

Physical Education Pacing Guides - First Quarter

Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
<p>Perform/ psychomotor</p> <ul style="list-style-type: none"> • Rules, indoor and outdoor safety procedures • Space awareness and body awareness • Locomotor/non-locomotor movements • Pathways, directions, levels, speed, force, and balance. • Cooperative learning activities • Basic throwing, tossing, rolling, targeting, and catching manipulative skills using a variety of equipment. • Begin Walking Teams 	<p>Perform/ psychomotor</p> <ul style="list-style-type: none"> • Rules, indoor and outdoor safety procedures • Space awareness and body awareness • Locomotor/non-locomotor movements • Pathways, directions, levels, speed, force, and balance. • Cooperative learning activities • Basic throwing, catching, tossing, rolling, and targeting. manipulative skills using a variety of equipment. • Participates in group and individual fitness activity (Walking School Bus/Walking Teams) 	<p>Perform/ psychomotor</p> <ul style="list-style-type: none"> • Rules, indoor and outdoor safety procedures • Space awareness and body awareness • Locomotor/non-locomotor movements • Pathways, directions, levels, speed, force, and balance. • Cooperative learning activities • Basic to Intermediate throwing, rolling, catching, tossing, rolling, and targeting. manipulative skills using a variety of equipment. • Participates in group and individual fitness activity (Walking School Bus/Walking Team) 	<p>Perform/ psychomotor</p> <ul style="list-style-type: none"> • Rules, indoor and outdoor safety procedures • Space awareness and body awareness • Locomotor/non-locomotor movements • Pathways, directions, levels, speed, force, and balance. • Cooperative learning activities • Basic to advanced throwing, rolling, catching, tossing, and targeting manipulative skills using a variety of equipment. • Participates in group and individual fitness activity (Walking School Bus/Walking Team) 	<p>Perform/ psychomotor</p> <ul style="list-style-type: none"> • Rules, indoor and outdoor safety procedures • Space awareness and body awareness • Locomotor/non-locomotor movements • Pathways, directions, levels, speed, force, and balance. • Cooperative learning activities • Basic to advanced throwing, rolling, catching, tossing, and targeting manipulative skills using a variety of equipment. • Participates in group and individual fitness activity (Walking School Bus/Walking Team) 	<p>Perform/ psychomotor</p> <ul style="list-style-type: none"> • Rules, indoor and outdoor safety procedures • Space awareness and body awareness • Locomotor/non-locomotor movements • Pathways, directions, levels, speed, force, and balance. • Cooperative learning activities • Basic to advanced throwing, rolling, and catching manipulative skills using a variety of equipment. • Participates in group and individual fitness activity (Walking School Bus/Walking Team)
<p>Cognitive</p> <ul style="list-style-type: none"> • Recognize the importance of physical activity and how it contributes to personal well-being • Recognize locomotor/non-locomotor movements • Identify safety principles in all activity situations • Understand the basic concepts for moving with control. • Identify and select critical elements of manipulative skills • Identify appropriate physical activities in and out of school • Describe the components of health-related fitness • Understand fair play 	<p>Cognitive</p> <ul style="list-style-type: none"> • Recognize the importance of physical activity and how it contributes to personal well-being • Recognize locomotor/non-locomotor movements • Identify safety principles in all activity situations • Understand the basic concepts for moving with control. • Identify and select critical elements of manipulative skills • Identify appropriate physical activities in and out of school • Describe the components of health-related fitness • Understand fair play 	<p>Cognitive</p> <ul style="list-style-type: none"> • Recognize the importance of physical activity and how it contributes to personal well-being • Recognize locomotor/non-locomotor movements • Identify safety principles in all activity situations • Understand the