

SCOPE AND SEQUENCE
PHYSICAL EDUCATION K – 3

Movement Concepts:

Body, spatial, and directional awareness

- Kindergarten Basic parts of the head, trunk, legs and arms
Sides of the body
Directions of travel
Relationships with objects and people in space
Self space
Body parts in high, medium and low levels
Changing directions to a signal
Moving safely through space
- Force time effort
Basic parachute skills
Light and heavy force (soft and hard) using the parachute
Fast and slow movement using the parachute
Introduction to flow using the parachute
Changes of speed and force in self space
- Grade 1 Basic parts of the body and their functions
Ten main muscles of the body
Movement in different directions, levels, and pathways
Left and right
Moving to open space
Personal control over body while using various speeds
Changing directions when appropriate
Safe movement without touching any object or person
- Parachute movements exploring force, time, and flow
Contrasts of force
Changes in timing
Traveling and flow
Making a flowing movement with others
- Grade 2 Review ten main muscles in body and learn function

Design and travel in various pathways, levels, directions
Clockwise and counterclockwise
Movement to open space during a game
Changing speeds and directions while staying in open space during a game
Matching and mirroring
Safely moves at all times during a dodging game
Body, spatial, and directional awareness

Parachute movements reviewing force, time, and flow
Varying force
Maintaining flow
Differentiating time words
Sport skills and time
Changing time while traveling
Free and bound flow
Force, time, effort

Grade 3 Names and functions of larger bones
Maintaining space with others in a game
Move to an open space during a team game
Finding an open person and passing a ball
Avoid others by dodging them during a team game
Moving in the correct direction during a team game
Defending others' space

Concepts of motor skill development (form, developmental differences, critical elements, feedback)
Applying knowledge of force, time, and flow in various games, dances, and movements
Describing scientific principles that affect movement and skills using appropriate vocabulary (Include: gravity, force production/absorption, balance, and rotation)
The function of practice

Skill Themes:

Body handling/stability skills

Traveling

Kindergarten Safety rules

Maintaining stillness on a variety of body parts

Create narrow, wide, tall, flat, twisted shapes using body

Basic tumbling

Balancing safely
Becoming familiar with mats and apparatus
Individual stunts

Locomotor and non-locomotor movement (traveling)
Introduction to locomotor movements
Locomotor practice
Contrasts of slow and fast locomotor movements
Landing softly when jumping
Begin to develop endurance through locomotor movements

Grade 1

Review reasons for safety rules
Balancing on eight different body parts
Using mats and apparatus safely
Symmetrical and non-symmetrical shapes
Balancing with a partner
Performing two individual stunts and tumbles

Steps to basic locomotor movements
Practicing skills in and out of class
Use various degrees of force time, and flow with locomotor movements
Moving in pathways such as zig zag, curvy, straight, and spiral using locomotor movement
Tries to jump a self turned rope
Chasing, fleeing, and dodging introduction
Performs creative locomotor sequences
Locomotor movements as exercise

Grade 2

Proper steps to take when others are unsafe
Balancing in shapes that are, and are not, symmetrical on a variety of body parts
Simple balances on equipment (including balance beam) and mats
Support weight on hands and head momentarily
Rolling smoothly forward without stopping
Control in traveling and weight bearing activities
Jumping from a height, landing, and rolling

Locomotor and non-locomotor movement (traveling)
Demonstrating mature form of various locomotor movements
Analyzes form of locomotor movements

Changing locomotor movements using changes of force, time, and flow
Combining shapes, levels, and pathways in simple sequences
Repeatedly jumping a partner-turned and self-turned rope
Chasing, fleeing, dodging to avoid others in a changing situation
Locomotor movements to increase endurance

Grade 3 Safe practices in physical activity setting
Maintain balance while on equipment
Perform three tumbling skills
Perform two skills on each available piece of equipment
Creating and performing a gymnastic sequence using travels and supports

Locomotor and non-locomotor movement (traveling)
Combination of locomotor skills in games and dances
Leaping with either foot
Showing timely chasing, fleeing, and dodging during an organized game
Attempting modified track and field events using locomotion
Safety rules of traveling in each activity

Manipulative Skills

Kindergarten Rolling a ball smoothly
Underhand toss
Catching a ball using only the hands
Bouncing a ball under control
Kicking a stationary ball
Visual tracking with scarf
Hoola-hoop tricks
Safely handle manipulative

