

Physical Education Scope & Sequence

Key: I = Introduce (General Overview/Brief Exposure)

E = Emphasize (Skill Development)

R = Reinforce (Review/challenge)

PS-2 Gr. 3-5 Gr. 6-8

Responsible Behavior

Personal Behavior

Knowledge of self	I	E	E-R
Self-respect	I	E	E-R
Perseverance	I	E	R
Personal integrity	I	E	E-R
Stewardship	I	E	R

Social Behavior

Cooperation	I-E	E	R
Competition	I-E	E	R
Justice	I-E	E-R	R
Respect	I-E	E-R	R

Basic Movement Skills

Body Awareness

Body parts	I-E-R
Body shapes	I-E-R
Balance	I-E-R

Locomotor Skills

Walk forward/backward	I-E-R
Skip	I-E-R
Hop	I-E-R
Jump	I-E-R
Leap	I-E-R
Slide	I-E-R
Gallop	I-E-R
Run	I-E-R
Jog	I-E-R
Crawl	I-E-R
Roll	I-E-R

Spatial Awareness

General space	I-E-R
Self space	I-E-R
Direction	I-E-R
Level	I-E-R
Pathway	I-E-R
Extension	I-E-R

Qualities of Movement

Speed/time	I-E-R
Force	I-E-R
Flow	I-E-R

Non-Locomotor Skills

Bend	I-E-R
Rock	I-E-R
Swing	I-E-R
Turn	I-E-R
Twist	I-E-R
Stretch	I-E-R
Push	I-E-R
Pull	I-E-R

Manipulatives

Throw	I-E-R
Catch	I-E-R
Kick	I-E-R
Strike	I-E-R
Bounce	I-E-R
Hula hoops	I-E-R

Developmental Games & Activities

Individual & partner activities	I	E-R
Small group games & relays	I	E-R
Whole class games	I	E

Sports Skills & Lifetime Activities

Individual & Dual Sports

Tennis	I-E	R	
Track & field	I-E	I-R	
Frisbee golf	I-E	R	
Gymnastics: Stunts & Tumbling	I	E	R
Gymnastics: Balance Beam	I	E	R

Team Sports

Basketball	I-E	R
Volleyball	I-E	R
Soccer	I-E	R
Flag football	I	E-R
Hockey	I	E-R
Softball	I	E-R

Rhythms, Dance & Creative Expression

Fundamental rhythms	I-E	R	R
Creative Expression	I-E	R	
Aerobic dance	I	E	R
Folk dance	I	E	R
Square dance		I-E-R	
Line dance	I	E	R
Social dance			I-E-R
Jumping rope	I	E	R

Personal Fitness & Healthy Active Living

Health Related Fitness

Cardiovascular endurance	I	E	E-R
Muscular strength & endurance	I	E	E-R
Flexibility	I	E	E-R
Body composition (optional)		I	E-R

Skill Related Fitness

Agility	I	E	E-R
Speed	I	E	E-R
Coordination	I	E	E-R
Balance	I	E	E-R
Power	I	E	E-R