



Scope & Sequence

Grades K–5





Lessons at a Glance • PE Units

	K	1	2	3	4	5
Unit 1: PE 101						
Lesson 1	Moving My Body					
Lesson 2	Equipment and Safety					
Lesson 3	Sporting Behavior					
Unit 2: Foot Dribble and Pass						
Lesson 1	Sole Roll and Tap	Dribble While Walking I	Dribble While Walking I	Dribble While Jogging I	Passing	Passing and Receiving Review
Lesson 2	Dribble with Inside of Foot	Dribble While Walking II	Dribble While Walking II	Dribble While Jogging II	Receiving	Foot Passing in Action
Lesson 3	Assess – Foot Dribble and Pass					
Unit 3: Kick						
Lesson 1	Kick a Stationary Ball I	Kick a Stationary Ball	Kick a Ball Moving on the Ground	Kick a Moving Ball I	Kick a Moving Ball I	Kick a Moving Ball
Lesson 2	Kick a Stationary Ball II	Approach a Stationary Ball	Kick a Ball Moving in the Air	Kick a Moving Ball II	Kick a Moving Ball II	Punt
Lesson 3	Assess – Kick					
Unit 4: Catch						
Lesson 1	Catch After a Bounce	Catch a Self-Toss	Catch a Ball Tossed Underhand	Catch a Ball Tossed Underhand	Catch in Various Positions	Catch in Various Positions
Lesson 2	Catch a Self-Toss	Catch Without Trapping	Catch a Ball Thrown Overhand	Catch a Ball Thrown Overhand	Catch in Action	Catch in Action
Lesson 3	Assess – Catch					
Unit 5: Throw						
Lesson 1	Self-Toss	Self-Toss and Underhand Throw I	Overhand Throw I	Overhand Throw I	Throw While Moving I	Throw While Moving I
Lesson 2	Underhand Throw	Self-Toss and Underhand Throw II	Overhand Throw II	Overhand Throw II	Throw While Moving II	Throw While Moving II
Lesson 3	Assess – Throw					
Unit 6: Hand Dribble and Pass						
Lesson 1	Dribble with One Hand I	Dribble with One Hand I	Dribble While Walking I	Dribble While Jogging I	Dribble While Jogging	Passing
Lesson 2	Dribble with One Hand II	Dribble with One Hand II	Dribble While Walking II	Dribble While Jogging II	Passing	Protecting
Lesson 3	Assess – Hand Dribble and Pass					
Unit 7: Volley						
Lesson 1	Volley to Self I	Volley to Self	Volley to a Partner I	Volley to a Partner I	Underhand Pass	Underhand and Overhead Pass
Lesson 2	Volley to Self II	Volley to a Partner	Volley to a Partner II	Volley to a Partner II	Overhead Pass	Volley in Action
Lesson 3	Assess – Volley					
Unit 8: Jump, Balance, Spin, and Roll						
Lesson 1	Jump and Spin	Jump and Spin	Jump and Spin	Jump from Various Heights	Full Turn Jump	Full Turn Jump
Lesson 2	Balance and Roll	Balance and Roll	Tuck Jump, Balance, and Roll	Jump and Balance	Balance	Balance
Lesson 3	Assess – Jump, Balance, Spin, and Roll					
Unit 9: Jump Rope						
Lesson 1	Jump a Short Rope	Jump a Short Rope	Jump a Short Rope	Short Jump Rope Tricks	Short Jump Rope Tricks	Short Jump Rope Tricks
Lesson 2	Swing and Jump a Long Rope	Turn and Jump a Long Rope	Turn and Jump a Long Rope	Long Jump Rope Tricks	Long Jump Rope Tricks	Long Jump Rope Tricks
Lesson 3	Assess – Jump Rope					
Unit 10: Strike with Manipulative						
Lesson 1	Strike with Hand	Strike with Hand	Strike Off Ground or Elevation I	Strike Off Ground or Elevation	Strike Off Elevation with a Partner	Strike Off Elevation with a Partner
Lesson 2	Strike with Short Handle	Strike with Short Handle	Strike Off Ground or Elevation II	Strike Over a Net	Strike Over a Net with a Partner	Strike Over a Net with a Partner
Lesson 3	Assess – Strike with Manipulative					
Unit 11: Track & Field						
Lesson 1	Hop and Gallop	Hop, Gallop, Slide, and Skip	Locomotor Skills	Locomotor Skills	Locomotor Skills	Locomotor Skills
Lesson 2	Slide, Skip, and Walk	Walk, Run, Over, and Under	Over and Under	Leap	Long Jump	Long Jump
Lesson 3	Assess – Track & Field					
Unit 12: Beyond the Gym and Dance						
Lesson 1	Beyond the Gym I					
Lesson 2	Beyond the Gym II					
Lesson 3	Beyond the Gym III					



