

# Activity Listings by Grade Level

Table 1 provides an easy-to-use index of the activities included in the following text categories:

- Chapter-opening scenarios
- Instant Activity boxes
- Quick Lessons
- Classroom Learning Stations
- Special Events
- Integration Activities (from Chapter 8)
- Lesson Plans (lesson focus activities and classroom activities)

The table gives the following information for each listed activity:

- Activity name: the title of the activity as given in the text
- Activity category: one of the categories listed above
- NASPE standard: number (or numbers) corresponding to the NASPE standard addressed in the activity
- Grade level: the grade levels for which the activity is appropriate (Grade levels indicated are approximate. Teachers need to make a final determination, based on the previous experiences of their students, social maturity, etc., as to the appropriateness of the activity for the students currently in their class.)

- Movement form: one of the forms as defined in Chapter 6—basic movement, game skills, rhythmic movement, body management, cooperative or fitness
- Skill: the locomotor, nonlocomotor, manipulative, or sport skill taught in the activity
- Knowledge content: the knowledge taught as part of the activity
- Location: classroom, gymnasium, or playground (depending on weather and facilities, activities listed as taking place in the gymnasium can be performed on the playground, and vice versa)
- Integration area: math, music, art, social studies, and so on
- Text chapter: chapter in the text where the activity is located
- Page number: page number in the text where the activity is described

**Table 1 is also available online as a downloadable Excel file; it can be sorted according to any of the factors in the table. For this and other helpful resources, visit [www.mhhe.com/kovar4e](http://www.mhhe.com/kovar4e).**

**TABLE 1** Activity Listing by Grade Level

GRADE LEVEL	LOCATION	CATEGORY	NAME OF ACTIVITY	NASPE STANDARD(S)	MOVEMENT FORM	SKILL(S)	KNOWLEDGE CONTENT	INTEGRATION AREA	CHAPTER	PAGE IN TEXT
K-1	Classroom	Integrated Game	Letter of the Week	3	Body management	Variety	Letter recognition	Language arts	8	237
K-1	Gymnasium	Special Event 8.1	Read and Romp Day	6	Cooperative	Variety	Cooperation and creativity	Reading, math, language arts	8	258
K-2	Classroom	Integrated Game	How Can I Get There?	1	Body management	Spatial awareness	Movement concepts	Language arts	8	237
K-2	Classroom	Lesson 4.1	Toss and Catch	1	Basic movement	Tossing and catching	Technique		LP	445
K-2	Classroom	Lesson 4.2	Striking	1	Basic movement	Striking and catching	Technique		LP	445
K-2	Classroom	Lesson 4.3	Dribbling with Hands	1	Basic movement	Dribbling with hand	Technique		LP	446
K-2	Classroom	Lesson 4.4	Dribbling with Feet	1	Basic movement	Dribbling with feet	Technique		LP	446
K-2	Classroom	Lesson 4.5	Throwing at Targets	1	Basic movement	Throwing	Technique		LP	447
K-2	Classroom	Lesson 4.6	Dribbling with Hands	1	Basic movement	Dribbling with hand	Technique		LP	447
