

K5 – Yearly Units of Study

Unit	Focus
Welcome to PE	Establishing the Learning Environment, Fundamental Skills, Safety/Procedures
The Many Ways I Move LOCOMOTOR	Skills: Hopping, Skipping, Galloping & Sliding, Leaping, Running, Skipping, Horizontal Jumping, Dancing Grade Level Outcome – students will work towards traveling in different ways with balance
Balancing Act NON-LOCOMOTOR (stability/balance)	Skills: Balance on boards, low gymnastics equipment, bases of support, balancing in different body shapes, balancing on wide bases of support, Grade Level Outcome –students work towards momentary stillness on bases of support, forms wide, curled and twisted body shapes
Underhand Throwing	Skills: underhand throw Grade Level Outcome – <i>throws underhand with opposite foot forward</i>
Hand Dribbling/Catching	Skills: Ball dribbling, catching Grade Level Outcome – Dribbles a Ball with one hand, attempting the second contact Drops a ball and catches it before it bounces twice Catches a large ball tossed by a skilled thrower.
Foot Dribbling/Kicking	Skills: foot dribbling, kicking Grade Level Outcome – Taps a ball using the inside of the foot sending it forward Kicks a stationary ball from a station position, demonstrating 2 of the 5 elements of a mature kicking pattern
Striking Short Implements	Skills: uses a short implement to strike Grade Level Outcome – Strikes a light weight object with a paddle or short implement
Volleying (underhand)	Skills: Volleys a light weight object (balloon) Grade Level Outcome – strikes a lightweight object with a paddle or shot handled implement
Jump Rope	Skills: jump rope Grade Level Outcome – Executes a single jump with self-turned rope. Jumps a long rope with teacher-assisted turning.

1st Grade – Yearly Units of Study

Unit	Focus
Welcome to PE	Establishing the Learning Environment, Fundamental Skills, Safety/Procedures
The Many Ways I Move LOCOMOTOR	Skills: Hopping, Skipping, Galloping & Sliding, Leaping, Running, Skipping, Horizontal Jumping, Dancing Grade Level Outcome – hops, gallops, jogs and slides using a mature pattern
Balancing Act NON-LOCOMOTOR (stability/balance)	Skills: Balance on boards, low gymnastics equipment, bases of support, balancing in different body shapes, balancing on wide bases of support, Grade Level Outcome – Maintains stillness on different bases of support with different body shapes. Transfers weight from one body part to another in self-space in dance/gymnastics Rolls with either a narrow or curled body shape Demonstrates twisting, curling, bending and stretching actions
Underhand Throwing/Catching	Skills: underhand throw Grade Level Outcome – Throws underhand, demonstrating 2 of the 5 critical elements of a mature pattern. Catches a soft object from a self-toss before it bounces. Catches various sizes of balls self-tossed or tossed by a skilled thrower.
Hand Dribbling	Skills: Ball dribbling Grade Level Outcome – Dribbles continuously in self-space using the preferred hand.
Foot Dribbling/Kicking	Skills: foot dribbling, kicking Grade Level Outcome – Taps a ball using the inside of the foot sending it forward Kicks a stationary ball from a station position, demonstrating 2 of the 5 elements of a mature kicking pattern
Striking Short Implements	Skills: uses a short implement to strike Grade Level Outcome – Strikes a light weight object with a paddle or short implement
Volleying (underhand)	Skills: Volleys a light weight object (balloon) Grade Level Outcome – strikes a lightweight object with an open hand sending it upward
Jump Rope	Skills: jump rope Grade Level Outcome – Jumps forward or backward consecutively using a self-turned rope. Jumps a long rope up to 5 times consecutively with teacher-assisted turning.