Scope & Sequence

Kindergarten



Unit	Lesson	Address	Purpose	Objectives
PE 101	Moving My Body	0U01-1	The purpose of this lesson is for students to identify the benefits of regular physical activity, that food fuels the body, and the importance of hydration.	<ul style="list-style-type: none"> Recognize active play as an important part of good health and its immediate effect on the heart and lungs. Recognize the benefits of choosing healthy food and drinking water. Acknowledge personal responsibility for behavior.
	Equipment and Safety	0U01-2	The purpose of this lesson is for students to recognize the importance of using safety equipment and safe practices to prevent injury.	<ul style="list-style-type: none"> Name what to wear and guidelines to stay safe while playing. Listen to and follow directions while sharing equipment and space with peers. Recognize the effect of goal-setting to improve personal health.
	Sporting Behavior	0U01-3	The purpose of this lesson is for students to define and demonstrate sporting behavior.	<ul style="list-style-type: none"> Define sporting behavior. Participate actively in physical education class, follow directions and rules, use safe behaviors, and take turns. Identify how to measure progress toward personal goals.
Foot Dribble and Pass	Sole Roll and Tap	0U02-1	The purpose of this lesson is for students to roll the ball with the sole of the foot.	<ul style="list-style-type: none"> Demonstrate control of the ball with foot. Use the inside of foot to tap the ball, sending it forward. Share equipment and space with peers.
	Dribble with Inside of Foot	0U02-2	The purpose of this lesson is for students to review and sequentially build mastery of controlling the ball with the foot.	<ul style="list-style-type: none"> Demonstrate control of the ball with foot. Identify foot dribbling as tapping the ball with the inside of the foot, sending it forward. Achieve brief balance on different bases of support.
	Assess – Foot Dribble and Pass	0U02-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of introductory foot dribbling skills.	<ul style="list-style-type: none"> Demonstrate control of the ball with foot. Use the inside of foot to tap the ball, sending it forward. Travel in general space with varying speeds.
Kick	Kick a Stationary Ball I	0U03-1	The purpose of this lesson is for students to practice kicking a stationary ball.	<ul style="list-style-type: none"> Demonstrate kicking a stationary ball from a stationary position. Perform jumping and landing with balance. Follow directions and participate safely.
	Kick a Stationary Ball II	0U03-2	The purpose of this lesson is for students to review kicking a stationary ball.	<ul style="list-style-type: none"> Demonstrate kicking a stationary ball from a stationary position. Demonstrate kicking a ball with the inside of foot. Differentiate between moving in personal and general space.
	Assess – Kick	0U03-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of introductory kicking skills.	<ul style="list-style-type: none"> Demonstrate tapping a ball using the inside of the foot. Demonstrate kicking a stationary ball from a stationary position. Participate actively while following directions and instructions.

Unit	Lesson	Address	Purpose	Objectives
Catch	Catch After a Bounce	0U04-1	The purpose of this lesson is for students to practice catching a ball after a bounce.	<ul style="list-style-type: none"> • Demonstrate dropping and catching a ball after one bounce. • Perform catching a bounced ball with hands and trapping against body. • Demonstrate proper use of equipment.
	Catch a Self-Toss	0U04-2	The purpose of this lesson is for students to practice catching a self-tossed or large ball thrown by a skilled thrower.	<ul style="list-style-type: none"> • Demonstrate dropping and catching a ball after one bounce. • Perform catching a self-tossed or thrown ball. • Demonstrate proper use of equipment.
	Assess – Catch	0U04-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of introductory catching skills.	<ul style="list-style-type: none"> • Demonstrate catching a tossed ball. • Acknowledge teacher directives and instructions. • Demonstrate proper use of equipment.
Throw	Self-Toss	0U05-1	The purpose of this lesson is for students to practice tossing a ball to themselves in preparation for underhand throw.	<ul style="list-style-type: none"> • Perform a self-toss and catch. • Perform a step with the opposite foot when throwing. • Share equipment and space with others.
	Underhand Throw	0U05-2	The purpose of this lesson is for students to review self toss and catch and to practice underhand throw.	<ul style="list-style-type: none"> • Demonstrate underhand throw with the opposite foot forward. • Differentiate between movement in personal and general space. • Cooperate by sharing equipment and space with others.
	Assess – Throw	0U05-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of introductory throwing skills.	<ul style="list-style-type: none"> • Demonstrate underhand throw with the opposite foot forward. • Demonstrate catching a tossed ball. • Cooperate by sharing equipment and space with others.
Hand Dribble and Pass	Dribble with One Hand I	0U06-1	The purpose of this lesson is for students to practice dribbling with one hand.	<ul style="list-style-type: none"> • Demonstrate catching a large, tossed ball. • Perform dribbling a ball at three different speeds. • Demonstrate dropping and catching a ball before two bounces.
	Dribble with One Hand II	0U06-2	The purpose of this lesson is for students to review dribbling with one hand.	<ul style="list-style-type: none"> • Demonstrate catching a large, tossed ball. • Perform dribbling a ball with preferred hand in multiple directions. • Share space and equipment with peers.
	Assess – Hand Dribble and Pass	0U06-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of introductory hand dribbling skills.	<ul style="list-style-type: none"> • Perform dropping and catching a ball before two bounces. • Demonstrate dribbling a ball with preferred hand and attempt a second contact. • Demonstrate catching a large, tossed ball.



