

**NERSTRAND ELEMENTARY  
SCHOOL #4055**

**Explanation of Physical Education and  
Music Curriculum**

# Physical Education Curriculum

## Introduction:

This curriculum guide is intended to be the foundation for Physical Education instruction at Nerstrand Elementary School.

A quality Physical Education program provides all the children with the skills, knowledge, and attitudes necessary to make wise decisions about their health and physical well-being now and throughout their lifetimes!

It is this belief that is the basis for the Nerstrand Physical Education curriculum.

Students at Nerstrand Elementary School receive Physical Education instruction every day for 25 minutes. The kindergarten students are taught as a group while the first through third graders are taught in a multiage setting together. This is also true for fourth through fifth graders.

The Physical Education curriculum is based on three major domains of learning:

1. Psychomotor domain – This is the development of physical skills.
2. Cognitive domain – This includes the knowledge, understanding and application of information.
3. Affective domain – The social aspects of learning including communication, cooperation and sportsmanship are within this domain.

These three domains are focused upon in a variety of sports, games and activities throughout the year. Physical fitness is emphasized daily.

There is no magic for teaching Physical Education to students in a multiage setting. Many of the lessons are taught as they would be to a single grade class. However, there are different expectations for students from varying grade levels. This is especially evident when working on ball skills and jumping rope, for example. There are also some considerations made for size, strength and speed when dealing with activities such as soccer and hockey. Safety is always emphasized!

Allowing the older students to help teach the younger students is an obvious strength of this setting. It is enjoyable to see the relationships that are built between different age children. Students learn by listening to and observing others. It is not only the younger students who benefit from these relationships. The older students understand that they are the leaders and role models for their younger classmates. It is the building of these relationships that stands at the base of a multiage classroom.

## Learner Outcomes:

The learner will be able to:

### Kindergarten – Third Grade

- demonstrate a positive self-image.
- develop socialization skills.
- demonstrate body management and body control.
- demonstrate and experiment with basic motor skills in individual, team, and cooperative activities.
- use manipulative objects during locomotor and non-locomotor activities.
- develop physical fitness skills including speed, agility, muscular strength and endurance, cardiovascular endurance, and flexibility.
- participate in a daily fitness plan.
- relate class activities to life-long fitness and wellness.
- attain increasing competency in a variety of activities.
- demonstrate fair play and good sportsmanship.
- experience fun and enjoyment by participating in a variety of activities.

### Fourth – Fifth Grade

All of the above plus:

- learn to appreciate and enjoy a variety of activities
- develop the appropriate skills, knowledge, and understanding for participation in group sports and activities throughout the school year.
- know rules, skills, strategies and etiquette associated with various Physical Education activities.
- transfer Physical Education learning's into habits of a lifetime.

## PHYSICAL EDUCATION ACTIVITIES

### Grades K – 3

Introduction, rules etc.  
Fitness related activities  
Listening skills and moving  
Locomotor and non-locomotor activities  
Fitness testing  
Throwing and catching  
Outdoor relays  
Soccer skills and games  
Indoor games and movements  
Ball skills  
Volleyball skills and games

### Grades 4 – 5

Introduction, rules etc.  
Fitness related activities  
Throwing and catching  
Football skills and games  
Fitness testing  
Outdoor relays/activities  
Soccer skills and games  
Indoor games and movements  
Volleyball skills and games  
Scooter activities and games  
Basketball skills and games

Scooter activities and games  
Basketball skills and games  
Hoops and beanbags  
Parachute activities and games  
Fitness fever, fitness stations  
Roller Skating  
Rhythms and dance  
Hockey skills and games  
Jump ropes  
Tumbling and gymnastics  
Fitness testing  
Kickball/t-ball skills and games  
Fitness related activities, relays

Parachute activities and games  
Rhythms and dance  
Hockey skills and games  
Fitness Fever, fitness stations  
Jump ropes  
Roller Skating  
Tumbling and gymnastics  
Fitness testing  
Frisbee activities and games  
Kickball/softball skills and games  
Field day activities/Relays

