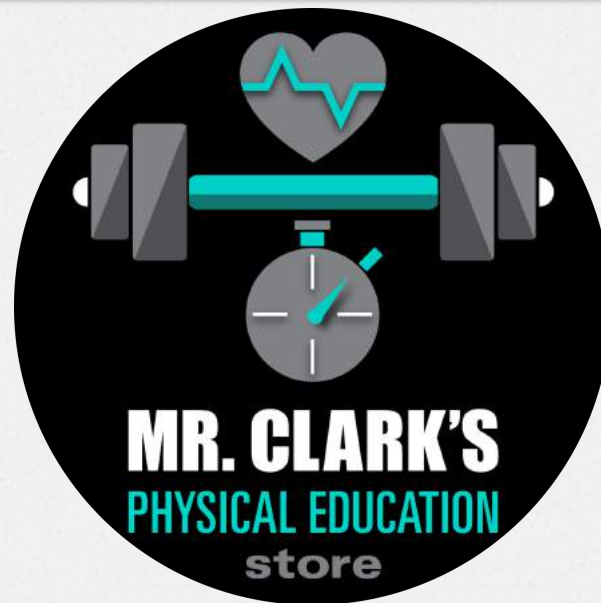


MR. CLARK'S PE

PHYSICAL EDUCATION / PERSONAL EMPOWERMENT



YEARLY PLAN PREVIEW

About Me



14 Years teaching
Elementary PE



T.O.Y. 2011



Helped Raise over \$250K
for the American Heart
Association



MR. CLARK'S PE
PHYSICAL EDUCATION / PERSONAL EMPOWERMENT



Mr Clark's Physical Education Store

★ Following (790)

United States - New Jersey

★★★★★ 3.9
677 votes

I'm having a **SALE**

PE

Quartet

TOP QUALITY HEALTH AND PE RESOURCES

WHAT'S (IN)SIDE?

Unit Focus/Goals
Student Learning Objectives
Lesson Activities
Modifications/Variations
Resources/Equipment
Evaluation/Assessment



STATE OF NEW JERSEY
DEPARTMENT OF EDUCATION

GOALS
+ PLANS
= SUCCESS

Participate



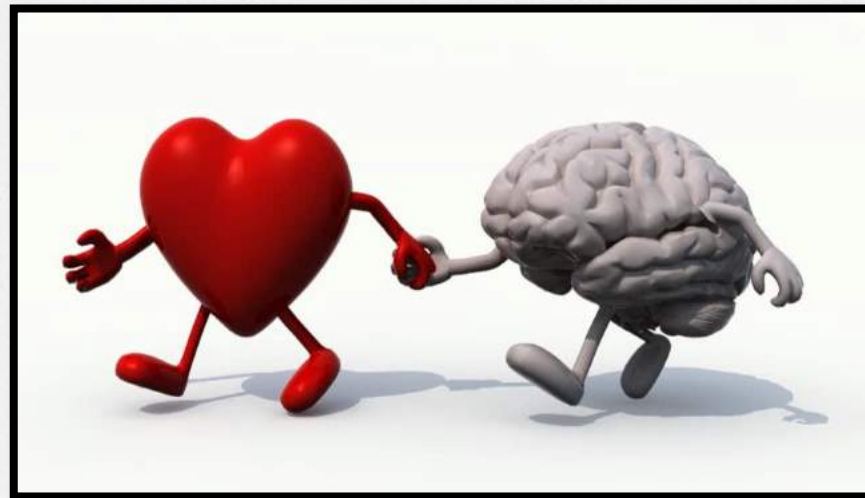
SHAPE
America
SOCIETY OF HEALTH AND PHYSICAL EDUCATORS
health. moves. minds.



Learning Goals

S	M	A	R	T
G	O	A	L	S
Specific	Measurable	Achievable	Realistic	Timely

MAXIMUM PARTICIPATION



Critical Thinking Skills

Large Group Interaction

Differentiated Instruction

Cooperative Learning

**Meaningful, Positive, Fun
Physical Education**

**Sportsmanship/
Sportswomanship**



**Strong Health/PE Early
Foundation**

**Individual Fitness, Skill,
Sport Exploration**

**Maximum Student
Participation**

**Partner/Small Group Skill
Development**

Cross-Curricular Learning

Activity Assessment

WHO IS | THIS FOR?

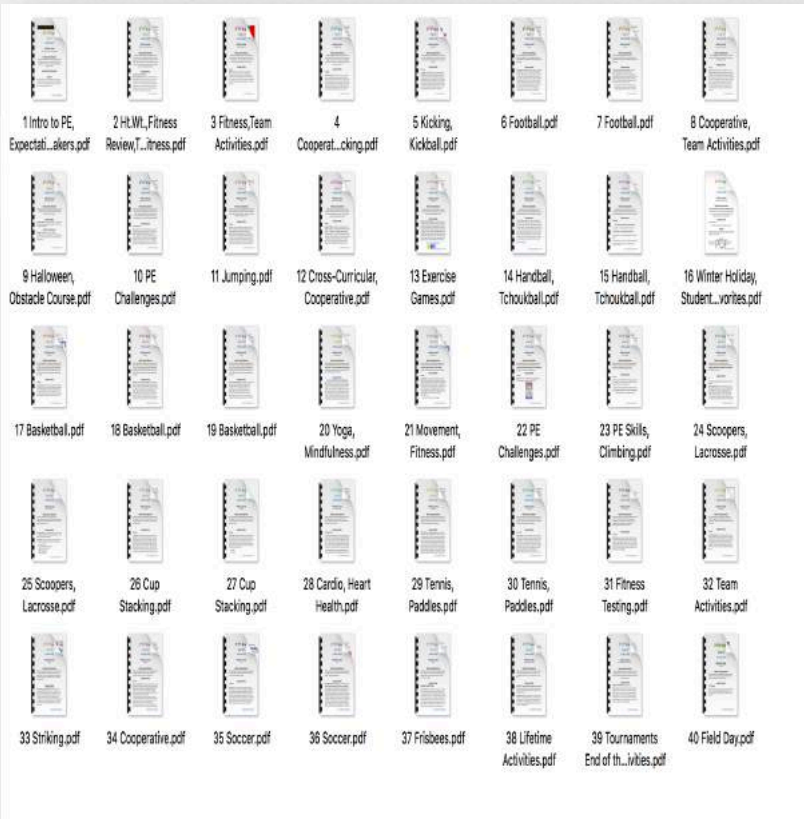
Any college student who wants to build their teaching collection

