

K – 8th Scope of Curriculum Activity Themes Physical Education

FITNESS COMPONENTS	GAME PLAY/SKILL THEME ACTIVITIES			TEAM BUILDING/ COOPERATIVE DEVELOPMENT	
	Manipulative	Non-Locomotor	Locomotor		
<u>Aerobic Capacity</u>	<u>Throwing and Catching</u>	<u>Kicking and Punting</u>	High Ropes Course	Tumbling	Recess Expectations
Pacer Fitness Test	Football	Soccer	Dance	Dance	High Ropes Course/Climbing Wall
Heart Rate Monitors	Handball	Football	Jumping and Landing and Balancing	Track and Field Events	Team Building Challenges
<u>Muscular Strength, Endurance and Flexibility</u>	Basketball	<u>Striking with Implements</u>	Jump Rope	Walking	Creative Games
Pushup Test	Juggling	Badminton	Track and Field Events	Speed and Agility	Create a Dance
Sit-Up Test	Bowling	Pickleball		Climbing Wall	Team Tumbling Routines
Flexed Arm Hang Test	Tchoukball	Speedminton		Obstacle Course & Playground	
Sit and Reach Test	Frisbee	Table Tennis			
<u>Lifetime Fitness</u>	Softball	Floor Hockey			
Yoga	Field Events	Lacrosse			
Martial Arts - Karate	Kin-Ball	Softball			
Ballroom Dance	Kan-Jam	<u>Bouncing and Volleying</u>			
	Rugby	Basketball			
	Ultimate Frisbee	Volleyball			
	Ultimate Ball				
	Spike Ball				

Health

6th Grade	7th Grade	8th Grade
Injury Prevention	5 Components of Fitness	Disease & Disease Prevention
Concussions	Target Heart Rate	Healthy and Unhealthy Lifestyles
Sun Safety	Six Essential Nutrients	First Aid
MyPlate	Sports Nutrition	Sexually Transmitted Infections (STIs)
Food Labels	Fitness/Nutrition Log	Current Issues in Health
Self Esteem	Obesity	Eating Disorders
Stress	Healthy/Unhealthy Relationships	Signs of Suicide
Relaxation Techniques	Depression	Mental Health Awareness
Bullying	Tobacco and Marijuana	Alcohol and Substance Abuse
Introduction to Legal/Illegal Drugs		Health PSA

Catching Skill Categories

Skill	Cues and Levels	K	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
Catching a ball with two hands	<ol style="list-style-type: none"> 1. Watch ball – align body behind ball. 2. Reach out to ball – Underhand (pinkies together) Overhand (thumbs together). 3. Catch in hands or implement. 4. Pull into body. 	PC	PC	PC	C	C	U	U	PR	PR

Kicking Skill Categories

Skill	Cues and Levels	K	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
Kicking	<ol style="list-style-type: none"> 1. Opposite foot to side of ball 2. Contact inside foot to center of ball. 3. Follow through to target. 	PC	PC	PC	C	C	U	U	PR	PR
Dribbling	<ol style="list-style-type: none"> 1. Continuous running. 2. Continuous foot contact inside of foot – tap-tap. 3. Ball remains closer to body. 	PC	PC	PC	C	C	U	U	PR	PR
Punting	<ol style="list-style-type: none"> 1. Hold ball in front of kicking side. 2. Drop ball 3. Eyes on ball. 4. Contact through the ball on laces of shoe (not toe). 5. Step-hop on contact. 	PC	PC	PC	C	C	U	U	PR	PR

Volleying/Striking Skill Categories

Skill	Cues and Levels	K	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
Striking upward with or without implement.	<ol style="list-style-type: none"> 1. Align body-facing line of approaching ball. 2. Draw back. 3. Contact on Flat Surface 4. Extend to target. 	PC	PC	PC	C	C	U	U	PR	PR
Overhand Striking with or without implement.	<ol style="list-style-type: none"> 1. Align body-facing line of approaching ball. 2. Draw/reach back 3. Step with opposite foot. 4. Contact on flat surface. 5. Follow through 	PC	PC	PC	C	C	U	U	PR	PR
Forehand Striking	<ol style="list-style-type: none"> 1. Align body sideways facing approaching ball. 2. Draw/reach back behind seat 3. Step with opposite foot. 4. Contact on flat surface. 5. Follow through. 	PC	PC	PC	C	C	U	U	PR	PR
Backhand Striking	<ol style="list-style-type: none"> 1. Align body sideways facing approaching ball. 2. Reach across body. 3. Step with same foot. 4. Contact on flat surface. 5. Follow through. 	PC	PC	PC	C	C	U	U	PR	PR

Dribbling Skill Categories

Skill	Cues and Levels	K	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
Dribbling	<ol style="list-style-type: none"> 1. Knees Bent 2. Hand on top of ball. 3. Contact on pads of fingers. 4. Follow through toward surface. 	PC	PC	PC	C	C	U	U	PR	PR