Scope & Sequence • Kindergarten

Unit	Lesson	Address	Purpose	Objectives
Volley	Volley to Self I	0U07-1	The purpose of this lesson is for students to practice volleying a lightweight object to self.	<ul style="list-style-type: none"> • Volley light objects in an upward motion. • Cooperate by following directions and sharing space and equipment with peers. • Demonstrate moving at three different speeds.
	Volley to Self II	0U07-2	The purpose of this lesson is for students to review volleying a lightweight object to self.	<ul style="list-style-type: none"> • Volley light objects in an upward motion. • Cooperate by following directions and using equipment properly and safely. • Demonstrate moving at three different speeds.
	Assess – Volley	0U07-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of introductory volleying skills.	<ul style="list-style-type: none"> • Volley light objects in an upward motion. • Actively participate in PE class. • Cooperate by following directions and safety procedures.
Jump, Balance, Spin, and Roll	Jump and Spin	0U08-1	The purpose of this lesson is for students to practice fundamental jumping and spinning techniques.	<ul style="list-style-type: none"> • Perform balancing while jumping and landing. • Demonstrate running at three different speeds. • Share space and equipment with peers.
	Balance and Roll	0U08-2	The purpose of this lesson is for students to practice fundamental balance and rolling techniques.	<ul style="list-style-type: none"> • Perform wide, narrow, curled, and twisted shapes while rolling and jumping. • Demonstrate balancing while jumping and landing. • Demonstrate moving at three different speeds.
	Assess – Jump, Balance, Spin, and Roll	0U08-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of introductory jump, balance, spin, and roll skills.	<ul style="list-style-type: none"> • Demonstrate balancing while jumping and landing. • Perform curling and stretching out the body while rolling or jumping. • Demonstrate running at three different speeds.
Jump Rope	Jump a Short Rope	0U09-1	The purpose of this lesson is for students to practice jumping a short rope.	<ul style="list-style-type: none"> • Follow directions in group activities. • Complete a single jump using a short rope. • Demonstrate jumping and landing while maintaining balance.
	Swing and Jump a Long Rope	0U09-2	The purpose of this lesson is for students to review jumping a short rope and practice swinging and jumping a long rope.	<ul style="list-style-type: none"> • Jump over a long rope with teacher assistance. • Follow teacher directions during all parts of the lesson and with few reminders. • Follow directions during large group activities.
	Assess – Jump Rope	0U09-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of introductory jump rope skills.	<ul style="list-style-type: none"> • Complete a single jump using a short rope and jump over a long rope with teacher assistance. • Accept responsibility for behavior when asked. • Explain why it's fun to play with friends and find chances to be active outside of PE class.



Scope & Sequence • Kindergarten

Unit	Lesson	Address	Purpose	Objectives
Strike with Manipulative	Strike with Hand	0U10-1	The purpose of this lesson is for students to practice striking an object with the hand in preparation for striking with a short-handled paddle.	<ul style="list-style-type: none"> Strike an object with a short-handled implement. Display what safe behavior looks like in class. Follow rules during all activities.
	Strike with Short Handle	0U10-2	The purpose of this lesson is for students to review striking an object with the hand and practice striking with a short-handled paddle.	<ul style="list-style-type: none"> Demonstrate improvement by striking an object with a short-handled implement. Provide good effort in all games and activities. Share with others during PE class.
	Assess – Strike with Manipulative	0U10-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of striking with manipulative skills.	<ul style="list-style-type: none"> Demonstrate improvement by striking an object with a short-handled implement. Provide great effort in all games and activities. Follow the teacher's directions with few reminders.
Track & Field	Hop and Gallop	0U11-1	The purpose of this lesson is for students to practice hopping and galloping with balance and control.	<ul style="list-style-type: none"> Travel using at least three different pathways. Demonstrate the locomotor movement jump while staying balanced. Display different locomotor movements while keeping balanced.
	Slide, Skip, and Walk	0U11-2	The purpose of this lesson is for students to practice sliding, skipping, and walking with balance and control.	<ul style="list-style-type: none"> Travel around the gym using different speeds. Follow directions during PE lessons. Participate safely during class using equipment and with few reminders.
	Assess – Track & Field	0U11-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of hop, gallop, slide, skip, and walk.	<ul style="list-style-type: none"> Travel using three different pathways. Demonstrate different locomotor movements while staying balanced. Follow teachers' directions during large group settings and activities.
Beyond the Gym and Dance	Beyond the Gym I	0U12-1	The purpose of this lesson is for students to mirror movement and basic rhythm patterns and practice accepting feedback.	<ul style="list-style-type: none"> Cooperate by listening to the teacher and following instructions. Follow a dance led by the teacher while staying in one's own personal space. Demonstrate making wide, narrow, curled, and twisted shapes.
	Beyond the Gym II	0U12-2	The purpose of this lesson is for students to review movement and basic rhythm patterns and introduce perseverance.	<ul style="list-style-type: none"> Actively participate in PE class. Recognize that challenging activities can lead to success. Follow a dance led by the teacher while staying in one's own personal space.
	Beyond the Gym III	0U12-3	The purpose of this lesson is for students to demonstrate personal expression through creative dance skills and identify enjoyment of physical activities outside PE.	<ul style="list-style-type: none"> Identify physical activities that are enjoyable. Discuss the enjoyment of playing with friends. Follow a dance led by the teacher while staying in one's own personal space.



