

Physical Education Scope and Sequence

SAMPLE

Concepts	K-2	3 rd -5 th	6 th – 8 th	9 th – 12 th
Physical Activity:				
Benefits	X	X	X	X
Frequency		X	X	X
Enjoyment	X	X	X	X
Advocacy		X	X	X
Body Awareness:				
Self	X	X		
General	X	X		
Spatial	X	X		
Objects	X	X		
Mechanics			X	X
Movement Concepts:				
Importance of Movement	X	X	X	X
Locomotor	X	X		
Non Locomotor	X	X		
Effort; pathways; levels	X	X		
Chasing, fleeing, dodging	X	X		
Skill Development:				
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
Rhythm:				
Command dances	X	X		
Following rhythms	X	X		
Repeating rhythms		X	X	
Jumping in patterns		X		
Making rhythms and patterns		X		

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

