

Physical Education Scope and Sequence

Working Copy

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

Concepts	K-2	3 rd -5 th	6 th – 8 th	9 th – 12 th
Specialized Skills:				
Juggling				
Cup stacking				
Rope jumping				
Hula hoping				
Tumbling				
Fitness:				
Muscular Endurance				
Cardiovascular endurance				
Flexibility				
Agility				
Muscular strength				
Goal setting				
Cooperation:				
Teamwork; small/large group				
Problem solving skills / strategy				
Conflict resolution				
Health Based:				
Nutrition				
Heart Rate: active/resting/target				
Skeletal system				
Muscular system				
Cardio-respiratory system				
Safety:				
Playing safely				
Injury prevention				
Bike safety				
Skin safety				
Sports/Physical Activity safety				