Any Physical Education teacher just starting out and looking to build a program

Any seasoned vet looking to challenge them self from year to year while learning and growing as a professional

Any program (camps, churches, sports teams) that are looking for a back-pocket resource

Anyone looking to get students healthier, happier, and more active in brand new and exciting ways.



DIGITALLY ORGANIZED FOLDERS

2nd-3rd Grade
Unit 1
Expectations

Objectives of Lesson

Object Learning Objectives

Learning Activities, Date, Name

Materials

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1

Objectives

Materials

Procedure

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2

Objectives

Materials

Procedure

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3

Objectives

Materials

Procedure

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4

Objectives

Materials

Procedure

PE Role Charts

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5

Objectives

Materials

Procedure

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Materials

Procedure

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Objectives

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Objectives

Materials

Procedure

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11

Objectives

Materials

Procedure

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12

About Me PE

Time

Materials

Procedure

What you know L

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13

About Me PE

I want to improve

I love to win

I feel successful when

I want to be a leader

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14

About Me PE

My favorite PE activities

My favorite activities

I will be a leader by

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15

About Me PE

I want to learn

My goal is to improve

My goal is to be a leader

My goal is to be a leader

My goal is to be a leader

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16

About Me PE

I'm going to be

My goal is to be a leader

My goal is to be a leader

My goal is to be a leader

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17

About Me PE

My goal is to be a leader

My goal is to be a leader

My goal is to be a leader

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18

Objectives

Materials

Procedure

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19

FULLY DETAILED LESSONS

Sample Lesson (K/1st Grade)

Grade Level → **K-2nd Grade**

Week 23

Standards (Linked)

← Linked to National Standards
(I also link my own to NJ standards and that is what you will most likely do as well depending upon your state requirements)

Focus of Lesson → Unit/Focus of Lesson
Bean Bags

Student Learning Objectives

Students will demonstrate an understanding of components of health, fitness, skill/sport in relation to teamwork and sportsmanship while focusing on jumping skills and eye-hand/foot and strategy skills using bean bags.

← What I want students to learn

Learning Activities:

Grade Level → **Kindergarten/1st Grade-**

Bean Bag Challenges- scatter bean bags around the gym and have them perform the following challenges:

- Body Part Touching-call out various colors and body parts that they must correctly perform. Example- knee to only red bean bags, elbow to green, etc.

← How they are going to learn it
(Through warm-ups, skill development, and small/large group activities)

**THIS IS JUST
1 SAMPLE
LESSON!**

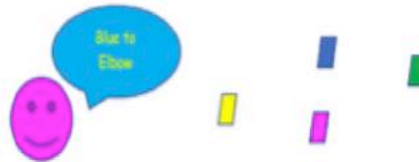
How they are going to learn it
(Through warm-ups, skill development,
and small/large group activities)



- Memory colors- call out various color sequences and have them see if they can listen, remember, and touch. Example- green, blue, yellow, red in that order



- Body part Memory- same concept as above, but now add in body parts to colors. Example- elbow to green, red to thumb, yellow to knee, purple to pinky



- Muscle Memory touch- get a little more in-depth with types/names of body parts/muscles and colors to touch. Example- touch hamstring to red, biceps to yellow, quad to green, clavicle to orange



[Mr. Clark's Physical Education Store 2019](#)

← More Variations/Modifications

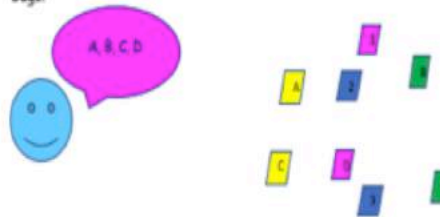
← More Variations/Modifications
(Cross-Curricular, fitness)

**PICK AND
CHOOSE TO
MEET YOUR
NEEDS**

How they are going to learn it
(Through warm-ups, skill development,
and small/large group activities)

**MORE
SKILLS,
DRILLS, AND
PE THRILLS**

- Bean Bag Math/Spelling- place a number or letter on each bean bag and have students race to touch numbers in order 1-24, or Alphabet A-Z. Then have them solve math problems, spell words or any other cross-curricular challenges using the bean bags.



Give each student their own bean bag and choose a few of the activities to take them through for each class.