# TEACHING LESSONS, GRADES K-3

## INTRODUCTION, RULES ETC.

- Squads
- Rules
- Grading
- Activities

## FITNESS RELATED ACTIVITIES (OUTSIDE)

- Jogging around the track
- Touch 3-4 different things, e.g. a tree, the backstop, a light pole, the school etc.
- One lap run for time
- Relays
- Jogging with stopwatches
- Moving with pedometers

## FITNESS RELATED ACTIVITIES (INSIDE)

- Jogging laps
- Partner jogging (2 laps each)
- Jogging lines back and forth
- Relays

## LISTENING SKILLS AND MOVING

- Start/stop on command (voice or whistle)
- Directions
- Army/Navy game \*See curriculum book, pink section-low organized games
- Simon Says \*Curriculum book, pink section-low organized games
- Back to Back \*Curriculum book, pink section-cooperative games under (people to people)
- Squirrels In The Trees \*Curriculum book, pink section-low organized games

## LOCOMOTOR AND NON-LOCOMOTOR ACTIVITIES

- Walk, run, gallop, hop, skip, jump and leap
- Bend, twist, sway, turn, etc.
- Games
  - Turtle Tag \*See Nerstand Physical Education Resource Book (NPERB)
  - Fisherperson Tag \*Curriculum book, yellow section-tag games
  - Blob Tag \*Curriculum book, yellow section-tag games
  - Frogs and Ants \*NPERB
  - Tail Tag \*NPERB
  - Mr./Mrs. Fox \*NPERB
  - Old Mother Witch \*Curriculum book, pink section-low organized games
  - Squirrels in the Trees \*Curriculum book, pink section-low organized games
  - Zookeeper \*NPERB
  - Four Square \*NPERB

## FITNESS TESTING

Testing is done in both the fall and the spring. 6 areas are tested including:

- 50 yard dash (speed)
- Shuttle Run (agility)
- Standing Long Jump (leg strength)
- Pull-ups (upper body strength)
- Curl-ups (abdominal endurance)
- Mile Run (cardiovascular endurance)

More information about fitness testing including test norms etc. is in the curriculum book, blue section-fitness.

## THROWING AND CATCHING

- Form Throwing
- Clean Up Your Yard \*Curriculum book, pink section-low organized games
- Animals Up \*Curriculum book, pink section-low organized games
- Bomb The Ball \*NPERB
- Gladiators \*NPERB
- Snowball Alley \*NPERB
- Snowfort \*NPERB
- Partner Yarnball Tag \*NPERB
- Foxtails
- Wingers

## OUTDOOR RELAYS

- Various relays around the track
- Relays around the backstop, trees etc.

## SOCCER SKILLS AND GAMES \*Curriculum book, gold section-soccer

- Dribbling Activities:
  - down and back
  - red light/green light (trapping skills also)
  - partner keepaway
  - around track
- Passing Activities:
  - partner pass (while moving also)
- Rules And Strategies (Team Work)
- Games:
  - 3 person goalie game
  - sideline soccer
  - numbered soccer game
  - full soccer game
  - wall soccer
  - crab soccer
  - pins in middle game
  - pins on ends game

### INDOOR GAMES AND MOVEMENTS

- Ninja Turtles \*Curriculum book, pink section-low organized games
- Snakes In The Grass \*NPERB
- Rob The Cookie Jar \*Curriculum book, pink section-low organized games
- Jurassic Park Tag \*NPERB
- Hide And Seek Tag \*NPERB
- Line Tag \*Curriculum book, yellow section-tag games
- Squad Tag \*NPERB
- Steal The Beanbag \*NPERB
- Scat Cat \*NPERB
- Pink Lemonade \*Curriculum book, pink section-low organized games
- 10 Second Tag \*Curriculum book, yellow section-tag games
- Everybody's It \*Curriculum book, yellow section-tag games