K-2	Classroom	Lesson 4.7	Pease Porridge Hot; Stomp, Stomp, Stomp	1	Basic movement	Moving to music	Rhythm recognition		LP	448
K-2	Classroom	Lesson 4.8	Catching with Sponge or Yarn Balls	1	Basic movement	Throwing and catching	Technique		LP	449
K-2	Classroom	Lesson 4.9	Jumping Rope	1	Basic movement	Jumping rope	Technique		LP	449
K-2	Classroom	Lesson 4.10	Identifying Body Parts	1	Basic movement	Body awareness	Body part identification		LP	450
K-2	Classroom	Lesson 4.11	Catching: Using Different Objects	1	Basic movement	Throwing and catching	Technique		LP	451
K-2	Classroom	Lesson 4.12	Jumping and Landing	1	Basic movement	Jumping and landing	Technique		LP	451
K-2	Classroom	Lesson 4.13	Balancing	1	Basic movement	Balance	Technique		LP	452
K-2	Classroom	Lesson 4.14	Toss to Self and Catch	1	Basic movement	Tossing and catching	Technique		LP	453
K-2	Classroom	Lesson 4.15	Pathways	1	Basic movement	Locomotor skills	Pathways		LP	453
K-2	Classroom	Quick Lesson 2.1	Individual Exploration of Space, Effort, and Levels	1	Basic movement	Striking	Movement concepts	Math	2	47
3-6	Playground	Quick Lesson 3.1	Partner Kickball	3	Game skills	Rolling, kicking	Fitness: endurance	Math	3	83
K-2	Classroom	Special Event 3.1	Who Wants to Be a Millionaire?	2	Basic movement	None	Technique	Reading, writing	3	88
K-2	Gymnasium	Lesson 1.1	Locomotor Movements	1, 4, 5	Basic movement	Variety	Move for fun		LP	372
K-2	Gymnasium	Opening Scenario 7.1	Opening Scenario 7.1	1, 2, 6	Body management	Locomotor skills	Movement concepts		7	195
K-2	Classroom	Quick Lesson 3.2	Olympic Runner	1	Rhythmic movement	Running	Technique: running	Language	3	84
K-3	Classroom	Classroom Learning Station 11.1	Low Balance Beam	1	Body management	Balancing	Technique	Science	11	336
K-3	Classroom	Instant Activity 3.1	Collapse	1, 2	Basic movement	Collapsing	Movement concepts		3	54
K-3	Classroom	Instant Activity 4.2	The Heart Beating	4	Fitness	None	Health: pumping heart		4	97
K-3	Classroom	Instant Activity 4.3	Listening to the Heart	4	Fitness	Running and marching	Health: stethoscope		4	99
3-6	Classroom	Instant Activity 11.2	The Krinkle Slide	1, 6	Body management	Body positioning	Enjoyment		11	325
K-3	Classroom	Lesson 1.3 Classroom Activity	Beanbag Stunts	1	Basic movement	Beanbags	Focus on the beanbag		LP	377
K-3	Classroom	Lesson 1.4 Classroom Activity	Word Recognition	2	Game skills	None	Word recognition		LP	378
K-3	Classroom	Lesson 1.6 Classroom Activity	In and Out Hoop Relay	2	Body management	Hula hooping	Problem solving		LP	383
K-3	Classroom	Lesson 1.8 Classroom Activity	Moon Throw	1	Basic movement	Throwing	Technique and accuracy		LP	385
K-3	Classroom	Lesson 1.9 Classroom Activity	Ball Fun	1	Body management	Ball handling	Technique		LP	387
K-3	Classroom	Lesson 1.10 Classroom Activity	Spelling Toss/Throw	1	Basic movement	Tossing	Accuracy		LP	388
K-3	Classroom	Lesson 1.11 Classroom Activity	Target Bowling	1	Basic movement	Rolling and tossing	Technique		LP	389

