

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

K-2	September	October	November	December	January	February	March	April	May	June
	Classroom Orientation Playground Games and Rules Cooperative Games	Locomotor Skills/Non- Locomotor Skills Spatial Awareness - personal space, general space Relationships with objects, and people Traveling in small and large spaces Manipulative - hand	Directions, Pathways and Levels Kicking Jumping & Landing Thanksgiving Games	Underhand Rolling & Throwing Games	Rhythm and Dance - scarves, lumni sticks, locomotor dances, line dancing, square dancing, cultural dances Balancing & Tumbling	Speed Stack (hand-eye coordination and sequencing) Juggling - (hand-eye coordination) Jump Rope for Heart	Parachute Play (cooperation) Hockey (stick exploration) Scooter Play (safety)	Rope Play - short and long ropes Throwing and Catching	Striking and Paddle Play - balloons, bean bags, beach balls, etc.	Favorite Games Field Day
3-5	Classroom Orientation Playground Games and Rules Cooperative Games	Locomotor Skills/Non- Locomotor Skills Spatial Awareness - personal space, general space Basketball Skills - dribbling, shooting, passing Fitness Components	Striking - volleyball Kicking - soccer Jumping & Landing Thanksgiving Games Fitness Components	Bowling (underhand rolling) - approach, swing, follow through, bowling bingo, bowing for money Underhand Throw	Rhythm and Dance - scarves, lumni sticks, line dancing, square dancing, cultural dances Balancing & Tumbling	Speed Stack (hand-eye coordination and sequencing) Juggling - (hand-eye coordination) Jump Rope for Heart	Parachute Play (cooperation) Striking with a long handled implement - hockey & baseball Scooter Play (safety)	Rope Jumping - short and long ropes Throwing and Catching	Striking and Paddle Play - short and long handled implements	Favorite Games Field Day
6-8	Classroom Orientation Cooperative Games Fitness Components	Soccer Unit Fitness Components Tchoukball	Scoopball/Speedball Unit Thanksgiving Games Fitness Components	Rhythm and Dance Unit Create Your Own Dance (line dancing, square dancing, break dancing, etc.)	Health 6th Grade - Substance Abuse Prevetion Becoming a Lifelong Learner 7th & 8th Grades - Substance Abuse Prevention Becoming a Lifelong Learner	Health 6th Grade - Substance Abuse Prevetion Becoming a Lifelong Learner 7th & 8th Grades - Substance Abuse Prevention Becoming a Lifelong Learner PE - Speed Stack (hand-eye coordination and sequencing) Juggling (hand-eye coordination)	Game Unit	Badminton Unit	Spikeball Unit	Favorite Games Field Day