

## Physical Education Scope and Sequence

\*\*\*SAMPLE\*\*\*

Concepts	K-2	3 <sup>rd</sup> -5 <sup>th</sup>	6 <sup>th</sup> – 8 <sup>th</sup>	9 <sup>th</sup> – 12 <sup>th</sup>
<b>Physical Activity:</b>				
Benefits	X	X	X	X
Frequency		X	X	X
Enjoyment	X	X	X	X
Advocacy		X	X	X
<b>Body Awareness:</b>				
Self	X	X		
General	X	X		
Spatial	X	X		
Objects	X	X		
Mechanics			X	X
<b>Movement Concepts:</b>				
Importance of Movement	X	X	X	X
Locomotor	X	X		
Non Locomotor	X	X		
Effort; pathways; levels	X	X		
Chasing, fleeing, dodging	X	X		
<b>Skill Development:</b>				
Kicking	X	X	X	
Punting	X	X		
Throwing	X	X	X	
Catching	X	X		
Dribbling	X	X		
Striking without implement	X	X		
Striking with short handled implement	X	X		
Striking with long handled implement	X	X		X
<b>Rhythm:</b>				
Command dances	X	X		
Following rhythms	X	X		
Repeating rhythms		X	X	
Jumping in patterns		X		
Making rhythms and patterns		X		

<b>Specialized Skills:</b>				
Juggling		X		
Cup stacking	X	X		
Rope jumping	X	X		
Hula hoping	X	X		
Tumbling		X	X	
<b>Fitness:</b>				
Muscular Endurance	X	X	X	X
Cardiovascular endurance	X	X	X	X
Flexibility	X	X	X	X
Agility	X	X	X	X
Muscular strength	X	X	X	X
Goal setting		X	X	X
<b>Cooperation:</b>				
Teamwork; small/large group	X	X		
Problem solving skills / strategy	X	X	X	X
Conflict resolution	X	X		
<b>Health Based:</b>				
Nutrition	X	X		
Heart Rate: active/resting/target	X	X		
Skeletal system		X		
Muscular system		X		
Cardio-respiratory system		X		
<b>Safety:</b>				
Playing safely	X	X		
Injury prevention	X	X		
Bike safety	X	X		
Skin safety	X	X		
Sports/Physical Activity safety	X	X		

