

# PE

Playground Games  
Sports  
Free Play/ Circuits  
Historic Dancing

SAMPLE





### About the Course

This course includes the following topic(s): Playground Games, Sports, Free Play/ Circuits, Historic Dancing

**About Playground Games**  
Play group playground games.

**About Sports**  
This year, students will learn how to play soccer, basketball, and croquet through participating in a variety of games, skills, and activities. Activities are geared toward smaller groups of students, but can be adjusted to any size.

**About Free Play/ Circuits**  
Make fitness-building routines a habit.

**About Historic Dancing**  
Students will learn dances that were popular in the historical period being studied and perform them to some music of that period.

**PE: Grades 7-12**  
Lessons specifically created for Grades 7-12. We do recommend you prioritize the Historical Dance lessons as these are less likely to be obtained elsewhere and also give depth and richness to student's understanding of the time period. We recommend you make sure to include some sort of physical activity as breaks throughout your school day. If you already have sports or similar activities as a regular part of your life rhythms, these lessons are optional.



### Placement & Combining Tips

**Playground Games**  
Suitable for interested younger students.

**Sports**  
Minimal supplies are required.

**Free Play/ Circuits**  
Students may also choose to take a local Pilates or Yoga class.

**Historic Dancing**  
This course is suitable for interested students in Grades 5-6 if combining.



### Scheduling

GRADE	SCHEDULE INFO.	BOOKS
4-12	Playground Games 1 time/week 20 min	The Ultimate Homeschool Physical Education Game Book
4-12	Sports 1 time/week 20 min	The Ultimate Homeschool Physical Education Game Book
4-12	Free Play/ Circuits 2 times/week 20 min	303 Tween-Approved Exercises and Active Games
7-12	Historic Dancing 1 time/week 20 min	

### Sample Weekly View

Day 1	Day 2	Day 3	Day 4	Day 5
<b>PE: Grades 7-12</b>				
Playground Games	Free Play/ Circuits	Sports	Free Play/ Circuits	Historic Dancing



## Planning & Prep

Permission to print for non-commercial use. See Alveary group use policy to use lessons in a group context.

LINKS: Click text or scan the QR code in the top corner of the lesson plan pages to view online resources associated with the lessons.

Responsibility for previewing all links rests with the teacher. All links were checked at the time of publication; however, websites change frequently and may contain objectionable content. Please report broken links by contacting us through our website.

Free Play/ Circuits

You will want to figure out the circuit.



## Books & Resources

For book rationales and purchase options, click the Book List link or scan the QR code below.

∞ [View Book List Details](#)

**PE: Grades 7-12**

### Playground Games



The Ultimate Homeschool Physical Education Game Book

### Sports



The Ultimate Homeschool Physical Education Game Book

### Free Play/ Circuits



303 Tween-Approved Exercises and Active Games



## Supplies

For supply list details and basic supplies helpful to have on hand, click the links or scan the QR code below.

∞ [View Basic Supplies](#)

∞ [View Supply List Details](#)

### Playground Games



Hula Hoops



Long Jump Rope and Short Jump Rope



Cones, Bean Bags, and Rings Set



White and Colored Chalk

## Sports



Soccer ball



Cones, Bean Bags, and Rings Set



Basketball



Hula Hoops



Playground Ball



Frisbee



Croquet set

## Free Play/ Circuits



Dumbbell Hand Weight Sets of 2 (1-3 pounds)



Exercise Ball



Exercise Mat



## Quick Links

(No Quick Links Assigned)

[Click THIS text](#)  
[or scan the QR](#)  
[code for links.](#)



# PE: Grades 7-12

## How To Teach



### Overview

Mason emphasized that being physically fit is just as important as being mentally and spiritually fit. She used a combination of Swedish Drill (calisthenic exercises done to music or military-style commands), playground games, sports, dance, free play, and afternoon walks to make sure students had time for vigorous exercise every single day.



### Introduce

Teach students the new song, dance, or sport. Tutorials are often provided.



### Practice

Play your new game, practice your new dance, sing your new rhyme, etc.!

SAMPLE



## Term 1

### WEEK 1 20m Playground Games - Lesson 1

#### Movement Skills

Materials: The Ultimate Homeschool P.E. Game Book

PREP: Read "Games for Enhancing Movement Skills" p.144. Make sure the student knows how to gallop, skip, etc.

#### → PLAY

Little Brown Bear or Martian p.144-145

#### ★ TEACHER NOTE

**Afternoon Extension (Optional):** May play games during free play time during the term.

### WEEK 1 20m Free Play/ Circuits - Lesson 1

Materials: 303 Tween-approved Exercises + Active Games, a pair of light weights or cans

PREP: Go through the exercises with your student so they know what to do and can use the correct form.

#### → NOTE

There is one assigned circuit routine per week. One week will be upper body and the next week will be lower body. The same circuits will be repeated for about 3 weeks. Feel free to do the circuits more than once a week. They can be done every day if you are alternating muscles you are using. Feel free to change up the exercises or add in more. If you have a group you can all do the same exercises together or have stations that everyone goes to and then rotates to the next station. You can also put a cardio exercise in between the station such as jump roping or running in place or jumping on a small trampoline.

#### → EXERCISE

Circuit 1: Upper Body Training

1. Warm-Up Activity (5 min)  
(Pick an activity from p.24-25)

2. Stretching Exercises (5 min)  
(Pick 3 stretches from p.26-31)

3. Circuit Exercises (Do this set 3 times through)

- Crossover Abs (#54) 5x each side
- Ball Twists (#55) 5x each side
- Close the Door (#90) 10x
- Push and touch (#91) 10x
- Bent -Over Circular Rows (10x)

4. Add some kind of cardio exercise or sports game at some point throughout the day. There are many ideas in the book.

### WEEK 1 20m Sports - Lesson 1

#### Soccer: Dribbling

Materials: The Ultimate Homeschool P.E. Game Book, Soccer Ball

PREP: Read "Soccer Games and Glossary" p.57-59.

