



Physical Education Scope and Sequence

KINDERGARTEN

Week	Skill/Concept	Suggested Activities
1	Spatial Awareness	SPARK Orientation and Personal Space. Stop and Go
	Locomotion (Walk, Run, Jog, Side Step)	Travel within a large group, without bumping into to others of falling, while using locomotion skills
	Rhythms (Tempos and Creative Moves)	Clap in time to a simple rhythmic beat
	Pathways	Travel in straight, curved, and zigzag pathways.
	Cooperation (Pairing & Moving Together)	Demonstrate the characteristics of sharing in a physical activity.
2	Movement Concepts	Explain the difference between under and over, behind and in front of, next to and through, up and down, forward and backward, and sideways.
	Balance (Balance and Stability)	Explain base of support
	Cooperation (Pairs Combining Movement)	Participate as a leader and a follower during physical activities
	Locomotion (Hop, Jump, Leap)	Identify the loco motor skills of hop, jump, leap, walk, run, jog, sidestep (slide).
	Fitness (Aerobic Capacity, Flexibility)	Participate 3-4 days each week in MVPA that increases breathing & heart rate.
	Fitness Body Composition	Explain that the body is composed of bones, organs, fat, and other tissues
3	Cooperation (Grouping and Making Bridges)	Accepting of all students
	Dodging	Travel forward, and sideways while changing direction quickly in response to a signal.
	Locomotion (Skip, Gallop)	Add skip and gallop into moving through space without bumping into each other.
	Fitness (Strength, Endurance)	Hang from overhead bars for increasing periods of time. Hold a plank position for increasing amounts of time
	Stations and Circuits	Introduction into station and circuit teaching protocol.
4	Cooperative Play	Parachute games
	Rhythms	Move and Grove
	Locomotor Skills	With Parachute perform the 8 locomotor skills
	Fitness (Trunk Flexibility and Strength)	Super Hero, Parachute Fitness
	Cooperative Play	Describe how positive social interaction can make physical activity with other more fun.
5	Cooperative Play	Identify the feelings that result from participation in physical activity.
	Rhythms	Locomotion to a steady beat
	Rhythms	Perform nonlocomotor movements to a steady beat.
	Movement concepts	Identify personal space, general space, and boundaries and discuss why they are important.

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	Movement concepts	Independently use personal space, general space, and boundaries and discuss why they are important.
	Fitness concepts	Identify the location of the heart and explain that it is a muscle.
6	Body Awareness	Balance on one, two, three, four, and five body parts.
	Body Management	Balance while walking forward and sideways on a narrow, elevated surface.
	Body Management	Demonstrate the relationship of under, over, behind, next to, through, right, left, up, down, forward, backward, and in front of by using the body and an object.
	Body Management	Explain the difference between under and over, behind and in front of, next to and through, up and down, forward and backward, and sideways.
	Body Management	Explain base of support.
7	Manipulative skills	Strike a stationary ball or balloon with the hands, arms, and feet.
	Manipulative skills	Explain the role of the eyes when striking objects with the hands, arms, and feet.
	Fitness (Muscular Strength/Endurance)	Climb a ladder, jungle gym, or apparatus.
	Fitness (Muscular Strength/Endurance)	Describe the role of muscles in moving the bones.
	Fitness (Body Composition)	Explain that the body is composed of bones, organs, fat, and other tissues.
8	Manipulative skills	Toss a ball to oneself, using the underhand throw pattern, and catch it before it bounces twice.
	Group Dynamics	Participate as a leader and a follower during physical activities.
	Fitness (Flexibility)	Identify the body part involved when stretching.
	Fitness (Aerobic Capacity)	Identify the location of the lungs and explain the role of the lungs in the collection of oxygen.
	Fitness Concepts	Explain that nutritious food provides energy for physical activity.
9	Manipulative Skills	Bounce a ball continuously, using two hands.
	Manipulative Skills	Describe the position of the fingers in the follow-through phase of bouncing a ball continuously.
	Fitness Concepts	Participate in physical activities that are enjoyable and challenging
	Rhythmic Skills	Perform locomotor and nonlocomotor movements to a steady beat.
	Fitness Concepts	Identify physical activities that are enjoyable and challenging.
10	Manipulative Skills	Kick a stationary object, using a simple kicking pattern.
	Manipulative Skills	Identify the point of contact for kicking a ball in a straight line
	Fitness (Aerobic Capacity)	Participate three to four days each week in moderate to vigorous physical activities that increase breathing and heart rate.
	Fitness (Aerobic Capacity)	Explain that physical activity increases the heart rate.
	Self –Responsibility	Participate willingly in physical activities.
11	Manipulative skills	Strike a stationary ball or balloon with the hands, arms, and feet.
	Manipulative skills	Explain the role of the eyes when striking objects with the hands, arms, and feet.
	Fitness (Muscular Strength/Endurance)	Climb a ladder, jungle gym, or apparatus.

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	Fitness (Muscular Strength/Endurance)	Describe the role of muscles in moving the bones.
	Fitness (Body Composition)	Explain that the body is composed of bones, organs, fat, and other tissues.
12	Manipulative skills	Strike a stationary ball or balloon with the hands, arms, and feet.
	Manipulative skills	Explain the role of the eyes when striking objects with the hands, arms, and feet.
	Fitness (Muscular Strength/Endurance)	Climb a ladder, jungle gym, or apparatus.
	Fitness (Muscular Strength/Endurance)	Describe the role of muscles in moving the bones.
	Fitness (Body Composition)	Explain that the body is composed of bones, organs, fat, and other tissues.
13	Manipulative skills	Toss a ball to oneself, using the underhand throw pattern, and catch it before it bounces twice.
	Group Dynamics	Participate as a leader and a follower during physical activities.
	Fitness (Flexibility)	Identify the body part involved when stretching.
	Fitness (Aerobic Capacity)	Identify the location of the lungs and explain the role of the lungs in the collection of oxygen.
	Fitness Concepts	Explain that nutritious food provides energy for physical activity.
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	Fitness Concepts	Participate in physical activities that are enjoyable and challenging
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15	Manipulative Skills	Kick a stationary object, using a simple kicking pattern.
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	Fitness (Aerobic Capacity)	Participate three to four days each week in moderate to vigorous physical activities that increase breathing and heart rate.
	Fitness (Aerobic Capacity)	Explain that physical activity increases the heart rate.
	Self-Responsibility	Participate as a leader and follower in physical activities.