### BALL SKILLS

- Dribbling With Each Hand
- Alternate Hand Dribbling
- Red Light/Green Light
- Toss/Catch
- Toss/Bounce/Catch
- Partner Catch
- Dribbling Relays
- Dribble Wars \*NPERB

### VOLLEYBALL SKILLS AND GAMES

- Tapping Balloons
  - hands, feet, elbow, head
  - pass
  - set
  - serve
  - spike
  - relays
  - over the net
  - balloon wars \*NPERB
- Skills Using Volleyball Trainers
  - pass
  - set
  - serve
  - spike

### SCOOTER ACTIVITIES AND GAMES

- Safety
- Ways To Ride (both forward and backward)
  - knees
  - one knee

- stomach
- back
- bottoms
- Relays
  - individual rides
  - partner (elbows locked)
  - partner push
  - pull with jump rope
  - ship races
- Snakes In The Grass \*NPERB
- Jail Tag \*NPERB
- Battleship \*Curriculum book, pink section-cooperative games
- Scooter Highway \*NPERB

### BASKETBALL SKILLS AND GAMES

- Dribbling
  - red light/green light
  - dribble wars
- Passing
  - chest
  - bounce
  - overhead
- Shooting
  - game to 10
  - lightning

### HOOPS AND BEANBAGS

- Listening Skills Using Hoops
- Hoop Spins
- Rover (Dog Returns)
- Relays
  
- Beanbag Balances
- Beanbag Toss Into Hoops
- Poison Beanbag \*NPERB

### PARACHUTE ACTIVITIES AND GAMES \*Curriculum book, green section-

- manipulatives
- Circles
- Waves
- Popcorn
- Rocket Blast \*NPERB
- Inflate/Deflate
- Mountain/Mushroom
- Igloo
- Zap Game \*NPERB

- Color Game
- Mousetrap
- Steal The Bacon
- Sharks

### FITNESS FEVER/FITNESS STATIONS

- Thirty Minutes Of Exercise A Day
- Five Fruits And Vegetables A Day
- Stations
  - jogging
  - hoops
  - jump ropes
  - climbing ropes
  - pogo sticks
  - basket shoot
  - curl-ups

### ROLLER SKATING \*NPERB

### RHYTHMS AND DANCE \*Curriculum book, yellow section-rhythms

- The Freeze
- Hokey Pokey
- Chicken Dance
- Chicken Fat
- Limbo
- Listen And Move
- Boogie walk
- Virginia Reel
- Patty Cake Polka
- Rhythm Sticks

### HOCKEY SKILLS AND GAMES \*Curriculum book, yellow section-floor hockey

- Safety
- Puck And Stick Handling
- Clean Your Back Yard \*Curriculum book, pink section-low organized games
- Poison Puck (With/Without Nets) \*Curriculum book, pink section-cooperative games
- Shooting At Nets
- Playing Goalie
- Rules And Positions
- Three On Three Hockey Games
- Six On Six Hockey Games

### JUMP ROPES \*Curriculum book, green section-manipulatives

- Short Rope Skills (Forward And Backward)
  - rebound

basic  
hop  
skip  
rocker  
cross  
speed jump  
three minute jump

-Long Rope Skills  
twirling  
front door  
backdoor  
school game  
chants

TUMBLING AND GYMNASTICS \*Curriculum book, yellow section-gymnastics

-Animal Walks  
bear  
crab  
snake  
inch worm  
lame

-Rolls  
log  
group log  
egg  
tuck forward  
backward  
pike  
straddle

-Jumps  
tuck  
pike  
straddle

-Falling  
dead person  
backward  
dominoes

-Skills  
frog stand  
tripod  
head stand  
baby handstand  
cartwheel  
round-off

-Climbing Ropes

swinging  
climbing  
skin the cat  
inverted hang  
inverted “L” hang

FITNESS TESTING (See the above fall fitness testing)

KICKBALL/T-BALL SKILLS AND GAMES

-Kickball

rolling/pitching the ball  
kicking  
fielding  
base running  
Danish Rounds \*NPERB  
mat ball \*NPERB  
bran ball \*NPERB

-T-ball

hit off of the tee  
fielding  
t-ball game  
bran ball

FITNESS RELATED ACTIVITIES/RELAYS

-See Above (fitness related activities-outside)

## TEACHING LESSONS, GRADES 4-5

INTRODUCTION, RULES, ETC.

