

Physical Education: SCOPE AND SEQUENCE

	Toddler	Early Learner	Preschool	Prekindergarten	Kindergarten	First	Second	Third	Fourth	Fifth	Sixth	Seventh	Eighth
Standard 1: Motor Skills and Movement Patterns													
Benchmark 1: Practice and exercise specific skills for motor skills and movement	Walk forward and backward, hopp, walk on toes, run, jump, roll, slide, climb, bend over, stand on one foot		Walk forward and backward, hop, walk on toes, run, jump, roll, slide, climb, bend over, stand on one foot, chase, flee, dodge	walk, hop, skip, gallop, walk on toes, run, jump, leap, jump off steps, roll, slide, climb, bend over, stand on one foot, butt kicks, high knees, chase, flee, dodge	Walk, hop, skip, gallop, walk on toes, run, jump, leap, jump, roll, slide, climb, bend over, stand on one foot, butt kicks, high knees, chase, flee, dodge	Walk, hop, skip, gallop, walk on toes, run, jump, leap, roll, slide, climb, bend over, stand on one foot, grapevine, butt kicks, high knees, spiderman crawl, ladders				Demonstrate selected locomotor skills			
	Demonstrate the following non-locomotor skills: push, pull, bend, stretch, twist, turn, life, swing, stop, dodge, balance		Demonstrate the following non-locomotor skills: push, pull, bend, stretch, twist, turn, lift, swing, stop, dodge, balance					Demonstrate the following non-locomotor skills: push, pull, bend, stretch, twist, turn, lift, swing, stop, dodge, balance		Designs and performs routines of locomotor skills			
	begin to recognize and respect self or personal and general space									Demonstrate selected postural, non-locomotor and body control			
	follow directions, levels, pathways and					Follow directions, levels, pathways, time, force and flow				Demonstrate selected object control and			

	Experiment in movement exploration activities												
	Demonstrate they can move through an obstacle course with varying levels and directions												
	Practice manipulative activities												
	Practice toss and catch activities												
	Practice jumping activities					Demonstrate proficient movement skills in individual and dual activities							
	Identify and perform animal movements												
					Practice and participate in cooperative and individual activities								
								Combine and apply multiple movement patterns, simple to complex in					

strategies as they apply to the learning and performance of physical activity													
	Practice manipulative activities				Combine manipulative skills								
	Practice jumping activities												
	Experiment in movement exploration activities												
	Identify correctly various simple body parts (knee, foot, arm, shoulders, etc)												
			Develop skills in organized games										
					Combine two or more locomotor/non-locomotor movements								
						Time movements in relation to other obstacles/variables							
						Begin passing accurately in game conditions							
								Pass accurately in game conditions					

	and outside of physical education												
						Develop personal goals to improve one's performance in physical education							
										Become competent in a select number of physical activities they enjoy and succeed in			
Standard 4: Value of Healthy Lifestyle													
Benchmark 1: Display knowledge of the human body	Identify major body parts of the body						Identify major internal and external body parts						
	Practice basic stretching exercises for the shoulders, legs, arms, and back												
			Comprehend that muscles are part of the body and help us move		Identify basic muscles (ex. Heart, quadriceps) in the body and how the muscles are used for physical activity and moving bones		Correctly demonstrate activities designed to improve and maintain muscular strength, muscular endurance, flexibility and cardiovascular functioning						

					Comprehend the importance of slow, static movements during exercises to prevent injury								
Benchmark 2: Express interest in participation and performance of activity	Associate the positive feelings derived from movement with the physical activity experience so that movement becomes an enjoyable lifelong habit												
			Participate three to five days each week in moderate to vigorous physical activities that increase breathing and heart rate		Participate five days each week in moderate to vigorous physical activities that increase breathing and hear rate								
Benchmark 3: Show basic knowledge of nutrition	Comprehend the role of healthy food in providing energy for physical activity					Comprehend the role of nutrition in providing energy for physical activity							
	Comprehend that water is important for the body				Describe the role of water as an essential nutrient for the body								
					Explain the nutritious food provides energy for our body								

	Respect feedback from self and others												
					Identify and apply the skill- related components necessary to participate in each sports unit								
					Explain and demonstrate offensive and defensive strategies in the sports units								
					Analyze and respect feedback from self and others								