concepts for moving with control. • Identify and select critical elements of manipulative skills • Identify appropriate physical activities in and out of school • Describe the components of health-related fitness • Understand fair play 	<p>Cognitive</p> <ul style="list-style-type: none"> • Recognize and apply the importance of physical activity and how it contributes to personal well-being • Recognize and apply locomotor/non-locomotor movements • Identify safety principles in all activity situations • Understand the concepts for moving with control in different directions. • Concepts of offensive and defensive strategies • Identify and select critical elements of manipulative skills. • Identify appropriate physical activities in and out of school. 	<p>Cognitive</p> <p>Recognize and apply the importance of physical activity and how it contributes to personal well-being</p> <ul style="list-style-type: none"> • Recognize and apply locomotor/non-locomotor, Cooperative learning and manipulative skills • Identify safety principles in all activity situations Understands the concepts for moving with control in different directions. • Concepts of offensive and defensive strategies Identify and select critical elements of manipulative skills. • Identify appropriate 	<p>Cognitive</p> <p>Recognize and apply the importance of physical activity and how it contributes to personal well-being</p> <ul style="list-style-type: none"> • Recognize and apply locomotor/non-locomotor, Cooperative learning and manipulative skills • Identify safety principles in all activity situations Understands the concepts for moving with control in different directions • Concepts of offensive and defensive strategies. Identify and select critical elements of manipulative skills. • Identify appropriate

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			<ul style="list-style-type: none"> • Describe the components of health-related fitness • Understand fair play • Analyze appropriate physical activities for sport and recreation • Physiological changes that occur during physical activity Identify competency in motor skills and movement patterns needed to perform to a variety of physical activities. 	<p>physical activities in and out of school.</p> <ul style="list-style-type: none"> • Describe the components of health-related fitness • Understand fair play • Pacing • Cardio Endurance concepts <p>Identify competency in motor skills and movement patterns needed to perform to a variety of physical activities</p>	<p>physical activities in and out of school.</p> <ul style="list-style-type: none"> • Describe the components of health-related fitness • Understand fair play • Analyze appropriate physical activities for sport and recreation • Physiological changes that occur during physical activity Identify competency in motor skills and movement patterns needed to perform to a variety of physical activities.
<p>Affective</p> <ul style="list-style-type: none"> • Cooperation • Sharing • Conflicts socially physical education • Exhibit positive feelings with participating in physical activity in or out of school. • Understanding fair play 	<p>Affective</p> <ul style="list-style-type: none"> • Cooperation • Sharing • Conflicts socially physical education • Exhibit positive feelings with participating in physical activity in or out of school. • Understanding fair play 	<p>Affective</p> <ul style="list-style-type: none"> • Cooperation • Sharing • Conflicts socially physical education • Exhibit positive feelings with participating in physical activity in or out of school. Participates regularly in physical activity • Understanding fair play 	<p>Affective</p> <ul style="list-style-type: none"> • Cooperation • Sharing • Resolve conflicts socially physical education • Challenge self to higher level of performance • Enjoy achievement of health enhancing levels of fitness • Sportsmanship during physical education Participates regularly in physical activity • Understanding fair play 	<p>Affective</p> <ul style="list-style-type: none"> • Cooperation • Sharing • Resolve conflicts socially physical education • Challenge self to higher level of performance • Enjoy achievement of health enhancing levels of fitness • Sportsmanship during physical education Participates regularly in physical activity • Understanding fair play 	<p>Affective</p> <ul style="list-style-type: none"> • Cooperation • Sharing • Resolve conflicts socially physical education • Challenge self to higher level of performance • Enjoy achievement of health enhancing levels of fitness • Sportsmanship during physical education Participates regularly in physical activity • Understanding fair play