2nd Grade - Yearly Units of Study	
Unit	Focus
Welcome to PE	Establishing the Learning Environment, Fundamental Skills, Safety/Procedures
The Many Ways I Move LOCOMOTOR	Skills: Hopping, Skipping, Galloping & Sliding, Leaping, Running, Skipping, Horizontal Jumping, Dancing Grade Level Outcome – students will work towards traveling in different ways with balance
Balancing Act NON-LOCOMOTOR (stability/balance)	Skills: Balance on boards, low gymnastics equipment, bases of support, balancing in different body shapes, balancing on wide bases of support, Grade Level Outcome – Balances on different bases of support Combining levels and shapes, balances in an inverted position with stillness and supportive base. Transfers weight from feet to different body parts/bases of support for balance and/or travel. Rolls in different directions with either a narrow or curled body shape. Differentiates among twisting, curling, bending and stretching actions. Combines balances and transfers into a 3-part sequence
Underhand & Overhand Throwing/Catching	Skills: underhand throw, overhand throw, catching Grade Level Outcome – Throws underhand using a mature pattern. Throws overhand, demonstrating 2 of the 5 critical elements of a mature pattern. Catches a self-tossed or well thrown large ball with hands, not trapping or cradling against the body.
Hand Dribbling	Skills: Ball dribbling Grade Level Outcome – Dribbles in self space with preferred hand demonstrating a mature pattern. Dribbles using the preferred hand while walking in general space.
Foot Dribbling/Kicking	Skills: foot dribbling, kicking Grade Level Outcome – Dribbles with the feet in general space with control of ball and body. uses a continuous running approach and kicks a moving ball, demonstrating 3 of the 5 critical elements of a mature pattern.
Striking Short/Long Implements	Skills: uses a short/Long implement to strike Grade Level Outcome – Strikes an object upward with a short-handled implement, using consecutive hits
Volleying (underhand)	Skills: Volleys a light weight object Grade Level Outcome – volleys an object upward with consecutive hits
Jump Rope	Skills: jump rope Grade Level Outcome – Jumps a self-turned rope consecutively forward and backward with a mature pattern. Jumps a long rope 5x consecutively with student turners.

3rd Grade – Yearly Units of Study

Unit	Focus
Welcome to PE	Establishing the Learning Environment, Fundamental Skills, Safety/Procedures
The Many Ways I Move – Stations, Running, Cardio	Skills: variety Grade Level Outcome – students will work towards strength, flexibility and endurance through stations, tasks, games.
Balancing Act NON-LOCOMOTOR (stability/balance)	Skills: Balance on boards, low gymnastics equipment, bases of support, balancing in different body shapes, balancing on wide bases of support, Grade Level Outcome – Balances on different bases of support demonstrating muscular tension and extensions of free body parts. Transfers weight from feet to hands for momentary weight support. Moves into and out of gymnastics balances with curling, twisting and stretching actions.
Overhand Throwing/Catching	Skills: overhand throw, catching Grade Level Outcome – Throws overhand, demonstrating 3 of the 5 critical elements of a mature pattern, in non-dynamic environments (closed skills) for distance and/or force. Catches a gentle tossed hand-size ball from a partner, demonstrating 4 of the 5 critical elements of a mature pattern.
Hand Dribbling	Skills: Ball dribbling Grade Level Outcome – Dribbles and travels in general space at slow to moderate jogging speed, with control of ball and body.
Foot Dribbling/Kicking	Skills: foot dribbling, kicking Grade Level Outcome – Dribbles with the feet in general space at slow to moderate jogging speed with control of ball and body. Passes & receives a ball with the insides of the feet to a stationary partner, “giving” on reception on before returning the pass. Uses a continuous running approach and intentionally performs a kick along the ground and a kick in the air demonstrating 4 of the 5 critical elements of a mature pattern for each. Uses a continuous running approach and kicks a stationary ball for accuracy.
Striking Long Implements	Skills: uses a long implement to strike Grade Level Outcome – Strikes an object with a long handled implement, sending it forward, while using proper grip for the implement.
Striking Short Implement	Skills: uses a short implement to strike Grade Level Outcome – Strikes an object with a short handled implement, sending it forward, over a low net or to a wall. Strikes an object with a short handled implement while demonstrating 3 of the 5 critical elements of a mature pattern.
Volleying (underhand)	Skills: Volleys a light weight object Grade Level Outcome – volleys an object with an underhand or sidearm striking pattern, sending it forward over a net, to the wall or over a line to a partner while demonstrating 4 of the 5 critical elements of a mature pattern.