**TABLE 1** Activity Listing by Grade Level (continued)

GRADE LEVEL	LOCATION	CATEGORY	NAME OF ACTIVITY	NASPE STANDARD(S)	MOVEMENT FORM	SKILL(S)	KNOWLEDGE CONTENT	INTEGRATION AREA	CHAPTER	PAGE IN TEXT
K-3	Classroom	Lesson 1.12 Classroom Activity	Volleying	1	Basic movement	Volleying	Technique		LP	390
K-3	Classroom	Lesson 1.13 Classroom Activity	Jump to Music	4	Rhythmic movement	Jumping rope	Fitness is fun		LP	391
K-3	Classroom	Lesson 1.15 Classroom Activity	“Kinder-Polka”	1,5	Rhythmic movement	“Kinder-Polka”	Technique		LP	395
K-3	Classroom	Opening Scenario 1.1	Opening Scenario 1.1	4	Basic movement	Walking	Movement concepts		1	1
K-3	Classroom	Quick Lesson 7.1	Movement Exploration with Beanbags	1	Basic movement	Tossing a beanbag	Movement concepts	Math	7	224
K-3	Gymnasium	Lesson 1.10	Cone Dribbling, Follow the Leader	1, 4	Basic movement	Ball handling: basketball	Technique		LP	388
K-3	Gymnasium	Lesson 1.11	Form Bowling, Target Bowling, Pin Bowling	1	Basic movement	Ball handling: bowling	Technique		LP	389
K-3	Gymnasium	Lesson 1.12	Underhand Strike, Underhand Serve, Overhand Strike, Volleying	1, 4, 5	Basic movement	Locomotor and nonlocomotor movements	Technique		LP	390
K-3	Gymnasium	Lesson 1.14	Lummi Sticks	1, 5	Rhythmic movement	Lummi sticks	Social interaction		LP	392
K-3	Gymnasium	Lesson 1.15	“Kinder-Polka”	1, 5	Rhythmic movement	“Kinder-Polka”	Technique		LP	394
K-3	Gymnasium	Lesson 1.2	Mulberry Bush	1, 4, 6	Rhythmic movement	Locomotor and nonlocomotor movements	Self-expression		LP	374
K-3	Gymnasium	Lesson 1.3	Manipulative Skills: Beanbags	1, 2, 5	Basic movement	Beanbags	Throwing technique		LP	376
K-3	Gymnasium	Lesson 1.4	Cone Dribbling, Pin Kickball, Kickers and Trappers	1, 2, 3	Game skills	Kicking and dribbling: soccer	Technique		LP	378
K-3	Gymnasium	Lesson 1.5	Dribble Scramble, Bulls-Eye, Soccer Keep Away	1, 2, 3	Game skills	Kicking and dribbling: soccer	Technique		LP	380
K-3	Gymnasium	Lesson 1.6	Hula Hoop Fun	1, 4, 6	Basic movement	Hula hooping	Technique		LP	382
K-3	Gymnasium	Lesson 1.7	Passing and Dribbling	1, 4	Game skills	Ball handling: basketball	Technique		LP	384
K-3	Gymnasium	Lesson 1.8	Throwing, Catching, and Volleying	1, 5	Basic movement	Throwing and volleying	Technique		LP	385
K-3	Gymnasium	Lesson 1.9	Line Dribbling, Passing Game, Shooting Game, Basket Shooting	1, 4	Basic movement	Ball handling: basketball	Technique		LP	387
K-3	Playground	Opening Scenario 2.1	Opening Scenario 2.1	1, 2	Basic movement	Throwing	Technique: throwing		2	29
K-3	Playground	Quick Lesson 12.1	Four Activities Using Permanent Playground Equipment	5	Body management	Playground skills	Safety		12	364
K-4	Classroom	Instant Activity 8.1	Demonstrating the Different Definitions of the Word <i>Level</i>	1, 2	Body management	Variety	Movement concepts		8	229
K-4	Classroom	Instant Activity 10.3	Stretches	5, 6	Cooperative	Shapes	Cooperation		10	296
K-6	Classroom	Classroom Learning Station 1.1	Today’s Popular Sports	6	Game skills	Teacher selected	Teacher selected	Reading, spelling, library skills	1	26
K-6	Classroom	Classroom Learning Station 2.1	Are We All the Same?	5	Basic movement	Jumping	Growth and development	Writing, drawing, health	2	48
K-6	Classroom	Classroom Learning Station 3.1	Fine Motor Station	1	Basic movement	Fine motor skills	Technique: handling small objects	Math, spelling	3	87
K-6	Classroom	Classroom Learning Station 6.1	Exercise Bands	4	Fitness	Exercises with bands	Fitness: exercise progression	Science, health	6	193
K-6	Classroom	Classroom Learning Station 9.1	Bowling	1	Game skills	Rolling	Technique: rolling	Math	9	282
K-6	Classroom	Classroom Learning Station 10.1	Tell Me Something About You	5	None	None	Individual differences	Writing	10	314
K-6	Classroom	Instant Activity 1.1	Dice Math	1	Basic movement	Throwing	Math skills	Math	1	5
K-6	Classroom	Instant Activity 1.2	Striking Practice	1, 3, 5	Basic movement	Striking	Technique: striking		1	9
K-6	Classroom	Instant Activity 1.3	Marching	1	Rhythmic movement	Marching	Moving to music		1	13
K-6	Classroom	Instant Activity 10.2	Hula Hoop Fun	1, 5	Basic movement	Hula hooping	Movement concepts		10	293

