

PE/Health: Year Scope and Sequence (What we will cover this school year) +A1:A1:K5

	September	October	November	December	January	February	March	April	May	June
K-2	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 dribbling with basketball	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, bowling 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	Ultimate Frisbee  Fitness Components  Disc Golf	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 -Sports Safety and Substance Abuse  7th & 8th Grades - Substance Abuse Prevention Becoming a Lifelong Learner	Health 6th Grade - Sports Safety and Substance Abuse Prevetion  7th & 8th Grades - Substance Abuse Prevention Becoming a Lifelong Learner  PE - Games	Game Unit	Badminton Unit	Spikeball Unit	Favorite Games  Field Day