Bean Bag Travel- students move around the gym to different locomotor movements as they catch the bean bags. If dropped, players must lay on back and throw and catch 3 times before re-entering activity. Variation- students can also try and switch with other players as they move around the gym, or they must catch on back, knees and while standing before re-entering activity

Agility:

- pass around waist (then move- walk, jog, skip, gallop)
- place on knee w/ balance
- figure eight (then move and continue)

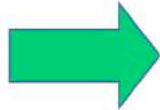
Toss and Catch:

- with two hands
- with right & left
- switch
- clap & catch

More Variations/Modifications
(Cross-Curricular, fitness)

Organized skill development with
step by step activities to pick and
choose from

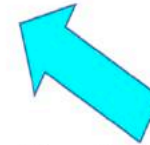
Small-group/partner skill development



- Touch shoulders knees & catch
- Toss from foot in air
- place bean bag on head, tilt head (forward/backwards) catch at waist level (eyes closed)

Partner Challenges:

- toss the bean bag to a partner
- toss it to partner at the same time as players move around the gym
- slide to partner
- kick to partner
- see which partner can underhand toss it further
- see which partner can slide it further
- see which partner can kick it further
- Toss and aim at partner holding bucket, cup, cone, etc.



How they are going to learn it
(Through warm-ups, skill development, and small/large group activities)



- Partner push up challenge- face partner and try to slide beanbag between partner's arms while they try and stop it before it slides through.

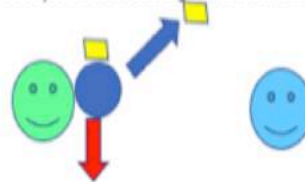


Skill development through exploration while reviewing/reinforcing other skills and using prior taught equipment and skills

- Bounce- give each group their own kickball/bouncy ball and have them take turns placing bean bag on top of ball and then dropping it in front of them so that the bean

**CHALLENGING
AND FUN
SMALL GROUP
ACTIVITIES**

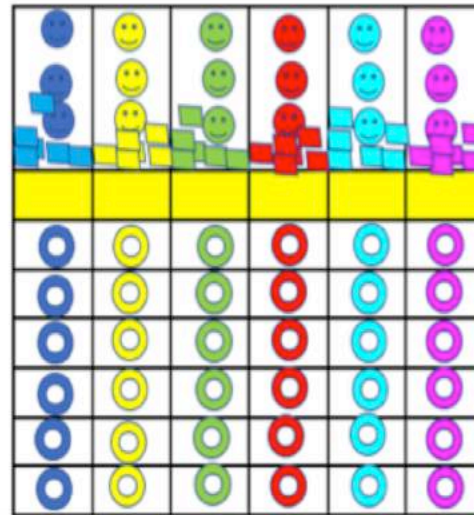
bag bounces off the ball high into the air as their partner attempts to catch bean bag before it hits the ground.



Top That- students line up behind 6 cones and about 10 feet away there is a hula hoop. Each team has 6 bean bags and they are trying to underhand toss it into each one of their team's colored hula hoops. Each bean bag is a different topping. If they make it they get to run to the end of the line to do a victory lap, if they miss they must pick up the bean bag and drop it back at their team's starting point for the next player. Whichever team can get all the bean bags in first would win for the round. Rotate teams down to new color and repeat challenge. Remind them about underhand tossing and staying behind toss line. Variation- sub out hula hoops for buckets, poly stars, or other targets they must get bean bag in to complete challenge.

Small-group/partner skill development

How they are going to learn it
(Activities that test previous knowledge and skills taught during lesson)



Fun, engaging, and controlled activities that focus on skill development, confidence and sportsman/womanship

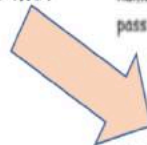
**EVEN MORE
ACTIVITIES
TO CHOOSE
FROM**

Built in/additional teaching resources



**FREE
RESOURCES
INCLUDED**

How are you going to assess and prove
Student Learning Objectives were met



Resources

Microphone, whistle, floor tape, camera, music, footballs, colored and numbered cones, pinnies, poly stars, hula hoops, whiteboard, football pass route cards, scoreboard, flags



Equipment needed for lesson

Evaluation

Observation of Student behavior, interactions, and connections to learning objectives being introduced, explored, and mastered



Assessments (written/oral/performance-based)
that your district might require

Sample Lesson (3rd Grade)

Grade Level → 3rd-5th Grade

Week 6

Standards (Linked)

← Linked to National Standards
(I also link my own to NJ standards and that is what you will most likely do as well depending upon your state requirements)

Focus of Lesson → Unit/Focus of Lesson
Football

Student Learning Objectives

Students will demonstrate an understanding of football rules/strategies, and skills that involve handling and protecting the football, throwing, catching, kicking, communication (verbal/non-verbal) and teamwork.

← What I want students to learn

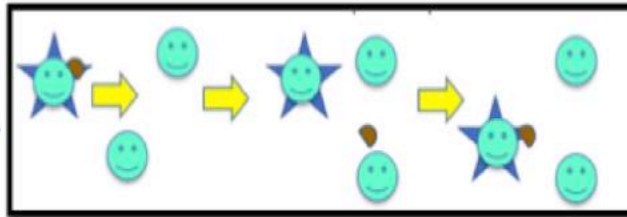
Grade Level → Learning Activities
3rd Grade-Moving the chains- groups of 3 will each have 1 football and 1 poly spot. The goal is to start with the quarterback standing on the star. The two other players are wide receivers who run out and try to catch the ball. If caught, the quarterback picks up the poly star and moves it to where the player caught the ball. That player now becomes the quarterback and the activity continues. If a ball is dropped, the star doesn't move, and the player stays a qb until their teammate/s catch it. Every time they make it from 1 side of the field or gym to the other they earn 1 td and they reset back at the starting line.