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<p>Perform/ psychomotor</p> <p>Rules, indoor and outdoor safety procedures</p> <ul style="list-style-type: none"> • Reinforce space awareness and body awareness <p>Locomotor/non- locomotor movements</p> <ul style="list-style-type: none"> • Pathways, directions, levels, speed, and force ☑ Basic manipulative skills <p>Manipulative Indoor and Outdoor Games Skills</p> <p>Hand and Eye Coordination I.E Activities (Basketball, Parachute) Bean Bag, etc</p> <p>Foot and Eye Coordination I.E Kicking Skills- Soccer & Lead-Up Games, etc</p> <p>Rhythms I.E GEO-Mats Sqaure Dance and Line Dance, etc</p>	<p>Perform/ psychomotor</p> <p>Rules, indoor and outdoor safety procedures</p> <ul style="list-style-type: none"> • Reinforce space awareness and body awareness <p>Locomotor/non- locomotor movements</p> <ul style="list-style-type: none"> • Pathways, directions, levels, speed, and force • Basic manipulative skills <p>Manipulative Indoor and Outdoor Games Skills</p> <p>Hand and Eye Coordination I.E Activities (Basketball, Parachute) Bean Bag, etc</p> <p>Foot and Eye Coordination I.E Kicking Skills- Soccer & Lead-Up Games, etc</p> <p>Rhythms I.E GEO-Mats Sqaure Dance and Line Dance, etc</p>	<p>Perform/ psychomotor</p> <p>Rules, indoor and outdoor safety procedures</p> <ul style="list-style-type: none"> • Reinforce space awareness and body awareness <p>Locomotor/non- locomotor movements</p> <ul style="list-style-type: none"> • Pathways, directions, levels, speed, and force • Basic manipulative skills <p>Manipulative Indoor and Outdoor Games Skills</p> <p>Hand and Eye Coordination I.E Activities (Basketball, Parachute) Bean Bag, etc</p> <p>Foot and Eye Coordination I.E Kicking Skills- Soccer & Lead-Up Games, etc</p> <p>Rhythms I.E GEO-Mats Sqaure Dance and Line Dance, etc</p>	<p>Perform/ psychomotor</p> <p>Rules, indoor and outdoor safety procedures</p> <ul style="list-style-type: none"> • Reinforce space awareness and body awareness <p>Locomotor/non- locomotor movements basic manipulative skills</p> <p>Movement and Body Parts</p> <p>Cooperative activities Games</p> <p>Hand Eye Coordination- I.E Activities Throwing & Catching, Bean Bags, Basketball, Scoops, etc</p> <p>Foot and Eye Coordination I.E Kicking Skills- Soccer & Lead-Up Games, etc</p> <p>Rhythms and Dance I.E Aerobic and Dance, Line Dance etc</p>	<p>Perform/ psychomotor</p> <p>Rules, indoor and outdoor safety procedures</p> <ul style="list-style-type: none"> • Reinforce space awareness and body awareness <p>Locomotor/non- locomotor movements basic manipulative skills</p> <p>Movement and Body Parts</p> <p>Cooperative activities Games</p> <p>Hand Eye Coordination- I.E Activities Throwing & Catching, Bean Bags Basketball, Scoops, etc</p> <p>Foot and Eye Coordination I.E Kicking Skills- Soccer & Lead-Up Games, etc</p> <p>Rhythms and Dance I.E Aerobic and Dance, Line Dance, etc</p>	<p>Perform/ psychomotor</p> <p>Rules, indoor and outdoor safety procedures</p> <ul style="list-style-type: none"> • Reinforce space awareness and body awareness <p>Locomotor/non- locomotor movements basic manipulative skills</p> <p>Movement and Body Parts</p> <p>Cooperative activities Games</p> <p>Hand Eye Coordination- I.E Activities Throwing & Catching, Bean Bags Basketball, Scoops, etc</p> <p>Foot and Eye Coordination I.E Kicking Skills- Soccer & Lead-Up Games, etc</p> <p>Rhythms and Dance I.E Aerobic and Dance, Line Dance, etc</p>