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K-6	Classroom	Instant Activity 10.4	Stand Up, Sit Down	5	Cooperative	Standing up	Cooperation		10	300
K-6	Classroom	Instant Activity 11.1	No Touch	1, 5	Body management	Variety	Body awareness		11	320
K-6	Classroom	Instant Activity 12.1	Hi Five	6	Cooperative	Locomotor skills	Accepting others		12	342
K-6	Classroom	Instant Activity 12.2	The Human Knot	6	Body management	Body positioning	Problem solving		12	343
K-6	Classroom	Instant Activity 2.1	Tracking Height	5	None	None	Growth and development		2	31
K-6	Classroom	Instant Activity 2.2	Do We Perform the Same?	5	Basic movement	Tossing, catching, volleying	Individual differences		2	36
K-6	Classroom	Instant Activity 4.1	Impaired Breathing	4	Fitness	None	Health: smoking		4	95
K-6	Classroom	Instant Activity 5.1	Similarities and Differences	5	Cooperative	Locomotor skills	Accepting others		5	137
K-6	Classroom	Instant Activity 6.1	Alphabet Jumble	3	Basic movement	Teacher selected	Spelling		6	168
K-6	Classroom	Instant Activity 6.2	Cooperative Musical Chairs	5	Cooperative	Walking	Cooperation		6	170
K-6	Classroom	Instant Activity 6.3	Target Toss Math	6	Cooperative	Tossing	Math skills		6	171
K-6	Classroom	Instant Activity 7.2	New Ways to Bowl	5, 6	Cooperative	Variety	Critical thinking		7	203
K-6	Classroom	Instant Activity 9.3	Follow the Leader	5, 6	Rhythmic movement	Student created	Creativity		9	276
K-6	Classroom	Integrated Game	Spell Around the Room	3	Fitness	Running	Spelling	Language arts	8	237
K-6	Classroom	Integrated Game	Alphabet Balloons	1	Body management	Striking	Spelling	Language arts	8	237
K-6	Classroom	Integrated Game	Jumping Words	5	Body management	Shapes	Spelling	Language arts	8	238
K-6	Classroom	Integrated Game	Punctuation Shuffle	1	Body management	Locomotor skills	Punctuation	Language arts	8	237
K-6	Classroom	Integrated Game	Fruit Basket Upset Math	1	Body management	Locomotor skills	Math skills	Math	8	239
K-6	Classroom	Integrated Game	Double Dice	3	Body management	Locomotor skills	Math skills	Math	8	238
K-6	Classroom	Integrated Game	Fist Dribble	1	Game skills	Dribbling with hand	Math skills	Math	8	238
K-6	Classroom	Integrated Game	North and South Wind	3	Fitness	Running, tagging, dodging	Weather	Social studies	8	239
K-6	Classroom	Integrated Game	Speed It Up	4	Fitness	Running	Heart rate	Science	8	241
K-6	Classroom	Integrated Game	Circuit Training Through the Muscular System	2	Fitness	Variety	Muscle identification	Science	8	242
K-6	Classroom	Integrated Game	Relaxation Walking	4	Fitness	None	Relaxation	Health	8	243
K-6	Classroom	Lesson 1.1 Classroom Activity	People Finder	5, 6	Basic movement	Variety	Getting to know others		LP	373
K-6	Classroom	Lesson 1.14 Classroom Activity	Creative Sequences	6	Rhythmic movement	Lummi sticks	Self-expression		LP	393
K-6	Classroom	Lesson 1.2 Classroom Activity	Desk Aerobics	4	Fitness	Variety	Fitness is fun		LP	375
K-6	Classroom	Lesson 1.5 Classroom Activity	Blob Tag	1	Game skills	Soccer	Technique		LP	380
K-6	Classroom	Lesson 1.7 Classroom Activity	Dribbling Sequences	1	Game skills	Basketball	Technique		LP	384
K-6	Classroom	Quick Lesson 1.1	Match the Diagram	1	Basic movement	Locomotor skills	Movement concept: pathways	Social studies	1	19
K-6	Classroom	Quick Lesson 1.2	Challenge Long Jump	2	Body management	Long jump	Movement concept: force	Math	1	20
K-6	Classroom	Quick Lesson 1.4	Jump for Fitness	4	Fitness	Jumping	Fitness: pulse rates	Science	1	22
K-6	Classroom	Quick Lesson 1.7	My Physical Activity Journal	6	Fitness	Student created	Fitness: awareness		1	24
K-6	Classroom	Quick Lesson 5.2	Getting to Know Your Classmates	5	Cooperative	Variety	Accepting others	Social studies	5	162
K-6	Classroom	Quick Lesson 6.1	The Benefits of an Active Lifestyle	3	Fitness	None	Fitness: benefits	Art, math	6	191
K-6	Classroom	Quick Lesson 9.1	Student Voices	6	None	None	Enjoyment and self-expression	Music, art	9	280
K-6	Classroom	Special Event 5.1	Simulation Activities	5	Cooperative	Variety	Accepting others	Math, spelling	5	164
K-6	Classroom	Special Event 9.1	Create and Share	6	Rhythmic movement	Student created	Enjoyment and self-expression	Music	9	288