Variations/Modifications → Variation- 1 player is center, 1 is wr and 1 is qb. Players take turn switching and Goal is to try and score as many tds while having

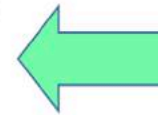
← How they are going to learn it
(Through warm-ups, skill development, and small/large group activities)

**JUST 1
SAMPLE
LESSON**

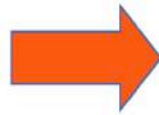
Visuals on how to set up activities



Variation 2- set up the colored stars in particular rows and students decide/work towards scoring as many points as they can. The stars closer are worth less and the stars further away are worth more. Challenge them to see if they can collect 1 from each row or a particular point total/most points.



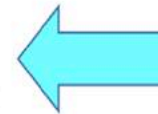
More Variations/Modifications



How they are going to learn it
(Through warm-ups, skill development,
and small/large group activities)

Star Football Players- set up 5-6 different teams with about 3-4 players on each team. Scatter stars/poly spots/domes that match each team's cone/color. Players must stay behind the line as they take turns being quarterback (thrower) and wide receiver (catching ball). Quarterbacks must say hike and then their wide receiver can run out and run to the star that matches their team. If they catch the ball while on the star they pick up the star and bring it back to their team. Activity continues until one team collects all their stars. Reset and restart. Variations:

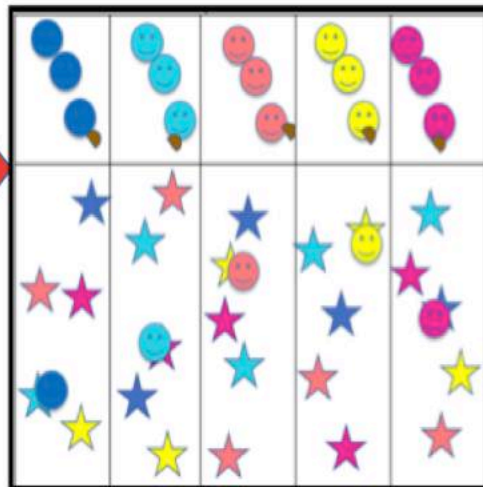
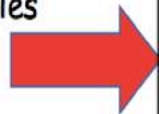
1. Each team must collect one of every color.
2. Each team must collect as many as they can (colors don't matter)
3. Place pieces of tape under each star/poly spot with point totals, playing card or words (teams will make sentences using the words they have collected)
4. Add defenders blocking the wr's from catching while on stars
5. Players don't take stars when making a catch, but instead earn popsicle stick or object to signify catch.
6. Each team has their own lane of cones that they must work together to clean-up by earning catches each pass.



More Variations/Modifications
(Skill-centered)

**BUILT IN
VARIATIONS
AND
SUGGESTIONS**

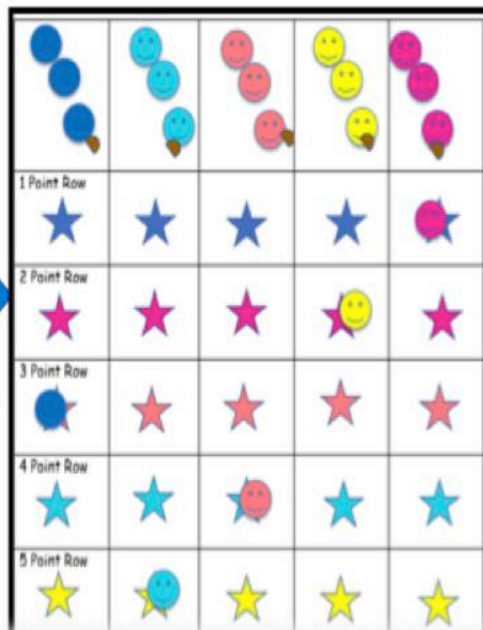
More Visuals on
how to set up activities



Developmentally appropriate scaffolding
of skills, overall gameplay, and strategy

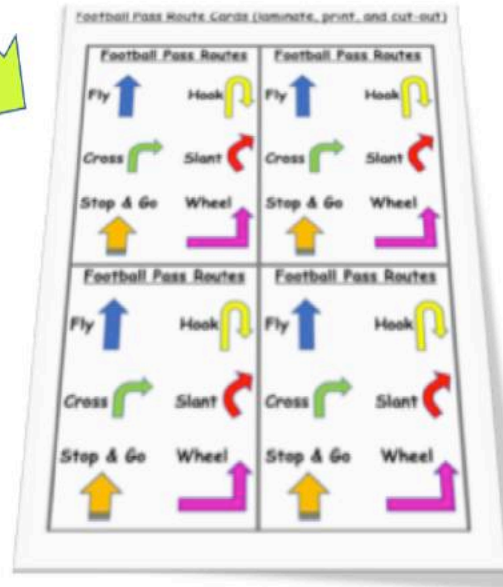


More Variations/Modifications
(hidden fitness, cross-curricular learning,
and maximum participation)



**EASY TO
UNDERSTAND
AND SET UP**

Built in/additional teaching resources



**FREE
RESOURCES
INCLUDED**

How are you going to assess and prove Student Learning Objectives were met



Resources

Microphone, whistle, floor tape, camera, music, footballs, colored and numbered cones, pinnies, poly stars, hula hoops, whiteboard, football pass route cards, scoreboard, flags