Locomotor Skill Themes and Sequences

Traveling Categories

Skill	Cues and Levels	K	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
Walking	<ol style="list-style-type: none"> 1. Arms and legs move in opposition 2. Heel to toe 3. Smooth body movements 	PC	PC	PC	C	C	U	U	PR	PR
Running	<ol style="list-style-type: none"> 1. Move arms in opposition without crossing midline 2. Both feet off ground for a brief moment 3. Landing heel to toe 4. Slight trunk lean 5. Recovery leg swings forward and back 	PC	PC	PC	C	C	U	U	PR	PR
Hopping	<ol style="list-style-type: none"> 1. Bend knee back in air 2. Spring off supporting foot 3. Land on same foot (action occurs in ankle) 4. Arms at waist level 	PC	PC	PC	C	C	U	U	PR	PR
Jumping	<ol style="list-style-type: none"> 1. Bend knees and crouch down with arms back. 2. Explode up and out extending arms and legs keeping both feet together. 3. Land both feet together maintaining balance and absorbing force into flexed knees. 	PC	PC	PC	C	C	U	U	PR	PR
Skipping	<ol style="list-style-type: none"> 4. Step-hop pattern 5. Alternates feet 6. Uneven rhythm 7. Arms in opposition 	PC	PC	PC	C	C	U	U	PR	PR
Galloping	<ol style="list-style-type: none"> 1. Arms bent to waist level at take-off. 2. Step forward with lead foot followed with a step with trail foot to a position behind lead foot. 3. Both feet off the ground for a brief moment. 4. Movement in forward direction on right foot and left foot. 	PC	PC	PC	C	C	U	U	PR	PR
Leaping	<ol style="list-style-type: none"> 1. Bend knee back. 2. Spring off supporting foot. 3. Arms in opposition. 4. Land on opposite foot softly by bending knee. 	PC	PC	PC	C	C	U	U	PR	PR
Sliding	<ol style="list-style-type: none"> 1. Arms bent to waist level at take-off. 2. Step sideways with lead foot followed with a step with trail foot to a position beside lead foot. 3. Both feet off the ground for a brief moment. 4. Movement in sideways direction on right foot and left foot. 	PC	PC	PC	C	C	U	U	PR	PR

Chasing	1. Follows anticipated direction of lead person. 2. Changes speed to stay on track. 3. Changes direction to stay on track.	PC	PC	PC	C	C	U	U	PR	PR
Fleeing	1. Moves quickly into open spaces. 2. Changes speed to avoid obstacles. 3. Changes direction to avoid obstacles.	PC	PC	PC	C	C	U	U	PR	PR
Dodging	1. Moves quickly to avoid chaser. 2. Changes speed to avoid chaser. 3. Changes direction to avoid chaser.	PC	PC	PC	C	C	U	U	PR	PR

Non-Locomotor Skill Themes (Stability) and Sequences

Movement Categories

Skill	Cues and Levels	K	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
Turning	1. Rotate the body along a long axis. 2. Explore movement concepts.	PC	PC	PC	C	C	U	U	PR	PR
Twisting	1. Rotate selected body parts around a long axis. 2. Explore movement concepts.	PC	PC	PC	C	C	U	U	PR	PR
Rolling	1. Transferring weight to adjacent body parts around a central axis. 2. Explore movement concepts.	PC	PC	PC	C	C	U	U	PR	PR
Balancing	1. Center of gravity is aligned over the base of support. 2. Explore movement concepts.	PC	PC	PC	C	C	U	U	PR	PR

Movement/Dance/Gymnastics Concepts Scope and Sequence

Movement Concept Category	Movement Concept Focus	K	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
Space Awareness	Self-Space (The bubble around you)	X	X	X						
	General Space (The space in your work area)	X	X	X	X					
	Levels (High, Medium, Low)	X	X	X						
	Directions (Forwards, Backwards, Sideways, Diagonal)	X	X	X	X					
	Pathways (Straight, Zig-Zag, Curved, Wavy)	X	X	X	X					
	Extensions (Large/Small, Near/Far)			X	X					
Effort	Time/Speed (Fast/Slow, Acc/Deceleration)	X	X	X	X	X	X			
	Force (Strong/Light, Firm/Fine)			X	X	X	X			
	Flow (Free - uncontrolled/Bound - controlled)			X	X	X	X			
Relationships	Body Part Identification	X	X							
	Shapes (Symmetrical, Asymmetrical)	X	X	X						
	Relationships with objects (On, off, along, through, over, under, around, surrounding)	X	X	X	X	X				
	Relationships with people (Near, far, in-front/behind, alongside, mass, solo, partners, groups, between groups)			X	X	X	X	X	X	X