#### → PLAY

"Soccer Pirate" p.60



## Term 1

### WEEK 1 ☐ 20m Free Play/ Circuits - Lesson 2

→ **PLAY**  
Free Play

### WEEK 1 ☐ 20m Historic Dancing - Lesson 1

*Sir Roger de Coverley*

PREP: Watch instructional video to familiarize yourself with dance. Print Sir Roger de Coverley Instructions PDF.

→ **INTRO**

Sir Roger de Coverley is an English Country Dance originally published in The Dancing Master in 1695. It was widely danced in the 1700s and remained popular through the 1800s. It is most famously found in Charles Dickens's A Christmas Carol, at Fezziwig's ball. It is a finishing dance that was commonly danced at the end of a ball, where all attendees partnered up to close out the evening. It promoted good humor among the company and caused them all to leave having great satisfaction with one another. After the dance crossed the ocean and came over to America, it morphed into different variations and also became what we now know as the Virginia Reel. You will recognize the structure and formations as they have similarities.

→ **VIEW**

Watch the example of Sir Roger de Coverley. \*Please note that there are many versions of Sir Roger de Coverley. Our example video differs from our instructional video.\*

∞ Video Link: Sir Roger de Coverley

→ **VIEW & PRACTICE**

Using Instructional Video, form pairs, designate diagonals, and learn Part 1 (meet in middle, right hand turn, left hand turn) without music. Instructor will need to cue dancers and count in 6's.

\*It is often helpful for the students to remain with the same partner week to week while learning the piece. Once mastered, they can change partners.\*

∞ Video Link: Instructional Sir Roger de Coverley

∞ PDF Link: Sir Roger de Coverley Instructions PDF

### WEEK 2 ☐ 20m Playground Games - Lesson 2

*Long Rope Jumping*

☐ Materials: The Ultimate Homeschool P.E. Game Book, Long Jump Rope

PREP: Read "Long Rope Jumping" p.127. Gather supplies for the term.

→ **PLAY**

Jump the Stick p.177

### WEEK 2 ☐ 20m Free Play/ Circuits - Lesson 3

☐ Materials: 303 Tween-approved Exercises + Active Games, a ball for each child

→ **EXERCISE**

Circuit 2: Lower Body Training

1. Warm-Up Activity (5 min)  
(Pick an activity from p.24-25)

2. Stretching Exercises (5 min)



## Term 1

(Pick 3 stretches from p.26-31)

### 3. Circuit 2: Lower Body Training

- Plank with Torso Rotation (#56) 5x each side
- Ball Toss (#57) 5x
- Front Kicks (#120) 5x
- Squats (#122) 5x
- Rear-Leg Lifts (124) 10x each side

4. Add some kind of cardio exercise or sports game at some point throughout the day. There are many ideas in the book.

### WEEK 2 ☐ 20m Sports - Lesson 2

*Soccer: Dribbling, Ball Control*

☐ Materials: The Ultimate Homeschool P.E. Game Book, Soccer Ball

#### → PLAY

"Red Light - Green Light" p.62

### WEEK 2 ☐ 20m Free Play/ Circuits - Lesson 4

#### → PLAY

Free Play

### WEEK 2 ☐ 20m Historic Dancing - Lesson 2

*Sir Roger de Coverley*

#### → REVIEW

Review head couple, diagonal 1, and diagonal 2. Review part 1 with diagonals (meet in middle, right hand turn, left hand).

#### → LEARN

Learn the rest of Part 1 (2 hand turn and dos-a-dos).

#### → PRACTICE

The entire Part 1 together without music.

∞ Video Link: Instructional Sir Roger de Coverley

### WEEK 3 ☐ 20m Playground Games - Lesson 3

*Movement Skills*

☐ Materials: The Ultimate Homeschool P.E. Game Book

#### → PLAY

Octopus or Sunday p.145

### WEEK 3 ☐ 20m Free Play/ Circuits - Lesson 5

☐ Materials: 303 Tween-approved Exercises + Active Games, a pair of light weights or cans

PREP: Go through the exercises with your student so they know what to do and can use the correct form.

#### → EXERCISE

Circuit 1: Upper Body Training

1. Warm-Up Activity (5 min)  
(Pick an activity from p.24-25)

2. Stretching Exercises (5 min)



## Term 1

(Pick 3 stretches from p.26-31)

3. Circuit Exercises (Do this set 3 times through)

- Crossover Abs (#54) 5x each side
- Ball Twists (#55) 5x each side
- Close the Door (#90) 10x
- Push and touch (#91) 10x
- Bent -Over Circular Rows (10x)

4. Add some kind of cardio exercise or sports game at some point throughout the day. There are many ideas in the book.

### WEEK 3 20m Sports - Lesson 3

*Soccer: Accuracy, Trapping*

Materials: The Ultimate Homeschool P.E. Game Book, Soccer Ball, Cone (1)

→ **PLAY**

"Target Soccer" p.64

### WEEK 3 20m Free Play/ Circuits - Lesson 6

→ **PLAY**

Free Play

### WEEK 3 20m Historic Dancing - Lesson 3

*Sir Roger de Coverley*

→ **REVIEW**

Entire Part 1.

→ **LEARN**

Part 2 Weaving and Promenade/Cast off.

→ **PRACTICE**

Parts 1 and 2 together without music.

∞ Video Link: Instructional Sir Roger de Coverley