Equipment needed for lesson

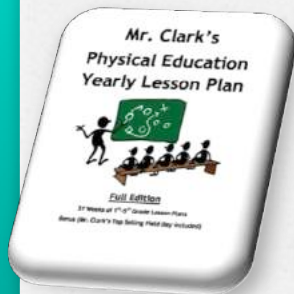
Evaluation

Observation of Student behavior, interactions, and connections to learning objectives being introduced, explored, and mastered



Assessments (written/oral/performance-based) that your district might require

AND NOW FOR SOMETHING COMPLETELY DIFFERENT



EACH
YEARLY
PLAN IS
COMPLETELY
DIFFERENT

Start Here

First, thank you for deciding to purchase this bundled resource! It has taken me years to put together and throughout this journey, my main goal was to provide students with top-quality Health and Physical Education while also helping teachers throughout the world do what they love the most...Teach!

My belief is it is better to be overprepared when it comes to Elementary Physical Education. With that being said, this resource has a substantial amount of organized and fully detailed information in it for you to slowly digest. Think of it as you having all the ingredients to offer a full course meal, however you decide on the appetizer, dinner, and dessert (something healthy of course) when and how you like. Use this one-stop guide to fit the needs of your school, program and most importantly your students. Play around with activities, pacing, and enjoy the process of exploring what activities are bringing your students the most participation, learning, and success, while also developing/building their life-long love of health and physical activity. If something is working really well, stick with it for longer and put the other activities on the backburner for another meal. If the oven is smoking, move on to another option.



Physical Education Guide

This Physical Education Guide can be used to align the lessons to meet the goals of a successful Physical Education program. The 4 Areas (Personal Skills, Motor Skills, Fitness/Activity, and Strategy) will act as a resource to help with any additional planning you might need within any of my Yearly Plans. The elements from each area can also be plugged into your lesson plans to show what goals you

How to Use this Yearly Plan

My belief is that it's always better to be overprepared than not! With that being said, enjoy the activities, and find what works best for you and your students when it comes to pacing, skill development, and selection of activities. The goal doesn't have to be to fit in every single activity within each lesson. If you find students struggling or having a hard time, move onto another activity. On the flip side, if students are all involved and really enjoying well during an activity stick with it for longer. Some activities you might find work better with younger or older grades so feel free to mix and match through trial and error. There are so many different variables when it comes to teaching and learning so align these lessons to best fit the needs of your students.

Overall, the goal of any class should always be maximum student participation, building confidence/a love towards life-long health and fitness, and also meeting your own curriculum/school requirements.

Enjoy your journey and thank you for letting me be part of your adventure!

Mr. Clark

**STEP BY
STEP
GUIDES/
ADVICE**

Month					
September	1. Intro to PE/Expectations/ Icebreakers	2. Ht./Wt./Fitness Review/Team Fitness	3. Fitness/Team Activities	4. Cooperative/Kicking	5. Kickball
October	6. Football	7. Football	8. Cooperative/Team Activities	9. Halloween/Obstacle Course	
November	10. PE Challenges	11. Jumping	12. Cross- Curricular/Cooperative	13. Exercise Games	
December	14. Handball/Tchoukball	15. Handball/ Tchoukball	16. Winter Holiday, Student Favorites	17. Basketball	
January	18. Basketball	19. Basketball	20. Yoga, Mindfulness	21. Movement, Fitness	
February	22. PE Challenges	23. PE Skills, Climbing	24. Scoopers, Lacrosse	25. Scoopers, Lacrosse	
March	26. Cup Stacking	27. Cup Stacking	28. Cardio, Heart Health	29. Tennis/Paddles	
April	30. Tennis/Paddles	31. Fitness Testing	32. Team Activities	33. Striking	
May	34. Cooperative	35. Soccer	36. Soccer	37. Frisbees	38. Lifetime Activities
June	39. Tournaments/End of Year Activities	40. Field Day			

