dec 16-20 |  | Winter Games | Have fun and be active |
| Jan 6-17 | Jump Rope Super Seven  Jump Rope Ninja | Jump Rope | Can I use equipment safely with no reminders?  Can I accept responsibility for the safety of others?  Can I discuss the role of rules and etiquette in PE? |
| Jan 20-30 | Hula Hoops Super Seven  Scarf & Pin Super Seven | Rolling/Bowling | Can I demonstrate rolling to a target?  Can I keep score of simple target games?  Can I use simple strategies to score in target games? |
| Feb 3-14 | Basketballs Super Seven  Use playground balls  Pom Poms | Bouncing | Can I bounce and catch a ball?  Can I dribble a ball 3 times in a row?  Can I dribble while I walk in general space? |
| Feb 18-28 | Tennis Ball & Racket Super Seven | Racket Striking  \*Outdoor Day Feb 19 | Can I recognize different manipulation skills?  Can I strike different objects?  Can I strike an object and keep it in control? |
| March 2-6 | Reaction (drop & catch/circle catch) | Parachute | Can I listen to instructions?  Can I follow instructions?  Can I be a listening leader in class? |
| March 9-12 | Hockey Stick Super Seven | Juggling | Can I try something new?  Can I use ‘grit’ to accomplish challenges? |
| March 16-27 | Paddle & Bean Bag Super Seven  Balance (Orange Cards) | Target Games (Kan Jam) | Explore manipulation skills.  Demonstrate basic manipulation in simple target games.  Demonstrate basic manipulation in a variety of challenging target games. |
| April 6-16 | Balloons Super Seven  Balloon & Hoop Super Seven | Volleying and Striking | Can I strike a balloon in different directions?  Can I strike a balloon in a partner?  Can I volley a balloon back and forth with a partner?  \*With hand and implement |
| April 20-May 1 |  | Rhythmic Movements  Dance | Can I explore space to a rhythm?  Can I follow a dance sequence?  Can I combine movements in a dance sequence? |
| May 4-15 | Cup Stacking Super Seven  Cone Flipping | Run, Jump, Throw | Can I explore movement skills?  Can I demonstrate basic transport skills?  Can I demonstrate competency in transport & manipulation skills? |
| May 19-29 | Speed  -as many lengths as you can | Foot Skills | Can I control the ball with my feet?  Can I dribble during games with my friends?  Can I control the speed of the ball and my body during games? |
| June 1-11 | Nerf Ball & Hoop Super Seven  Reaction Green Sheets  -seeing double, sit & drop | Striking  Team Games | Can I move safely during different activities?  Can I set up and manage small groups?  Can I set up and play by the rules in small groups? |
| June 15-29 |  | Fun Games |  |