-Squads,  
-Rules  
-Grading  
-Activities

FITNESS RELATED ACTIVITIES

-See Above (Fitness Related Activities – Grades K-3)

THROWING AND CATCHING

-See Above (Throwing and Catching – Grades K-3)  
-Incorporated Throughout The Year In Many Activities

FOOTBALL SKILLS AND GAMES \*Curriculum book, yellow section-football

- Throwing And Catching
  - partner catch
  - pass patterns
    - down and out
    - button hook
    - streak
- Hand-offs
  - relay
- Kick Off Tees
- Punting
- Three Person Game (Quarterback, Center, Receiver)
- Rules, Positions, Strategies
- Games
  - steal the flag or football \*Curriculum book, gray section-high organized games
  - touchdown \*NPERB
  - 3 on 3 or 4 on 4 football games

FITNESS TESTING (Same As Above For Grades K-3)

OUTDOOR RELAYS/ACTIVITIES

- Various Distances Around The Track
- Around Objects Such As Trees Or The Backstop
- Four Square \*NPERB

SOCCER SKILLS AND GAMES (Same As Above, Grades K-3)

INDOOR GAMES AND MOVEMENTS

- Yarn ball Tag \*NPERB
- Hide And Seek Tag \*NPERB
- Jurassic Park Tag \*NPERB
- War \*NPERB
- Doctor (Mash) \*NPERB
- Steal The Beanbag \*NPERB
- Battleball (With Pins Also) \*NPERB
- Trench \*NPERB
- Limo \*NPERB
- Gladiators \*NPERB
- Scat Cat \*NPERB
- Poison Beanbag \*NPERB

VOLLEYBALL SKILLS AND GAMES \*Curriculum book, blue section-volleyball

- Passing
- Setting
- Serving
  - underhand
  - overhand

- Spiking
- Partner Volleys
- Circle Volleys
- Rules, Scoring, Rotation
- Games
  - volleycomb \*Curriculum book, blue section-volleyball
  - regular games
  - tournament

SCOOTER ACTIVITIES AND GAMES (Same As Above, Grades K-3)

BASKETBALL SKILLS AND GAMES \*Curriculum book, blue section-basketball

- Dribbling
  - in place
  - moving
  - dribble tag
  - dribble wars
- Passing
  - chest
  - bounce
  - overhead
  - baseball
  - side step, bounce
  - keep away
- Shooting
  - B-E-E-F (balance, eyes, elbow, follow-through)
  - Shooting game to 10
  - lightning
  - 21
  - lay-ups
- Rules And Strategies
- Games
  - one on one (closely guarded and loosely guarded)
  - fakes and changing directions and speed
  - number dribble and shoot game
  - three on three basketball

PARACHUTE ACTIVITIES AND GAMES (Same As Above, Grades K-3)

RHYTHMS AND DANCE \*Curriculum book, yellow section-rhythms

- Chicken Dance
- Tinikling
- Square Dance
- Rhythm Sticks

HOCKEY SKILLS AND GAMES (Same As Above, Grades K-3)

FITNESS FEVER/FITNESS STATIONS (Same As Above, Grades K-3)

JUMP ROPES (Same As Above, Grades K-3) Plus:

- Single Side Swing
- Double Side Swing
- Bell
- Skier
- Frog
- Double Under
- Wounded Duck
- 180 Turn
- Arm Wrap
- Double Dutch

ROLLER SKATING \*NPERB

TUMBLING AND GYMNASTICS (Same AS Above, Grades K-3) Plus:

- Backward Extension
- Forward Handspring
- Backward Handspring

FITNESS TESTING (Same As Above, Grades K-3)