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K-6	Classroom	Special Event 10.1	Grandparents' Day	5	None	Variety	Individual differences	Social studies	10	316
K-6	Classroom	Special Event 12.1	Traditional Games, Dances, and Activities	5	Game skills	Student selected	Cultural differences	Social studies	12	368
K-6	Gymnasium	Integrated Game	Junk the Junk Food	3	Fitness	Running	Junk food, pathways	Health	8	243
K-6	Gymnasium	Lesson 1.13	Manipulative Skills: Rope Jumping	1, 4, 6	Rhythmic movement	Jumping rope	Technique		LP	391
K-6	Gymnasium	Special Event 6.1	Parents' Night: Fitness and Wellness	3, 4, 5	Fitness	Teacher selected	Fitness: concepts	Reading, writing, health	6	194
K-6	Playground	Integrated Game	Muscle Tag	4	Fitness	Running, tagging, dodging	Muscle identification	Science	8	241
K-6	Playground	Opening Scenario 11.1	Opening Scenario 11.1	3, 4	Fitness	Walking	Fitness is fun		11	317
K-6	Playground	Quick Lesson 10.1	Scoters as Wheelchairs	5	Body management	Scoters	Individual differences	Social studies	10	313
K-6	Playground	Quick Lesson 11.1	Walking and Stretching	3	Fitness	Walking and stretching	Technique	Math	11	334
K-6	Playground	Special Event 1.1	Celebrating Nat. PE & Sport Week	1, 3, 5	Basic movement	Teacher selected	Importance of fitness	Writing	1	27
K-6	Playground	Special Event 7.1	Challenge Play Day	5	Cooperative	Variety	Cooperation and creativity		7	226
1-3	Classroom	Quick Lesson 4.6	Muscular Endurance	3	Fitness	Abdominal curl	Health: endurance	Science	4	120
1-3	Classroom	Quick Lesson 4.7	Flexibility	3	Fitness	Stretches	Health: flexibility	Science	4	121
1-3	Playground	Quick Lesson 4.8	Walking	3	Fitness	Walking	Technique: walking	Math	4	124
1-6	Classroom	Classroom Learning Station 4.2	How to Determine the Heart Rate	3	Fitness	None	Health: taking pulse rate	Math	4	128
1-6	Classroom	Classroom Learning Station 4.3	Which Muscle Is Which?	3	Fitness	None	Health: bones and muscles	Spelling	4	130
1-6	Classroom	Quick Lesson 4.9	Heart Rate Games	3	Fitness	Locomotor skills	Fitness: continuous movement	Writing	4	125
1-6	Playground	Quick Lesson 4.4	How Hard Am I Working?	3	Fitness	Walking and jogging	Health: perceived exertion	Geography	4	118
2-3	Classroom	Integrated Game	Jump Rope Bingo	3	Fitness	Jumping rope	Math skills	Math	8	238
2-4	Classroom	Opening Scenario 3.1	Opening Scenario 3.1	2	Game skills	Throwing and catching	Technique: throw and catch		3	51
2-5	Classroom	Integrated Game	Walk Across Your State	3	Fitness	Walking	Geography	Social studies	8	239
2-5	Classroom	Integrated Game	Water Molecules	2	Basic movement	Nonlocomotor and locomotor	Water	Science	8	241
2-6	Classroom	Classroom Learning Station 8.1	How Many in Our Theme?	6	Cooperative	None	Subject integration		8	257
2-6	Classroom	Instant Activity 10.1	Floor Patterns	2, 5	Basic movement	Student created	Movement concept: floor patterns		10	292
2-6	Classroom	Integrated Game	Odds and Evens	3	Fitness	Running	Math skills	Math	8	238
2-6	Classroom	Quick Lesson 4.3	The Circulatory System	3	Fitness	Walking	Health: blood flow	Science	4	117
2-6	Classroom	Quick Lesson 5.1	All-Star Bulletin Boards	5, 6	Cooperative	None	Accepting others	Math	5	161
2-6	Classroom	Quick Lesson 8.1	Olympic Jeopardy	3	Cooperative	None	Olympic facts	Social studies, language arts	8	254
2-6	Playground	Opening Scenario 9.1	Opening Scenario 9.1	1, 3	Game skills	Throwing, catching, kicking	Game rules		9	261
3-4	Classroom	Integrated Game	Magnetic Field	2	Basic movement	Nonlocomotor/Locomotor	Magnetism	Science	8	241
3-4	Classroom	Lesson 2.1 Classroom Activity	"Shoemaker's Dance"	5	Cooperative	"Shoemaker's Dance"	Teamwork and success		LP	397
3-4	Classroom	Lesson 2.2 Classroom Activity	Grapevine Circle	2, 4, 5	Cooperative	Grapevine step	Cooperation		LP	400
3-4	Classroom	Lesson 2.3 Classroom Activity	Human Letters	6	Cooperative	Letter formations	Letter recognition	Reading	LP	402
3-4	Classroom	Lesson 2.4 Classroom Activity	Animal Movement Cards	6	Cooperative	Variety	Self-expression		LP	404
3-4	Classroom	Lesson 2.5 Classroom Activity	Juggling	1, 5	Cooperative	Juggling	Success		LP	406
3-4	Classroom	Lesson 2.6 Classroom Activity	Carpet Squares	4, 5	Cooperative	Variety	Cooperation		LP	408
3-4	Classroom	Lesson 2.7 Classroom Activity	Trash Can Shoot	1	Cooperative	Throwing	Technique		LP	409
3-4	Classroom	Lesson 2.8 Classroom Activity	P.E. Bingo	6	Cooperative	Variety	Number recognition		LP	411