<p>Cognitive</p> <p>Recognize the importance of physical activity and how it contributes to personal well-being. Recognize locomotor/non-locomotor movements</p> <ul style="list-style-type: none"> • Identify appropriate physical activities in and out of school 	<p>Cognitive</p> <p>Recognize the importance of physical activity and how it contributes to personal well-being. Recognize locomotor/non-locomotor movements</p> <ul style="list-style-type: none"> • Identify appropriate physical activities in and out of school 	<p>Cognitive</p> <p>Recognize the importance of physical activity and how it contributes to personal well-being Recognize locomotor/non-locomotor movements</p> <ul style="list-style-type: none"> • Identify appropriate physical activities in and out of school • Describe the components 	<p>Cognitive</p> <ul style="list-style-type: none"> • Recognize and apply the importance of physical activity and how it contributes to personal well-being • Recognize and apply <ul style="list-style-type: none"> • Identify safety principles in all activity situations • Concepts of offensive and 	<p>Cognitive</p> <ul style="list-style-type: none"> • Recognize and apply the importance of physical activity and how it contributes to personal well-being • Recognize and apply <ul style="list-style-type: none"> • Identify safety principles in all activity situations. • Concepts of offensive and 	<p>Cognitive</p> <ul style="list-style-type: none"> • Recognize and apply the importance of physical activity and how it contributes to personal well-being • Recognize and apply <ul style="list-style-type: none"> • Identify safety principles in all activity situations • Concepts of offensive and

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Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
<p>• Describe the components of health-related fitness</p> <p>Understands the basic concepts for moving with control.</p> <p>• Identify and demonstrate selected critical elements of manipulative skills</p>	<p>• Describe the components of health-related fitness</p> <p>Understands the basic concepts for moving with control.</p> <p>• Identify and demonstrate selected critical elements of manipulative skills</p>	<p>of health-related fitness</p> <p>Understands the basic concepts for moving with control.</p> <p>• Identify and demonstrate selected critical elements of manipulative skills</p> <p>Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.</p>	<p>defensive strategies</p> <p>• Analyze appropriate physical activities for sport and recreation.</p> <p>• Physiological changes that occur during physical activity.</p> <p>Understands the concepts for moving with control in different directions.</p> <p>Identify competency in motor skills and movement patterns needed to perform a variety of physical activities.</p>	<p>defensive strategies.</p> <p>• Analyze appropriate physical activities for sport and recreation.</p> <p>• Physiological changes that occur during physical activity.</p> <p>Understands the concepts for moving with control in different directions.</p> <p>Identify competency in motor skills and movement patterns needed to perform a variety of physical activities.</p> <p>• Describe the components of health-related fitness</p> <p>• Pacing</p> <p>• Cardio Endurance concepts</p>	<p>defensive strategies.</p> <p>• Analyze appropriate physical activities for sport and recreation.</p> <p>• Physiological changes that occur during physical activity.</p> <p>Understands the concepts for moving with control in different directions.</p> <p>Identify competency in motor skills and movement patterns needed to perform a variety of physical activities.</p>
<p>Affective</p> <p>• Cooperation</p> <p>• Sharing</p> <p>• Conflicts socially physical education</p> <p>• Exhibit positive feelings with participating in physical activity in or out of school.</p> <p>• Understanding fair play</p> <p>Reflection of enjoyment while participating in physical activities</p>	<p>Affective</p> <p>• Cooperation</p> <p>• Sharing</p> <p>• Conflicts socially physical education</p> <p>• Exhibit positive feelings with participating in physical activity in or out of school.</p> <p>• Understanding fair play</p> <p>Reflection of enjoyment while participating in physical activities</p>	<p>Affective</p> <p>• Cooperation</p> <p>• Sharing</p> <p>• Conflicts socially physical education</p> <p>• Exhibit positive feelings with participating in physical activity in or out of school.