



Physical Education Scope and Sequence

GRADE 1

Week	Skill/Concept	Suggested Activities
1	Spatial Awareness	Demonstrate awareness of personal space, general space, and boundaries while moving in different directions and at high medium and low levels.
	Locomotor Skills	Land on both feet after taking off on one foot and both feet.
	Pathways	Change speeds in response to tempos, rhythms, and signals while traveling in straight, curved, and zigzag pathways, using walking, running, leaping, hopping, jumping, galloping, sliding, and skipping.
	Rhythms	Change direction from forward and back and right and left in response to tempos, rhythms, and signals while walking, running, hopping, and jumping (i.e., locomotor skills).
	Social Skills	Participate willingly in new physical activities.
2	Movement Concepts	Identify the right and left sides of the body and movement from right to left and left to right.
	Body Management	Identify the base of support of balanced objects.
	Body Management	Balance oneself, demonstrating momentary stillness, in symmetrical and asymmetrical shapes using body parts other than both feet as a base of support.
	Group Dynamics	Identify and demonstrate the attributes of an effective partner in physical activity.
	Social Interaction	Demonstrate the characteristics of sharing and cooperation in physical activity.
3	Cooperation	Identify and demonstrate effective practices for working with a group without interfering with others
	Dodging	Move through space without bumping into each other while moving slow, medium and fast walk, run, and side step.
	Fitness AC	Participate three to four times each week, for increasing periods of time, in moderate to vigorous physical activities that increase breathing and heart rate.
	Fitness BC	Sustain continuous movement for increasing periods of time while participating in moderate to vigorous physical activity.
	Stations	Invite others to use equipment or apparatus before repeating a turn in fitness stations.
4	Cooperative Play	Tag games: Partner tag (with math), amoeba tag, Blob tag.
	Rhythms	Create or imitate movement in response to rhythms and music.
	Fitness Flexibility	Stretch arms, shoulders, back and legs without hyper flexing or hyperextending the joints.
	Cooperative Play	Clean out your refrigerator
	Cooperative Play	Rock, paper, scissor tag.
5	Cooperative Play	Push-up grab the apple
	Rhythms	Demonstrate the difference between slow and fast, heavy and light, and hard and soft while moving.
	Locomotor Skills	Distinguish between a jog and a run, a hop and a jump, and a gallop and a slide and explain the key differences and similarities in those movements.

Week	Skill/Concept	Suggested Activities
	Fitness Strength	Plank, Knock-down pick-up
	Cooperative Play	Push-up soccer
6	Cooperation	Identify and demonstrate acceptable responses to challenges, success and failures in physical activity.
	Manipulative Skills	Demonstrate the underhand movement (throw) pattern.
	Manipulative Skills	Demonstrate the overhand movement (throw) pattern.
	Manipulative Skills	Catch a self-tossed ball
7	Movement Concepts	Demonstrate an awareness of personal space, general space, and boundaries while moving in different directions and at high, medium, and low levels in space
	Movement Concepts	Identify the right and left sides of the body and movement from right to left and left to right.
	Movement Concepts	Identify people/objects that are within personal space and within boundaries
	Muscular Strength/Endurance	Demonstrate, for increasing periods of time, a “v” sit position, a push-up position with arms extended, and a squat position
	Muscular Strength/Endurance	Explain that strengthening muscles will help prevent injury and that strong muscles will produce more force
8	Manipulative Skills	Catch, showing proper form, a gently thrown ball
	Manipulative Skills	Demonstrate and explain how to reduce the impact force while catching an object
	Manipulative Skills	Describe the proper hand and finger position for catching a ball.
	Fitness (Muscular Strength/Endurance)	Move from a sitting to a standing position and from a lying to a sitting position without using arms to brace oneself while on the floor
	Self-Responsibility	Identify and demonstrate acceptable responses to challenges, successes, and failures in physical activity
9	Manipulative Skills	Demonstrate the two-handed overhead (throw) pattern.
	Manipulative Skills	Explain that the point of release influences the direction of a tossed object and of a thrown object.
	Manipulative Skills	Identify examples of underhand and overhand movement patterns.
	Fitness (Muscular Strength/Endurance)	Travel hand-over-hand along a horizontal ladder or hang from an overhead bar
	Fitness (Muscular Strength/Endurance)	Discuss how prolonged physical activity increases endurance, allowing movement to occur for longer periods of time
10	Manipulative Skills	Kick a rolled ball from a stationary position
	Manipulative Skills	Kick a stationary ball, using a smooth, continuous running approach
	Manipulative Skills	Dribble a ball in a forward direction, using the inside of the foot.
	Manipulative Skills	Identify the placement of the nonkicking foot when kicking with a smooth, running approach.
	Fitness (Flexibility)	Diagram how flexible muscles allow more range of motion in physical activity.
11	Cooperation	Identify and demonstrate acceptable responses to challenges, success and failures in physical activity.
	Manipulative Skills	Demonstrate the underhand movement (throw) pattern.
	Manipulative Skills	Demonstrate the overhand movement (throw) pattern.
	Manipulative Skills	Catch a self-tossed ball

Week	Skill/Concept	Suggested Activities
	Movement Concepts	Demonstrate an awareness of personal space, general space, and boundaries while moving in different directions and at high, medium, and low levels in space
12	Movement Concepts	Identify the right and left sides of the body and movement from right to left and left to right.
	Movement Concepts	Identify people/objects that are within personal space and within boundaries
	Muscular Strength/Endurance	Demonstrate, for increasing periods of time, a “v” sit position, a push-up position with arms extended, and a squat position
	Muscular Strength/Endurance	Explain that strengthening muscles will help prevent injury and that strong muscles will produce more force
	Manipulative Skills	Catch, showing proper form, a gently thrown ball
13	Manipulative Skills	Demonstrate and explain how to reduce the impact force while catching an object
	Manipulative Skills	Describe the proper hand and finger position for catching a ball.
	Fitness (Muscular Strength/Endurance)	Move from a sitting to a standing position and from a lying to a sitting position without using arms to brace oneself while on the floor
	Social Skills	Identify and demonstrate acceptable responses to challenges, successes, and failures in physical activity
	Manipulative Skills	Demonstrate the two-handed overhead (throw) pattern.
14	Manipulative Skills	Explain that the point of release influences the direction of a tossed object and of a thrown object.
	Manipulative Skills	Identify examples of underhand and overhand movement patterns.
	Fitness (Muscular Strength/Endurance)	Travel hand-over-hand along a horizontal ladder or hang from an overhead bar
	Fitness (Muscular Strength/Endurance)	Discuss how prolonged physical activity increases endurance, allowing movement to occur for longer periods of time
	Manipulative Skills	Kick a rolled ball from a stationary position
15	Manipulative Skills	Kick a stationary ball, using a smooth, continuous running approach
	Manipulative Skills	Dribble a ball in a forward direction, using the inside of the foot.
	Manipulative Skills	Identify the placement of the non-kicking foot when kicking with a smooth, running approach.
	Fitness (Flexibility)	Diagram how flexible muscles allow more range of motion in physical activity.
	Social Skills	Participate willingly in new physical activities.