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3-4	Classroom	Lesson 2.9 Classroom Activity	Trinkling Workout	1, 5	Cooperative	Trinkling	Technique		LP	413
3-4	Classroom	Lesson 2.10 Classroom Activity	Jacks	1, 5	Cooperative	Jacks	Respect for others		LP	414
3-4	Classroom	Lesson 2.11 Classroom Activity	Lummi Sticks	1, 5	Cooperative	Lummi sticks	Respect for others		LP	415
3-4	Classroom	Lesson 2.12 Classroom Activity	Lummi Sticks	1, 5	Cooperative	Lummi sticks	Self-expression		LP	416
3-4	Classroom	Lesson 2.13 Classroom Activity	“La Raspa”	1, 4, 5	Cooperative	“La Raspa” dance	Respect for partner		LP	418
3-4	Classroom	Lesson 2.14 Classroom Activity	Lummi Stick Circle	1, 5	Cooperative	Lummi sticks	Cooperation		LP	420
3-4	Classroom	Lesson 2.15 Classroom Activity	Partner Stunts	1, 5	Cooperative	Partner stunts	Respect for partner		LP	422
3-4	Gymnasium	Lesson 2.1	Phrase Craze, “Bunny Hop”	5	Cooperative	Locomotor movements	Teamwork		LP	397
3-4	Gymnasium	Lesson 2.2	Coordinate Coordination, Parachute Grapevine	2, 4, 5	Cooperative	Variety	Directional movement		LP	399
3-4	Gymnasium	Lesson 2.3	Quack You Up Activities	4, 5	Cooperative	Variety	Working with partner		LP	401
3-4	Gymnasium	Lesson 2.4	Color Dribble, Goalie Kick and Punt, Partner Dribble and Pass	1, 2, 5	Cooperative	Soccer	Working with partner		LP	403
3-4	Gymnasium	Lesson 2.5	Group Ball Juggle, Scarf Juggle, Group Scarf Juggle	1, 5	Cooperative	Juggling	Cooperation		LP	405
3-4	Gymnasium	Lesson 2.6	Fun Fitness Activities: Tennis Ball Take, Team Bowling	1, 4, 5	Cooperative	Bowling and fitness	Cooperation	Math	LP	407
3-4	Gymnasium	Lesson 2.7	Dribble/Pivot/Pass, Snatch Basketball	1, 2, 4, 5	Cooperative	Basketball	Teamwork		LP	409
3-4	Gymnasium	Lesson 2.8	See and Spell	1, 5	Cooperative	Locomotor movements	Word jumble	Spelling	LP	410
3-4	Gymnasium	Lesson 2.9	Let’s Go Jumping	1, 4, 5, 6	Cooperative	Jumping rope	Self-expression		LP	412
3-4	Gymnasium	Lesson 2.10	Station Rotation	1, 4, 5	Cooperative	Variety	Cooperation		LP	414
3-4	Gymnasium	Lesson 2.11	Lummi Stick Partners	1, 4, 5	Cooperative	Lummi sticks	Respect for partner		LP	415
3-4	Gymnasium	Lesson 2.12	Four-Square	1, 4, 5	Cooperative	Throwing and catching	Taking turns		LP	416
3-4	Gymnasium	Lesson 2.13	“La Raspa” (Folk Dance)	1, 4	Cooperative	Bleking steps, elbow swing	Respect for partner		LP	417
3-4	Gymnasium	Lesson 2.14	Caterpillar Walk, Skin the Snake	1, 4, 5	Cooperative	Group walking	Cooperation		LP	419
3-4	Gymnasium	Lesson 2.15	Ball Progression (One Person), Ball Progression (Two People)	1, 4, 5	Cooperative	Bouncing and catching	Respect		LP	421
3-5	Classroom	Integrated Game	Presidential Race	3	Game skills	Running, tagging, dodging	Geography	Social studies	8	239
3-5	Playground	Integrated Game	Newton’s Laws	3	None	Variety	Force, motion	Science	8	240
3-6	Classroom	Classroom Learning Station 4.1	Coronary HD Risk Factors	3	Fitness	None	Health: heart disease	Art	4	127
3-6	Classroom	Classroom Learning Station 5.1	Locomotor Sign Language	5	Basic movement	Locomotor skills	Sign language	Spelling, language arts	5	163
3-6	Classroom	Classroom Learning Station 12.1	Including Others	5	Cooperative	None	Cooperation and creativity	Art, social studies	12	367
3-6	Classroom	Instant Activity 2.3	Child-Designed Physical Activity	2	Game skills	Soccer: kicking for goal	Critical thinking		2	40
3-6	Classroom	Instant Activity 4.4	Determining Heart Rates	4	Fitness	Running in place	Health: pulse		4	99
3-6	Classroom	Instant Activity 4.5	Heart Rate and Activity	4	Fitness	Marching and jogging in place	Health: heart rates		4	100
K-3	Classroom	Instant Activity 11.3	Body Balance	1, 3, 4	Body management	Balancing	Technique		11	328
3-6	Classroom	Instant Activity 12.3	Learning Names	6	Cooperative	Body positioning	Teamwork		12	357
3-6	Classroom	Quick Lesson 1.6	Opposite Hand	5	Basic movement	Throwing	Individual differences		1	24
3-6	Classroom	Quick Lesson 4.5	Muscular Strength	3	Fitness	None	Health: strength	Writing, library skills	4	119
3-6	Classroom	Quick Lesson 12.2	Classroom Dribbling	1, 2	Basic movement	Dribbling with hand	Technique	Social studies	12	366