</p> <p>Participates regularly in physical activity</p> <p>• Understanding fair play</p> <p>Reflection of enjoyment while participating in physical activities</p>	<p>Affective</p> <p>• Cooperation</p> <p>• Sharing</p> <p>• Resolve conflicts socially physical education</p> <p>• Challenge self to higher level of performance</p> <p>• Enjoy achievement of health enhancing levels of fitness</p> <p>• Sportsmanship during physical education</p> <p>Participates regularly in physical activity</p> <p>• Understanding fair play</p> <p>Reflection of enjoyment while participating in physical activities</p>	<p>Affective</p> <p>• Cooperation</p> <p>• Sharing</p> <p>• Resolve conflicts socially physical education</p> <p>• Challenge self to higher level of performance</p> <p>• Enjoy achievement of health enhancing levels of fitness</p> <p>• Sportsmanship during physical education</p> <p>Participates regularly in physical activity</p> <p>• Understanding fair play</p> <p>Reflection of enjoyment while participating in physical activities</p>	<p>Affective</p> <p>• Cooperation</p> <p>• Sharing</p> <p>• Resolve conflicts socially physical education</p> <p>• Challenge self to higher level of performance</p> <p>• Enjoy achievement of health enhancing levels of fitness</p> <p>• Sportsmanship during physical education</p> <p>Participates regularly in physical activity</p> <p>• Understanding fair play</p> <p>- Reflection of enjoyment while participating in physical activities</p>

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Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
<p>Perform/ psychomotor</p> <p>Rules, indoor and outdoor safety procedures</p> <p>Rhythm</p> <p>Cooperative Games I.E Relay Games, GEO Fitness Mats, Tagging Games, etc</p> <p>Individual Sports Games I.E Fire and Ice, Parachute, Bowling</p>	<p>Perform/ psychomotor</p> <p>Rules, indoor and outdoor safety procedures</p> <p>Rhythm</p> <p>Cooperative Games I.E Relay Games, GEO fitness Mats, Tagging Games, etc</p> <p>Individual Sports Games I.E Fire and Ice, Parachute, Bowling</p>	<p>Perform/ psychomotor</p> <p>Rules, indoor and outdoor safety procedures</p> <p>Rhythm</p> <p>Cooperative Games I.E Relay Games, GEO fitness Mats, Tagging Games, etc</p> <p>Individual Sports Games I.E Fire and Ice, Parachute, Bowling</p>	<p>Perform/ psychomotor</p> <p>Rules, indoor and outdoor safety procedures</p> <p>Rhythm & Dance</p> <p>Team Games I.E Basketball, Volleyball, Bowling, Tennis, Paddle Ball etc</p> <p>Large Group Games Tagging Games</p> <p>Invasion Games I.E Capture the Flag, Steal the Bacon, etc</p>	<p>Perform/ psychomotor</p> <p>Rules, indoor and outdoor safety procedures</p> <p>Rhythm & Dance</p> <p>Team Games I.E Basketball, Volleyball, Bowling, Tennis, Paddle Ball etc</p> <p>Large Group Games Tagging Games Invasion Games I.E Capture the Flag, Steal the Bacon, etc</p>	<p>Perform/ psychomotor</p> <p>Rules, indoor and outdoor safety procedures</p> <p>Rhythm & Dance</p> <p>Team Games I.E Basketball, Volleyball, Bowling, Tennis, Paddle Ball etc</p> <p>Large Group Games Tagging Games</p> <p>Invasion Games I.E Capture the Flag, Steal the Bacon, etc</p>
<p>Cognitive</p> <p>Recognize the importance of physical activity and how it contributes to personal well-being.</p> <ul style="list-style-type: none"> Identify appropriate physical activities in and out of school Describe the components of health-related fitness <p>Describe the components health and personal hygiene</p> <p>Understands the basic concepts for moving with control</p> <p>Demonstrates knowledge of hand and foot placement</p>	<p>Cognitive</p> <p>Recognize the importance of physical activity and how it contributes to personal well-being.</p> <ul style="list-style-type: none"> Identify appropriate physical activities in and out of school Describe the components of health-related fitness <p>Describe the components health and personal hygiene</p> <p>Understands the basic concepts for moving with control</p> <p>Demonstrates knowledge of hand and foot placement</p> <ul style="list-style-type: none"> Identify and demonstrate selected critical elements of manipulative skills 	<p>Cognitive</p> <p>Recognize the importance of physical activity and how it contributes to personal well-being.