

## Scope & Sequence

Reviewed May 2024

## Physical Education

	K5	1	2	3	4	5	6	7	8	9	10
Gross motor skills	I	I,P	P	P	P	P	P	P,M	M	M	M
Fine motor skills	I	I,P	I,P	I,P	I,P	P	P	P	P,M	P,M	M
Classroom rules and procedures	I	P	P	P	P	P	P	I,M	I,M	I,M	I,M
Safety procedures	I	I,P	P	P	P	P	P	P,M	M	M	M
Skill progression	I	P	P	P	P	P	P	P	P,M	P,M	M
Listening skills	I	P	P	P	P	P	P	P,M	P,M	M	M
Body awareness and control	I	I,P	I,P	P	P	P	P	P	P	P,M	M
Balance	I	P	P	P	P	P	P	P	P,M	P,M	P,M
Coordination	I	P	P	P	P	P	P	P	P,M	P,M	P,M
Flexibility	I	P	P	P	P	P	P	P	P,M	P,M	P,M
Muscular strength	I	P	P	P	P	P	P	P	P,M	P,M	P,M
Muscular endurance	I	P	P	P	P	P	P	P	P,M	P,M	P,M
Cardiorespiratory endurance	I	P	P	P	P	P	P	P	P,M	P,M	P,M
Aerobic activity	I	I,P	I,P	I,P	P	P	P	P	P,M	P,M	P,M
Heart rate awareness		I	P	P	M	M	M	M	M	M	M
Finding a pulse	I	P	M	M	M	M	M	M	M	M	M
Measuring the pulse		I	P	P	M	M	M	M	M	M	M
3 parts to a workout	I	P	P	P	M	M	M	M	M	M	M
Self discipline	I	P	P	P	P	P	P	P	P	P	P
Cooperative play	I	I,P	I,P	I,P	I,P	P	P	P	P,M	M	M
Team activities	I	I,P	I,P	I,P	I,P	P	P	P	P,M	M	M
Team strategies	I	I,P	I,P	P	P	P	P	P	P	P,M	M
Respect for rules	I	P	P	P	P	P	P	P,M	M	M	M
Team building	I	P	P	P	P	P	P	P	P	P	P
Christlike response	I	P	P	P	P	P	P	P	P	P	P
Problem solving	I	P	P	P	P	P	P	P	P	P,M	M
Goal setting		I	P	P	P	P	P	P	P	P,M	M
President's Fitness Challenge	I	P	P	P	P	P	P	P	P	P	P
Keeping objects in motion	I	I,P	P	P	P	P	P	P	P,M	M	M
Timing movements	I	I,P	P	P	P	P	P	P	P,M	M	M
Tumbling	I	I,P	I,P	I,P	P						
Striking an object	I	P	P	P	P	P	P	P	P,M	P,M	P,M
Kicking an object	I	P	P	P	P	P	P	P	P,M	P,M	P,M
Manipulative skills	I	I,P	I,P	I,P	I,P	P	P	P	P	P,M	P,M