4th – Yearly Units of Study

Unit	Focus
Welcome to PE	Establishing the Learning Environment, Fundamental Skills, Safety/Procedures
The Many Ways I Move – Stations, Running, Cardio	Skills: variety Grade Level Outcome – students will work towards strength, flexibility and endurance through stations, tasks, games.
Balancing Act NON-LOCOMOTOR (stability/balance)	Skills: Balance on boards, low gymnastics equipment, bases of support, balancing in different body shapes, balancing on wide bases of support, Grade Level Outcome – Balances on different bases of support demonstrating levels and shapes. Transfers weight from feet to hands, varying speed and using large extensions (mule kick, handstand, etc.) Moves into and out of gymnastics balances with curling, twisting and stretching actions. Combines traveling with balance and weight transfers to create a sequence with and without equipment.
Overhand Throwing/Catching	Skills: overhand throw, catching Grade Level Outcome – Throws overhand using a mature pattern in non-dynamic environments. Throws overhand to a partner of a target with accuracy at a reasonable distance. Catches a thrown ball above the head, at chest or waist level & below the waist using a mature pattern in a non-dynamic envt.
Hand Dribbling	Skills: Ball dribbling Grade Level Outcome – Dribbles in self-space with both the preferred and the non-preferred hand using a mature pattern. Dribbles in general space with control of ball and body while increasing and decreasing speed.
Foot Dribbling/Kicking	Skills: foot dribbling, kicking Grade Level Outcome – Dribbles with the feet in general space with control of ball and body while increasing and decreasing speed. Passes & receives a ball with the outside & inside of the feet to a stationary partner, “giving” on reception. Passes & receives a ball with the insides of the feet to a moving partner in a non-dynamic environment.
Striking Long Implements	Skills: uses a long implement to strike Grade Level Outcome – Strikes an object with a long handled implement, while demonstrating 3 of the 5 critical elements of a mature pattern for the implement.
Striking Short Implement	Skills: uses a short implement to strike Grade Level Outcome – Strikes an object with a short handled implement, sending it forward, over a low net or to a wall. Strikes an object with a short handled implement alternating hits with a partner over a low net or against a wall.
Volleying (underhand)	Skills: Volleys a light weight object Grade Level Outcome – volleys a ball with a 2 handed overhead pattern, sending it upward, demonstrating 4 of the 5 critical elements of a mature pattern.

5th – 6th Grade – Yearly Units of Study

Unit	Focus
Welcome to PE	Establishing the Learning Environment, Fundamental Skills, Safety/Procedures
The Many Ways I Move – Stations, Running, Cardio	<p>Skills: variety</p> <p>Grade Level Outcome – students will work towards strength, flexibility and endurance through stations, tasks, games.</p>
Balancing Act NON-LOCOMOTOR (stability/balance)	<p>Skills: Balance on boards, low gymnastics equipment, bases of support, balancing in different body shapes, balancing on wide bases of support,</p> <p>Grade Level Outcome – Combines balance and transferring weight in a gymnastics sequence with/without a partner. Transfers weight in gymnastics environments. Performs curling, twist & stretching actions with correct application, small-sided practice tasks in games Combines actions, balances and weight transfers to create a sequence with a partner on equipment/bases of support.</p>
Overhand Throwing/Catching	<p>Skills: overhand throw, catching</p> <p>Grade Level Outcome – Throws overhand using a mature pattern in non-dynamic environments, with different sizes and types of objects. Throws overhand to a large target with accuracy. Catches a ball above the head, at chest or waist level, and along the ground using a mature pattern in a non-dynamic environment. Catches with accuracy, both partners moving Catches with reasonable accuracy in dynamic, small-sided practice tasks/games.</p>
Hand Dribbling	<p>Skills: Ball dribbling</p> <p>Grade Level Outcome – Combines hand dribbling with other skills during 1v1 practice tasks. Dribbles with hands or feet with mature patterns in a variety of small sided games</p>
Foot Dribbling/Kicking	<p>Skills: foot dribbling, kicking</p> <p>Grade Level Outcome – Combines foot dribbling with other skill sin 1v1 practice tasks. Passes with the feet using a mature pattern as both partners travel. Receives a pass with the foot using a mature pattern as both partners travel. Dribbles with hands or feet with mature patterns in a variety of small sided games. Demonstrates mature patterns in kick and punting in small side practice tasks.</p>
Striking Long Implements	<p>Skills: uses a long implement to strike</p> <p>Grade Level Outcome – Strikes a ball with a mature pattern. Combines striking with a long implement with receiving and traveling skills in a small sided game. Combines manipulative skills and traveling for execution to a target (scoring)</p>

Striking Short Implement	Skills: uses a short implement to strike Grade Level Outcome – Strikes an object consecutively, with a partner, using a short-handled implement, over a net or against a wall in either a competitive or cooperative game environment.
Volleying (underhand)	Skills: Volleys a light weight object Grade Level Outcome – volleys a ball using a 2-hand overhead pattern, sending it upward to a target.

Other Units of Study:

Holi-Daze	Holiday Fitness Games through a variety of Motor and Non-locomotor skills	Grades K5 – 6 th
Cup Stacking	Object Control, pattern skills	Grades K5 – 6 th
Archery	Locomotor, Manipulative, Cognitive	Grades 4 th – 6 th
Track & Field	Learning to run with proper form	Grades 1 st – 6 th