</p> <ul style="list-style-type: none"> Identify appropriate physical activities in and out of school Describe the components of health-related fitness <p>Describe the components health and personal hygiene</p> <p>Understands the basic concepts for moving with control</p> <p>Demonstrates knowledge of hand and foot placement</p> <ul style="list-style-type: none"> Identify and demonstrate selected critical elements of manipulative skills 	<p>Cognitive</p> <ul style="list-style-type: none"> Recognize and apply the importance of physical activity and how it contributes to personal well-being Identify safety principles in all activity situations Concepts of offensive and defensive strategies Analyze appropriate physical activities for sport and recreation Physiological changes that occur during physical activity <p>Understands the concepts for moving with control in different directions.</p> <p>Identify motor skills and movement patterns needed</p>	<p>Cognitive</p> <ul style="list-style-type: none"> Recognize and apply the importance of physical activity and how it contributes to personal well-being Identify safety principles in all activity situations Concepts of offensive and defensive strategies Analyze appropriate physical activities for sport and recreation Physiological changes that occur during physical activity <p>Understands the concepts for moving with control in different directions.</p>	<p>Cognitive</p> <ul style="list-style-type: none"> Recognize and apply the importance of physical activity and how it contributes to personal well-being Identify safety principles in all activity situations Concepts of offensive and defensive strategies Analyze appropriate physical activities for sport and recreation Physiological changes that occur during physical activity <p>Understands the concepts for moving with control in different directions.</p>

			to perform to perform a variety of physical activities. Demonstrates knowledge of hand and foot placement	different directions. Identify in motor skills and movement patterns needed to perform a variety of physical activities. Demonstrates knowledge of proper hand and foot placement • Describe the components of health-related fitness • Pacing • Cardio Endurance concepts	Identify in motor skills and movement patterns needed to perform a variety of physical activities. Demonstrates knowledge of proper hand and foot placement
<p>Affective</p> <ul style="list-style-type: none"> • Cooperation • Sharing • Conflicts socially physical education • Exhibit positive feelings with participating in physical activity in or out of school. • Understanding fair play <p>Reflection of enjoyment while participating in physical activities</p>	<p>Affective</p> <ul style="list-style-type: none"> • Cooperation • Sharing • Conflicts socially physical education • Exhibit positive feelings with participating in physical activity in or out of school. • Understanding fair play <p>Reflection of enjoyment while participating in physical activities</p>	<p>Affective</p> <ul style="list-style-type: none"> • Cooperation • Sharing • Conflicts socially physical education • Exhibit positive feelings with participating in physical activity in or out of school. <p>Participates regularly in physical activity</p> <ul style="list-style-type: none"> • Understanding fair play <p>Reflection of enjoyment while participating in physical activities</p>	<p>Affective</p> <ul style="list-style-type: none"> • Cooperation • Sharing • Resolve conflicts socially physical education • Challenge self to higher level of performance • Enjoy achievement of health enhancing levels of fitness • Sportsmanship during physical education <p>Participates regularly in physical activity</p> <ul style="list-style-type: none"> • Understanding fair play <p>Reflection of enjoyment while participating in physical activities group/individual competition or exhibitions</p>	<p>Affective</p> <ul style="list-style-type: none"> • Cooperation • Sharing • Resolve conflicts socially physical education • Challenge self to higher level of performance • Enjoy achievement of health enhancing levels of fitness • Sportsmanship during physical education <p>Participates regularly in physical activity</p> <ul style="list-style-type: none"> • Understanding fair play <p>Reflection of enjoyment while participating in physical activities</p>	<p>Affective</p> <ul style="list-style-type: none"> • Cooperation • Sharing • Resolve conflicts socially physical education • Challenge self to higher level of performance • Enjoy achievement of health enhancing levels of fitness • Sportsmanship during physical education <p>Participates regularly in physical activity</p> <ul style="list-style-type: none"> • Understanding fair play <p>- Reflection of enjoyment while participating in physical activities -</p>