FRISBEE ACTIVITIES AND GAMES

- Throwing And Catching
- Partner Toss At Middle Hoop Game \*NPERB
- Frisbee Horseshoes \*NPERB

KICKBALL/SOFTBALL SKILLS AND GAMES \*Curriculum book, pink section

- Kicking
- Base running
- Fielding
- Games
  - mat ball \*NPERB
  - bran ball \*NPERB
- Hitting
- Fielding
- Three Person Hit, Field and Pitch Game
- Rules, Safety
- Softball Games

FIELD DAY ACTIVITIES/RELAYS \*Curriculum book, salmon section-field day

- Standing Long Jump
- Running Long Jump
- Three Legged Race

- Bocce Toss
- Winger Toss
- Softball Throw
- Soccer Kick
- 50 Yard Dash
- 100 Yard Dash
- 800 Meter Run
- Shuttle Relay
- 200 Meter Relay
- 400 Meter Relay
- 1600 Meter Relay
- Tug Of War
- Practice Events And Hold Mini Field Day

# Music Curriculum At Nerstrand Elementary

## Fall 2003



### Summary of the General Music Program at Nerstrand Elementary

Performing, creating, and responding to music are the fundamental music processes in which humans engage. Singing, playing instruments, moving to music, and creating music enable them to acquire musical skills and knowledge that can be developed in no other way. Learning to read and notate music gives them a skill with which to explore music independently and with others. Listening to, analyzing, and evaluating music are important building blocks of musical learning. Further, students must understand their own historical and cultural heritage and those of others within their communities to participate fully in a diverse, global society. Because music is a basic expression of human culture, every student should have access to a balanced, comprehensive, and sequential study of music. Based on these beliefs, the children at Nerstrand participate in music instruction each day for 25 minutes. The woodland students may have even more time if they are involved in the instrumental program.

### Prairie (Kindergarten Class) General Music Class

The Kindergarten class has music every day for 25 minutes. This is a wonderful opportunity to develop musical skills in these young children. We begin with a variety of activities that foster social interaction with their peers and the music instructor. We look for their ability to feel rhythm and match pitch. Lessons are developed around the needs for each class. The curriculum will focus on skills such as taking turns, waiting for directions, following directions and rules of activities by putting these concepts into their musical repertoire. These students perform twice. They perform 3 to 4 songs during the holiday concert and they perform with the Savannah students during our Community Celebration Concert in the spring. The Kindergarten students are able to meet the objectives found in our curriculum guide under the Kindergarten and 1<sup>st</sup> grade outcomes (you can find the outcomes in the complete curriculum guide from the Faribault Public Schools K-5).

Some basic expectations would be their ability to:

1. demonstrate 4 voices; speaking, singing, whispering, and calling.
2. perform a steady beat.
3. explore singing voice and demonstrate proper posture.
4. respond to music through movement.
5. perform ostinatos on rhythm instruments alone and with others.
6. improvising accompaniments.
7. reading and notating music (ta, ti-ti, quarter rest).
8. analyzing and describing musical excerpts.

9. develop an understanding of music and it's relationship to cultures.

### **Savannah (Grades 1-3) General Music Class**

The Savannah students have music every day for twenty-five minutes. Each of the three classes consists of 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> grade students. This age group is quite diverse in regards to their musical abilities. The objectives and outcomes introduced in the Savannah classes are meant to be in the emerging or novice stages of assessment. For example the recorder is introduced in the Savannah classes. We focus on basic concepts of reading rhythms, pitches, and playing varied repertoire. Once the students enter the Woodland classes these recorder outcomes are evaluated. It is the goal that the students would reach a proficient and exemplary level on the recorder by their fifth grade year. This allows for the diversity in the abilities of a 1<sup>st</sup> grader as opposed to that of a 3<sup>rd</sup> grader. When goals and objectives are this broad, the students are often divided into groups where they can learn from their peers. The Savannah students perform in two concerts, the Holiday Concert and the Community Celebration.