**MAPPED
OUT YEARLY
PLANS**

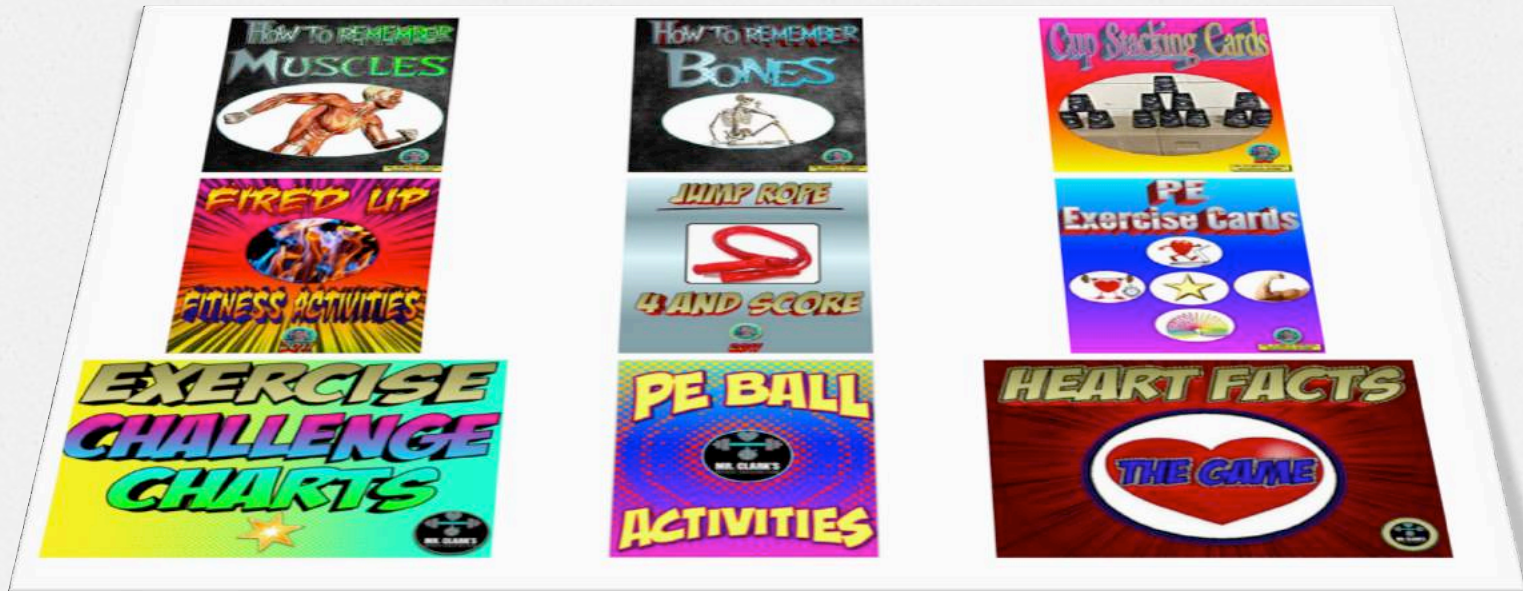
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Mix and Match your own Yearly Plan layout

Mix and Match your own Yearly Plan layout

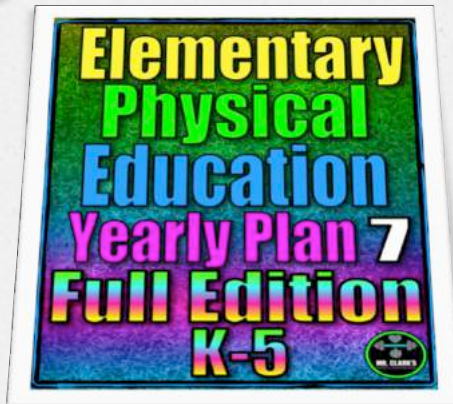
**CREATE
YOUR OWN
YEARLY
PLAN
LAYOUT**

RESOURCES



REVIEWS



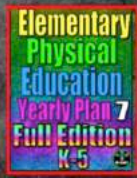
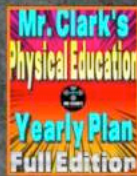
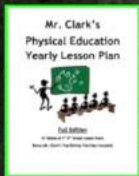


"This is a fantastic program for someone (like me) who is new to teaching physical education and wants to have a base foundation in his/her first year. If it were not for this, it would have been a real struggle. With this, I felt like an expert, because I had clear plans that could be explained to my admin. Thanks Mr. Clark, you are an amazing asset to the PE community!"

"Thank you. Your year bundle is incredible. Do you still have the same 24 hours a day that the rest of us have? Father, husband, teacher, blogger, what don't you do!"

"I am looking forward to using this product this school year! I will be teaching P.E. for grades Kindergarten through 6. This product looked well thought out, creative, and I love the schedule, etc."

ELEMENTARY PE YEARLY PLAN



ULTIMATE BUNDLE



**BUNDLE
AND SAVE**

"What an absolute great resource with so many new ideas. Really easy to follow with detailed lessons and an organized layout. Highly recommend and thanks for creating this product."

"So organized every unit is well thought out and very organized! Thank you very much. Will be using you again."

"I am looking forward to using this product this school year! I will be teaching P.E. for grades Kindergarten through grade 6. This product looked well thought out, creative, I loved the schedule, etc. Thank you for the great product!"

"Great outline for what a year in PE should look like!"

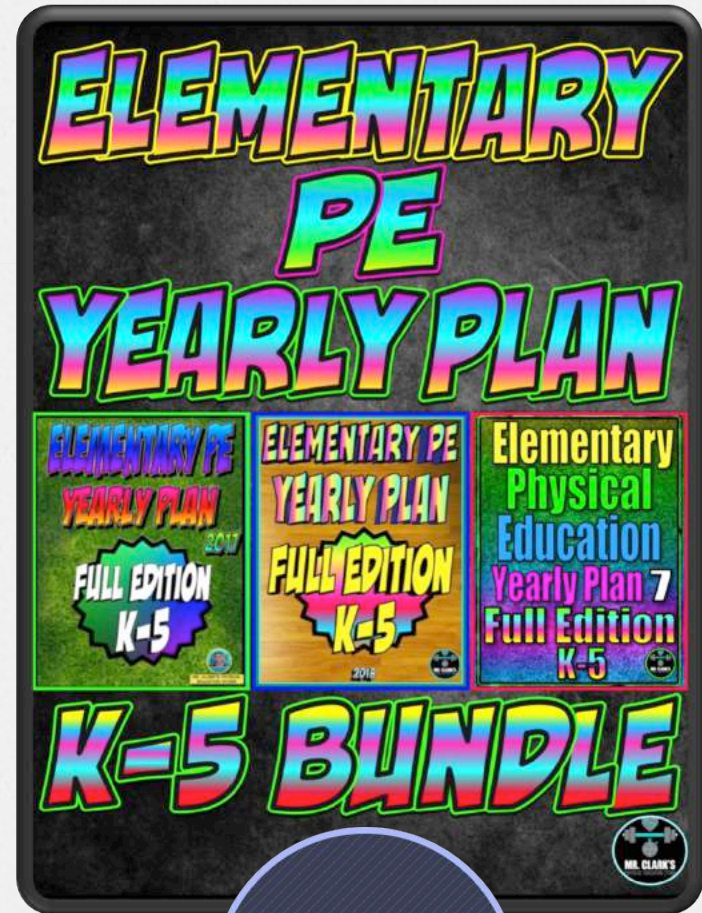
"Super easy to follow. Well organized. Thank you!!"