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Perform/ psychomotor	Perform/ psychomotor	Perform/ psychomotor	Perform/ psychomotor	Perform/ psychomotor	Perform/ psychomotor
Fitness Gram	Fitness Gram	Fitness Gram	Fitness Gram	Fitness Gram Skills	Fitness Gram Skills
Cooperative Activities I.E Field Day Games (Obstacle Course Races)	Cooperative Activities I.E Field Day Games (Obstacle Course Races)	Cooperative Activities I.E Field Day Games (Obstacle Course Races)	Fitness/Aerobics I.E Upper Body Strength & Balance Activities Parachute Games	Fitness/Aerobics I.E Upper Body Strength & Climbing Strengthening Activities Parachute Games	Fitness/Aerobics I.E Upper Body Strength & Climbing Strengthening Activities
Recreational Games I.E Four Square, Hop Scotch	Recreational Games I.E Four Square, Hop Scotch	Recreational Games I.E Four Square, Hop Scotch	Skill Development Stations: I.E Striking- balloons and Paddles Bowling juggling, Team handball Jump Ropes and Hula Hoops	Skill Development Stations: I.E Striking balloons and Paddles Bowling, Juggling, Team Handball, Jump Rope Hula Hoops	Skill Development Stations: I.E Striking balloons and Paddles Bowling, Juggling, Team Handball, Jump Rope Hula Hoops
Fitness/Aerobics I.E Upper Body Strength & Climbing, Strengthening, Activities, Balancing Activities, Stunts & Tumbling	Fitness/Aerobics I.E Upper Body Strength & Climbing, Strengthening, Activities, Balancing Activities, Stunts & Tumbling	Fitness/Aerobics I.E Upper Body Strength & Climbing, Strengthening, Activities, Balancing Activities, Stunts & Tumbling	Cooperative Activities I.E Field Day Games (Obstacle Course Races)	Cooperative Activities I.E Field Day Games (Obstacle Course Races)	Cooperative Activities I.E Field Day Games (Obstacle Course Races)
Skill Development I.E Scarves, Lummi Sticks, Streamers, Hula Hoops and Deck Rings Parachute Games	Skill Development I.E Scarves, Lummi Sticks, Streamers, Hula Hoops and Deck Rings Parachute Games	Skill Development I.E Scarves, Lummi Sticks, Streamers, Hula Hoops and Deck Rings Parachute Games	Team Sport Softball/Baseball	Individual Sport Track and Field	Individual Sport Track and Field
			Family Life Curriculum	Team Sport Softball/Baseball	Team Sport Softball/Baseball
				Family Life Curriculum	Family Life Curriculum
Cognitive	Cognitive	Cognitive	Cognitive	Cognitive	Cognitive
<ul style="list-style-type: none"> • Physical Activity • Listening skills • Identify locomotor/non-locomotor movements • Identify appropriate physical activities in and out of school • Describe the components of health-related fitness Understands the basic concepts for moving with control Demonstrates knowledge of	<ul style="list-style-type: none"> • Physical Activity • Listening skills • Identify locomotor/non-locomotor movements • Identify and demonstrate selected critical elements of manipulative skills • Identify appropriate physical activities in and out of school • Describe the components of health-related fitness 	<ul style="list-style-type: none"> • Physical Activity • Listening skills • Identify locomotor/non-locomotor movements • Identify and demonstrate selected critical elements of manipulative skills • Identify appropriate physical activities in and out of school • Describe the components of health-related fitness 	<ul style="list-style-type: none"> • Physical Activity • Listening skills • Cardio respiratory concepts • Identify safety principles in all activity situations • Concepts of offensive and defensive strategies • Analyze appropriate physical activities for sport and recreation • Physiological changes that