

PE

Folk Dancing
Playground Games
Sports
Free Play/ Circuits

SAMPLE





About the Course

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

About Folk Dancing

Learn basic steps for individual, couple, and/or group dances using traditional folk songs.

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.

PE: Grades 4-6

Lessons specifically created for Grades 1-6. 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.



Scheduling

GRADE	SCHEDULE INFO.	BOOKS
1-6	Folk Dancing 1 time/week 20 min	The Book of Song Dances
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

Sample Weekly View

Day 1	Day 2	Day 3	Day 4	Day 5
PE: Grades 4-6				
Playground Games	Free Play/ Circuits	Sports	Free Play/ Circuits	Folk 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.

PE: Grades 4-6

You may need to gather supplies for the activities, so plan accordingly.

Folk Dancing

Read the Introduction for The Book of Song Dances p.4-9.

Bookmark the video folder of folk dances.

Preview dance video; learn beforehand to teach students.

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 4-6

Folk Dancing



The Book of Song Dances

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

PE: Grades 4-6

- [∞ Extra Helpings](#)
- [∞ SoundCloud Song Playlist](#)

Folk Dancing

- [∞ Video Folder of Folk Dances](#)

Click THIS text
or scan the QR
code for links.



PE: Grades 4-6

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 Folk Dancing - Lesson 1

Great Big House

☐ Materials: The Book of Song Dances

PREP: Teaching the song dance is much easier if you split up the skills. Teach the song first, then teach the dance slowly while counting the beat. Once those are mastered separately, you can try putting them together. Review Great Big House on p.30. Listen to the song, watch the demo, and learn the dance. Group instructions and partner variation are available.

→ **INTRO**

Say: Today, we are going to learn a new song and dance called Great Big House. We will listen to the song one time, then play it again and sing along.

→ **LISTEN**

∞ Audio Link: Great Big House
∞ Audio Link: Great Big House (piano only)

→ **VIEW**

Watch the demo and learn dance movements. Group Instructions and Partner Variation are available.
∞ Video Link: Great Big House

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)
(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



Term 1

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 Folk Dancing - Lesson 2

Great Big House

☐ Materials: The Book of Song Dances

→ **RECAP**

Listen to the song once and sing along. Then sing the song without the music.

∞ Audio Links: Great Big House

→ **VIEW**

Learn the steps to the dance, one part at a time.

∞ Video Link: Great Big House

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)
(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)



Term 1

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 Folk Dancing - Lesson 3

Great Big House

☐ Materials: The Book of Song Dances

→ **RECAP**

Listen to the song once and sing along. Then sing the song without the music.

∞ Audio Links: Great Big House

→ **LISTEN & PRACTICE**

Practice the dance while listening to the song.

∞ Video Link: Great Big House