"Pacing and sequencing are always a challenge and I wanted to see what others are doing. This is very helpful."

"This Yearly Plan is Amazing."

"Amazing! Worth the money!"

"I am so excited to have this resource available. I have taught PE for 23 years and this will hopefully bring new ideas to my program."



**ELEMENTARY
PE
YEARLY PLAN**

ELEMENTARY PE YEARLY PLAN FULL EDITION K-5 2017

ELEMENTARY PE YEARLY PLAN FULL EDITION K-5 2018

Elementary Physical Education Yearly Plan 7 Full Edition K-5

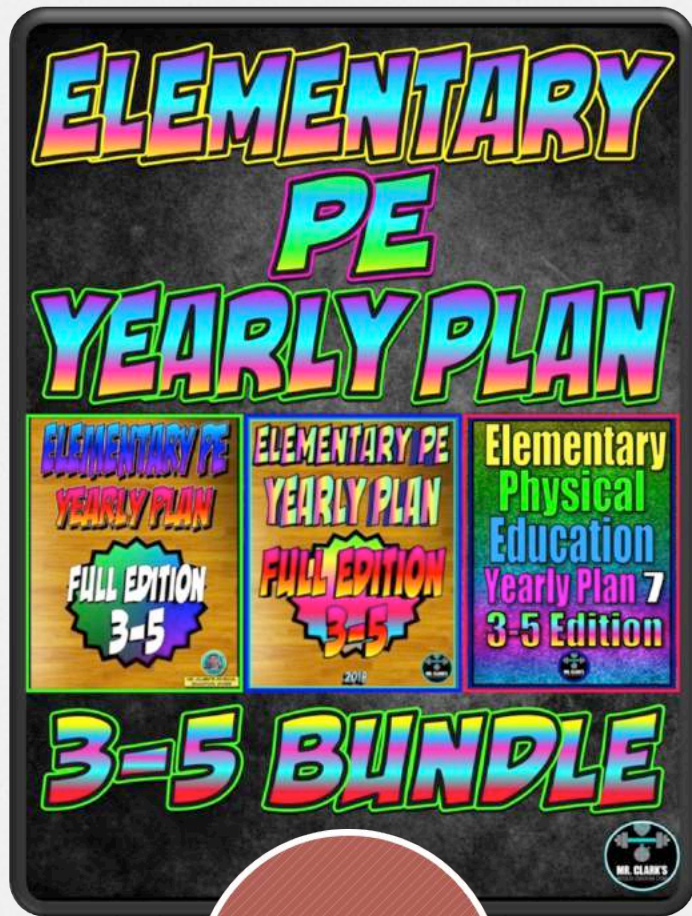
K-5 BUNDLE

BUNDLE AND SAVE

MR. CLARK'S

MR. CLARK'S

The advertisement features a dark background with vibrant, multi-colored text. At the top, the words 'ELEMENTARY PE YEARLY PLAN' are written in large, bold, multi-colored letters. Below this, three smaller book covers are displayed in a row. The first cover is green and blue, titled 'ELEMENTARY PE YEARLY PLAN FULL EDITION K-5 2017'. The second cover is yellow and blue, titled 'ELEMENTARY PE YEARLY PLAN FULL EDITION K-5 2018'. The third cover is blue and green, titled 'Elementary Physical Education Yearly Plan 7 Full Edition K-5'. Below the covers, the words 'K-5 BUNDLE' are written in large, bold, multi-colored letters. At the bottom, a dark blue circular badge contains the text 'BUNDLE AND SAVE' in white. In the bottom right corner, there is a small circular logo with the text 'MR. CLARK'S' and a silhouette of a person.



**BUNDLE
AND SAVE**

"This was the first resource I bought from Mr. Clark and I am so thrilled I have already looked into (and purchased) other resources from him! So much detail, does not require a lot of equipment, and I know my kids will love it!"