occur during physical 	<ul style="list-style-type: none"> • Physical Activity • Listening skills • Cardio respiratory concepts • Identify safety principles in all activity situations • Concepts of offensive and defensive strategies • Analyze appropriate physical activities for sport and recreation • Physiological changes that occur during physical 	<ul style="list-style-type: none"> • Physical Activity • Listening skills • Cardio respiratory concepts • Identify safety principles in all activity situations • Concepts of offensive and defensive strategies • Analyze appropriate physical activities for sport and recreation • Physiological changes that occur during physical

hand and foot placement)	<p>Understands the basic concepts for moving with control.</p> <p>Demonstrates knowledge of hand and foot placement</p> <p>Demonstrates the ability to accurately score a game (e.g. softball, bowling, basketball, soccer, kickball)</p>	<p>Understands the concepts for moving with control</p> <p>Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.</p> <p>Demonstrates knowledge of proper hand and foot placement</p> <p>Demonstrates the ability to accurately score a game (e.g. softball, bowling, basketball, soccer, kickball)</p>	<p>activity</p> <p>Understands the concepts for moving with control in different directions.</p> <p>Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.</p> <p>Demonstrates knowledge of hand and foot placement</p> <p>Demonstrates the ability to accurately score a game (e.g. softball, bowling, basketball, soccer, kickball)</p>	<p>activity</p> <p>Understands the concepts for moving with control in different directions.</p> <p>Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.</p> <p>Demonstrates knowledge of proper hand and foot placement</p> <p>Demonstrates the ability to accurately score a game (e.g. softball, bowling, basketball, soccer, kickball)</p>	<p>activity</p> <p>Understands the concepts for moving with control in different directions.</p> <p>Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.</p> <p>Demonstrates knowledge of proper hand and foot placement</p> <p>Demonstrates the ability to accurately score a game (e.g. softball, bowling, basketball, soccer, kickball)</p>
<p>Affective</p> <ul style="list-style-type: none"> • Cooperation • Sharing • Conflicts socially physical education • Positive feelings with skill development <p>Participates in group/individual competition or exhibitions</p>	<p>Affective</p> <ul style="list-style-type: none"> • Cooperation • Sharing • Conflicts socially physical education • Positive feelings with skill development <p>Participates in group/individual competition or exhibitions</p>	<p>Affective</p> <ul style="list-style-type: none"> • Cooperation • Sharing • Conflicts socially physical education • Positive feelings with skill development <p>Participates regularly in physical activity</p> <p>Participates in group/individual competition or exhibitions</p>	<p>Affective</p> <ul style="list-style-type: none"> • Cooperation • Sharing • Resolve conflicts socially physical education • Challenge self to higher level of performance • Enjoy achievement of health enhancing levels of fitness • Sportsmanship and cooperative learning during physical education <p>Participates regularly in physical activity</p> <p>Participates in group/individual competition or exhibitions</p>	<p>Affective</p> <ul style="list-style-type: none"> • Cooperation • Sharing • Resolve conflicts socially physical education • Challenge self to higher level of performance • Enjoy achievement of health enhancing levels of fitness • Sportsmanship and cooperative learning during physical education <p>Participates regularly in physical activity</p> <p>Participates in group/individual competition or exhibitions</p>	<p>Affective</p> <ul style="list-style-type: none"> • Cooperation • Sharing • Resolve conflicts socially physical education • Challenge self to higher level of performance • Enjoy achievement of health enhancing levels of fitness • Sportsmanship and cooperative learning during physical education <p>Participates regularly in physical activity</p> <p>Participates in group/individual competition or exhibitions</p> <p>-</p>