Some basic expectations would be their ability to:

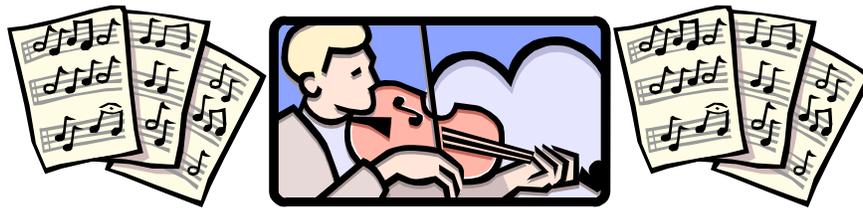
1. identify pitch direction.
2. explore elements of music (fast/slow, loud/soft, even/uneven, high/low).
3. explore their vocal range.
4. identify beat/no beat.
5. describe how dynamics (loud and soft) affect the moods and/ideas of songs.
6. accompany class songs by performing steady beat on classroom instruments.
7. echo rhythmic and melodic patterns.
8. identify simple form: AB, ABA.
9. play and sing melodies from written music.
10. create, notate, and perform short rhythm compositions.
11. identify the lines and spaces on the treble staff.

### **Woodland (grades 4 and 5) General Music Class**

These students also meet for 25 minutes each day. During these two years a great deal of the time is spent on the students ability to reach the proficient or exemplary level of learning. The years spent in Prairie and Savannah are now built upon and taken to a much deeper level of musical understanding. The students are given many opportunities to develop their musical skills personally and as a group. We spend a great deal of time analyzing music and it's reflection of the culture/time that it emerged. An example of this would be our Community Celebration in the spring. The students interview two community members, study their lives and perform two original songs that reflect the lives of the two community members. The Woodland students perform in two concerts, the Holiday Concert and the Community Celebration. The Woodland students are given the acting roles in the holiday concert. During the Community Celebration, the Woodland students perform the two new songs that were developed.

Some basic expectations would be their ability to:

1. identify half and whole steps.
2. identify time signatures such as 2/4, 3/4, 4/4, & 6/8.
3. identify instruments of the orchestra by sight, sound, and families.
4. master recorder skills while exploring a variety of repertoire.
5. recognizing the need for chord changes in accompaniments.
6. play and sing melodies from standard musical notation.
7. identify slur, tie, fermata, D.C. al fine, and repeat sign.
8. create and play ostinatos.
9. compare and contrast music from different cultures.
10. perform 2-part music through rounds and partner songs.
11. aurally recognize major and minor modality.
12. create, notate, and perform rhythmic compositions and raps.
13. analyze the relationships between music, history and other cultures.
14. sing 2 part harmony and descants.



### **Band/Orchestra Instruction**

The instrumental program instruction begins in January of the students fourth grade year. The students are given the opportunity to play each band instrument and violin. They are then assessed on their ability to produce a sound on each of their instruments. Their interest level is also taken into consideration. After they have been assessed, they discuss their options with their parents and inform the instructor of their preference. Once this has been established, lessons begin and are held once a week for 25 minutes. Each lesson group size varies from 3 to 4 students. There is a large group rehearsal once a week for 30 minutes. The 4<sup>th</sup> grade students do not have any scheduled performances. In the fall of each year the 5<sup>th</sup> grade students resume lessons and are in smaller groups until the new 4<sup>th</sup> graders join the program. The group size then increases to allow for 4<sup>th</sup> grade lessons. The 5<sup>th</sup> grade instrumentalists perform a minimum of two times each year. They perform once in the all school winter program and once in the spring with members of the Faribault Elementary Schools band and orchestra.

This past year, summer lessons were offered to all students. They were offered 6 lessons throughout the summer. The lessons were 30 minutes in length and were paid for by the parents, not the school. The fee was \$45 dollars for all six lessons if they were in a group and \$60 if the student had an individual lesson. The participation was great. We had 32 kids participate in the summer program.