Grade 1 Rolling at a target from a short distance
Throwing a small manipulative at a stationary target
Catching a soft, playground sized ball by using only the hands
Bounce and catch a ball with a partner
Kick a stationary ball at a target with either foot
Introduction on how to throw, bounce, kick, etc., a ball with varying force
Keeping more than one scarf up in the air
Waiting to throw, bounce, kick, etc., until it is safe to do so

- Grade 2 Dribble balls with hands and feet while moving without losing control
 Bouncing to a partner at angles
 Kicking a rolling ball
 Throw, bounce, kick, etc., a ball with varying force independently
 Looking for critical elements
- Grade 3 Rolling a ball accurately in a game
 Throwing a ball accurately using an underhand and/or overhand throw in a game
 Catching objects of various size and shape by reaching and pulling in during a game
 Bouncing a ball during a game to another student
 Combining throwing and catching in a game
 Striking a ball with the body and an implement
 Shooting or tossing at a low target during a game
 Dribbling a ball with hands and/or foot while moving in a game
 Hand/eye and foot/eye coordination in a variety of games using offense and defense
 Pass to team members using angles during a game
 Kicking to a target while moving
 Kick a moving ball in a game situation
 Kick the ball in the air off of a tee
 Punt various balls forward in the air
 Manipulative safety during games

Rhythmic/Dance

- Kindergarten Defining and creating a beat
 Coordinating words and basic movements
 Coordinating locomotor and non-locomotor movements with changes in music
 Sing along while moving to some songs
- Grade 1 Feeling and tapping out a beat
 Coordinating words, movement, and music
 Moving with the beat of the music using locomotor and non-locomotor activities
 Create a pattern using rhythm sticks
 Performing basic folk dances
- Grade 2 Traveling while changing speed and directions in response to a variety of rhythms
 Partner dances
 Combining traveling patterns in time to music
 Performing folk dances with more complicated formations

Performing with some sort of prop (i.e. hoop, streamer, etc.) in movement to music

- Grade 3
- Props in a small group dance
 - Simple square dances
 - Patterns in more complex dances
 - Current social dance
 - Creating a group dance that tells a story
 - Throwing, catching, and dribbling using either hand

Social and Personal Behavior and Attitudes

- Kindergarten
- Rules for participation in gymnasium
 - Sharing space and equipment with others
 - Responding to signals
 - Positive interaction with all students

- Grade 1
- Applying rules with little reinforcement
 - Cooperating with a partner
 - Responding quickly to signals
 - Showing respect

- Grade 2
- Applying rules with little or no reinforcement
 - Helping partner improve skills
 - Responding immediately to signals
 - Staying on-task

- Grade 3
- Using safe practices in physical activities
 - Identifying the positive and negative interactions of small group activities (e.g. roles: leader, follower; cooperative/sharing; on task participation)
 - Showing respect for teacher decisions

Fitness

- Kindergarten
- Engaging in moderate to vigorous physical activity for short amounts of time
 - Identifying likes and dislikes connected with participation in physical activity
 - Identifying physiological signs of moderate physical activity (e.g., fast heart rate, heavy breathing)

- Grade 1
- Engaging in moderate to vigorous physical activity for more periods of time
 - Introduction and discussion of health related fitness components

Review changes in the body during moderate to vigorous exercise
Supporting body weight in balances
Identifying students' strengths and weaknesses in their own fitness

Grade 2 Experiencing and expressing pleasure from participation in physical activity
Identifying at least one activity associated with each component of health-related physical activity (e.g., feeling good, preventing illness, social experience, beauty of movement)
Sustaining activity for longer periods of time while participating in chasing or fleeing, traveling activities in physical education
Identifying changes in the body during vigorous exercise (e.g., sweating, heart rate, heavy breathing)

Grade 3 Identifying and engaging in physical activities that promotes physical fitness and health
Knowing the positive and negative effects of regular participation in moderate to vigorous physical activities
Know and recognize changes in body responses during moderate to vigorous physical activity (e.g., heart rate and breathing)
Identifying likes and dislikes related to participation in physical activity
Identifying and using principles of exercise to improve movement and fitness (frequency, intensity, time, type)
Warm-up and cool down
Supporting body weight for climbing, hanging, and momentarily taking weight on hands
Introduction of flexibility
Identifying the components of health related physical fitness (cardio respiratory endurance, muscular strength and endurance, flexibility, and body composition)