**TABLE 1** Activity Listing by Grade Level (*continued*)

GRADE LEVEL	LOCATION	CATEGORY	NAME OF ACTIVITY	NASPE STANDARD(S)	MOVEMENT FORM	SKILL(S)	KNOWLEDGE CONTENT	INTEGRATION AREA	CHAPTER	PAGE IN TEXT
3-6	Classroom	Special Event 4.1	Are We There Yet?	3	Fitness	Walking and jogging	Health: cardiorespiratory workout	Social studies	4	132
3-6	Gymnasium	Special Event 2.1	Health & Movement Fair	5	Basic movement	Variety	Growth and development	Writing, drawing, math	2	49
3-6	Playground	Quick Lesson 1.3	Chase the Leader	4	Fitness	Jogging	Fitness: training principles	Health	1	21
3-6	Playground	Quick Lesson 1.5	Create Your Own Sport	5	Game skills	Student created	Game rules	Social studies	1	23
K-2	Playground	Quick Lesson 3.3	Meet and Part	2	Basic movement	Locomotor skills	Technique	Math, spelling	3	85
3-6	Playground	Special Event 11.1	Friday/Afternoon Game Day	1	Game skills	Variety	Game rules	Social studies	11	337
4-5	Classroom	Integrated Game	I Have, Where Is	3	Fitness	Running	State capitals	Social studies	8	240
4-6	Classroom	Classroom Learning Station 7.1	Creating Bumper Stickers	3	Fitness	Fine motor skills	Healthy lifestyles	Science	7	225
4-6	Classroom	Instant Activity 7.1	Portraying Words and Phrases Through Movement	2, 6	Cooperative	Variety	Critical thinking		7	202
4-6	Classroom	Instant Activity 9.1	Mac the Crab	4	Fitness and Rhythm	“Macarena”	Fitness is fun	Music	9	269
4-6	Classroom	Instant Activity 9.2	Push-up Hockey	4	Fitness	Push-ups	Fitness is fun		9	273
4-6	Classroom	Opening Scenario 6.1	Opening Scenario 6.1	1	Rhythmic movement	Walking and skipping	Accepting others	Social studies	6	165
4-6	Classroom	Quick Lesson 4.1	How Arenets Become Clogged	4	Fitness	Scooters	Health: blood flow	Spelling	4	115
4-6	Classroom	Quick Lesson 4.2	Measuring Blood Pressures	3	Fitness	None	Health: blood pressure	Music	4	116
4-6	Gymnasium	Opening Scenario 10.1	Opening Scenario 10.1	5, 6	Cooperative	Striking	Cooperation and problem solving		10	289
4-6	Playground	Quick Lesson 3.4	Major League Throw and Catch	4	Game skills	Throwing and catching	Fitness: strength	Geography: state capitals	3	86
5-6	Classroom	Lesson 3.2 Classroom Activity	“How To” Speeches	1	None	Soccer	Technique	Writing, speaking	LP	428