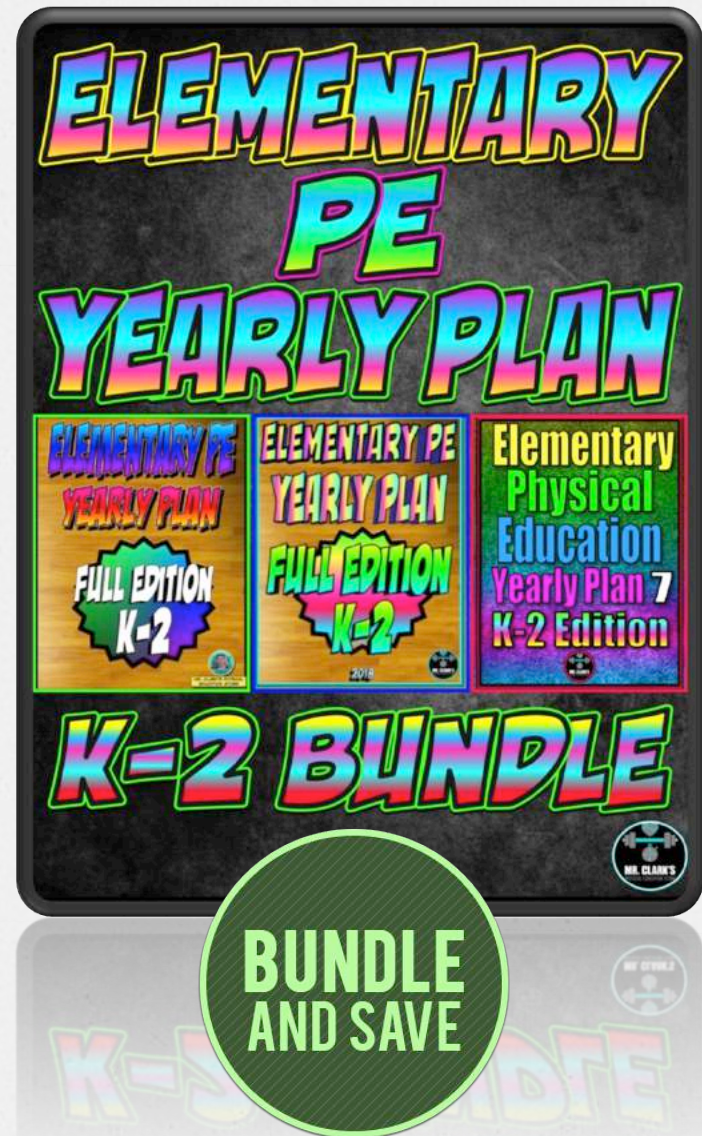
"Awesome Resource.... Thank you! I am a 1st year teacher and this will help me create my curriculum."

"I just bought this and was nervous due to the price tag- so worth it! Wonderful detail and pictures to better explain games and procedures! I have just dived into week one of one year and I am thrilled- what a fantastic resource!"

"I was looking for some supplemental curriculum ideas for my elementary PE classes and this is a wonderful resource. The yearly plan has a wide variety of different types of units. Very helpful and useful!"

"Provides great , easy to follow lesson plans. A time saver when creating your curriculum."

"Great resource for a new teacher!"



**ELEMENTARY
PE
YEARLY PLAN**

**ELEMENTARY PE
YEARLY PLAN
FULL EDITION
K-2**

**Elementary
Physical
Education
Yearly Plan 7
K-2 Edition**

K-2 BUNDLE

**BUNDLE
AND SAVE**

MR. CLARK'S

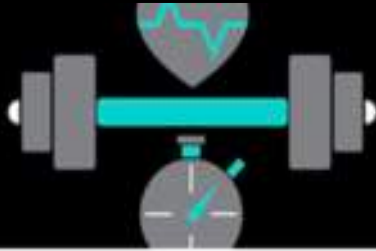
MR. CLARK'S

K-2 BUNDLE

The advertisement features a dark background with vibrant, multi-colored text. At the top, the words 'ELEMENTARY PE YEARLY PLAN' are written in large, bold, outlined letters. Below this, three smaller product covers are displayed side-by-side. The first two covers are for 'ELEMENTARY PE YEARLY PLAN FULL EDITION K-2', one with a wood-grain background and the other with a blue background. The third cover is for 'Elementary Physical Education Yearly Plan 7 K-2 Edition' with a blue and green background. At the bottom, the words 'K-2 BUNDLE' are written in large, bold, outlined letters. A circular badge in the bottom right corner contains the text 'BUNDLE AND SAVE'. In the bottom right corner of the advertisement, there is a small circular logo with the text 'MR. CLARK'S' and a stylized figure. The entire advertisement is reflected on a surface below it.

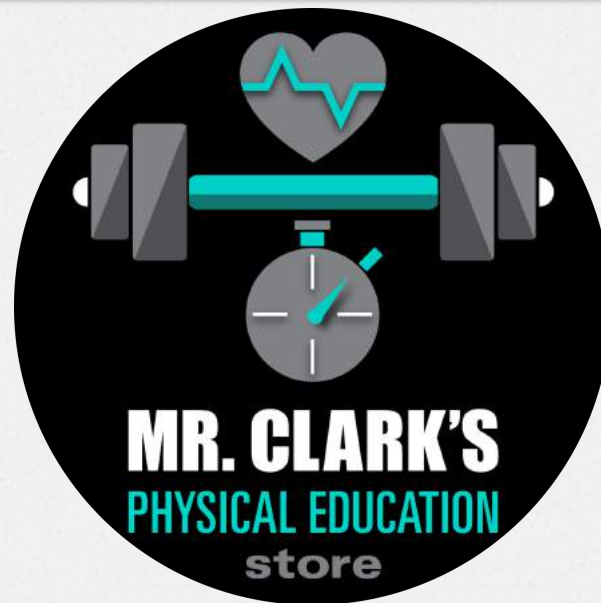
I am always available to help answer any questions regarding any of my products and really value meaningful, constructive feedback to help me grow and improve as I continue this adventure! I am so thankful for everyone who has supported me throughout this journey and all of my followers/buyers are my motivation and inspiration to provide the highest quality resources!





MR. CLARK'S PE

PHYSICAL EDUCATION / PERSONAL EMPOWERMENT



YEARLY PLAN PREVIEW