

PE/Health: Year Scope and Sequence (What we will cover this school year)

	September	October	November	December	January	February	March	April	May	June
K-2	Classroom Orientation	Locomotor Skills/Non- Locomotor Skills	Directions, Pathways and Levels	Underhand Rolling & Throwing Games	Rhythm and Dance - scarves, lumni sticks, locomotor dances, line dancing, square dancing, cultural dances	Speed Stack (hand-eye coordination and sequencing)	Parachute Play (cooperation)	Rope Play - short and long ropes	Striking and Paddle Play - balloons, bean bags, beach balls, etc.	Favorite Games
	Playground Games and Rules	Spatial Awareness - personal space, general space	Kicking		Balancing & Tumbling	Juggling - (hand-eye coordination)	Hockey (stick exploration)	Throwing and Catching		Field Day
	Cooperative Games	Relationships with objects, and people	Jumping & Landing	Thanksgiving Games		Jump Rope for Heart	Scooter Play (safety)			
3-5	Classroom Orientation	Locomotor Skills/Non- Locomotor Skills	Striking - volleyball	Bowling (underhand rolling) - approach, swing, follow through, bowling bingo, bowling for money	Rhythm and Dance - scarves, lumni sticks, line dancing, square dancing, cultural dances	Speed Stack (hand-eye coordination and sequencing)	Parachute Play (cooperation)	Rope Jumping - short and long ropes	Striking and Paddle Play - short and long handled implements	Favorite Games
	Playground Games and Rules	Spatial Awareness - personal space, general space	Kicking - soccer	Underhand Throw	Balancing & Tumbling	Juggling - (hand-eye coordination)	Striking with a long handled implement - hockey & baseball	Throwing and Catching		Field Day
	Cooperative Games	Basketball Skills - dribbling, shooting, passing	Jumping & Landing			Jump Rope for Heart	Scooter Play (safety)			
6-8	Classroom Orientation	Fitness Components	Volleyball Unit	Ultimate Frisbee Unit	Health 6th Grade - injury prevention & personal safety, community health and safety, mental and emotional health, stress, nutrition, 7th & 8th Grades - safety, injury & violence prevention, social & emotional health, fitness & nutrition,	Health 6th Grade - injury prevention & personal safety, community health and safety, mental and emotional health, stress, nutrition, 7th & 8th Grades - safety, injury & violence prevention, social & emotional health, fitness & nutrition,	Table Tennis Unit	Jump Rope Unit - create a routine	Pickleball Unit	Favorite Games
	Cooperative Games	Basketball Unit	Thanksgiving Games		PE - rhythm and dance (line dancing, square dancing, etc.)	PE - Speed Stack (hand- eye coordination and sequencing)		Game Unit		Field Day
	Fitness Components	Fitness Components	Fitness Components			Juggling (hand-eye coordination)				