5-6	Classroom	Lesson 3.3 Classroom Activity	Line Dance Development	1, 5, 6	Rhythmic movement	Line dancing	Creativity		LP	430
5-6	Classroom	Lesson Plan Unit 3 Introduction	Journal Entries	1, 6	None	Soccer	Self-awareness	Writing	LP	425
5-6	Gymnasium	Box 6.4	Sample PE Lesson Plan	1	Rhythmic movement	Square dance	Accepting others		6	189
5-6	Gymnasium	Lesson 3.1	Dribbling the Ball, Trapping and Passing, Circle Kickball	1, 4, 5	Game skills	Ball handling: soccer	Technique and strategy		LP	426
5-6	Gymnasium	Lesson 3.2	Take Away, Stop That Ball	1, 2, 4, 5	Game skills	Defensive skills: soccer	Technique and strategy		LP	428
5-6	Gymnasium	Lesson 3.3	Circle Kick, Forward Ho!	1, 4, 5	Game skills	Offensive skills: soccer	Technique		LP	429
5-6	Gymnasium	Lesson 3.4	Dribble Mania, Soccer Keep Away	1, 3, 5	Game skills	Dribbling, passing, kicking: Soccer	Technique and responsibility		LP	431
5-6	Gymnasium	Lesson 3.5	Frisbee Backhand Throw	1, 4, 6	Game skills	Throwing and catching: Frisbee	Technique and throwing		LP	432
5-6	Gymnasium	Lesson 3.6	Punt, Throw-in, Target Throw-in	1, 3, 5	Game skills	Punting, throwing-in: soccer	Technique		LP	433
5-6	Gymnasium	Lesson 3.7	Lead-up Soccer Games: Sideline Soccer	1, 3, 5	Game skills	All soccer skills	Technique and strategy		LP	435
5-6	Gymnasium	Lesson 3.8	Lead-up Soccer Games: Three-on-Three	1, 3, 5	Game skills	All soccer skills	Technique and strategy		LP	436
5-6	Gymnasium	Lesson 3.9	Lead-up Soccer Games: Sideline Soccer	1, 2, 4, 5	Game skills	All soccer skills	Technique and strategy		LP	437
5-6	Gymnasium	Lesson 3.10	Backhand Throw and Catch, Backhand Curve, Backhand Bounce, Frisbee Keep Away	1, 4, 5	Game skills	Throwing and catching: Frisbee	Technique		LP	438
5-6	Gymnasium	Lesson 3.11	Kicking for Goal	1, 2, 4, 5	Game skills	Kicking: soccer	Technique		LP	439
5-6	Gymnasium	Lesson 3.12	Modified Soccer	1, 4, 5	Game skills	All soccer skills	Game rules		LP	440
5-6	Gymnasium	Lesson 3.15	Frisbee Golf	1, 4, 5	Game skills	Throwing	Technique		LP	443
5-6	Gymnasium	Lessons 3.13 and 3.14	Modified Soccer	1, 2, 4, 5	Game skills	All soccer skills	Rules, enjoyment		LP	442