Scope & Sequence

1st Grade



Unit	Lesson	Address	Purpose	Objectives
PE 101	Moving My Body	1U01-1	The purpose of this lesson is for students to identify the benefits of regular physical activity for the heart and lungs, healthy food choices, and hydration options.	<ul style="list-style-type: none"> Discuss the effect of physical activity on the heart and lungs. Identify healthy foods and drinks and their impact on the body. Actively engage in physical activity.
	Equipment and Safety	1U01-2	The purpose of this lesson is for students to review the importance of safety equipment and safe practices to prevent injury.	<ul style="list-style-type: none"> Describe what to wear and guidelines to stay safe while playing. Use equipment and space responsibly. Create a goal to improve personal health.
	Sporting Behavior	1U01-3	The purpose of this lesson is for students to review and demonstrate sporting behavior.	<ul style="list-style-type: none"> Cooperate with others and express feelings in a respectful way. Participate actively while following directions and rules and using safe behaviors. Describe how to measure progress toward personal goals.
Foot Dribble and Pass	Dribble While Walking I	1U02-1	The purpose of this lesson is for students to review sole roll and practice foot dribbling.	<ul style="list-style-type: none"> Demonstrate using the inside of the foot to dribble while walking. Accept personal responsibility by using equipment and space appropriately. Participate by following the rules and directions.
	Dribble While Walking II	1U02-2	The purpose of this lesson is for students to review foot dribbling.	<ul style="list-style-type: none"> Demonstrate using the inside of the foot to dribble while walking. Differentiate and demonstrate levels of travel. Explain personal reasons for enjoying physical activities.
	Assess – Foot Dribble and Pass	1U02-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of foot dribbling skills.	<ul style="list-style-type: none"> Demonstrate twisting, curling, bending, and stretching actions. Perform dance with weight transfer from one body part to another. Demonstrate using the inside of the foot to dribble while walking.
Kick	Kick a Stationary Ball	1U03-1	The purpose of this lesson is for students to review kicking a stationary ball.	<ul style="list-style-type: none"> Apply the critical elements of kicking a stationary ball. Perform dance combining locomotor and nonlocomotor skills. Demonstrate movement to a beat or rhythm.
	Approach a Stationary Ball	1U03-2	The purpose of this lesson is for students to practice approaching and kicking a stationary ball.	<ul style="list-style-type: none"> Perform an approach when kicking a stationary ball forward. Differentiate between strong and light force. Demonstrate low, middle, and high levels when traveling.
	Assess – Kick	1U03-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of kicking skills.	<ul style="list-style-type: none"> Perform an approach when kicking a stationary ball forward. Recognize the challenge in activities can lead to success Actively participate by following rules and directions.

Unit	Lesson	Address	Purpose	Objectives
Catch	Catch a Self-Toss	1U04-1	The purpose of this lesson is for students to practice catching a self-tossed or large ball thrown by a skilled thrower.	<ul style="list-style-type: none"> Demonstrate catching a self-tossed ball before it bounces. Demonstrate catching various sizes of balls. Recognize that practicing challenging activities will improve skills.
	Catch Without Trapping	1U04-2	The purpose of this lesson is for students to practice catching a ball without trapping it against the body.	<ul style="list-style-type: none"> Demonstrate catching a self-tossed ball before it bounces. Demonstrate catching various sizes of balls. Differentiate between fast and slow speeds.
	Assess – Catch	1U04-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of catching skills.	<ul style="list-style-type: none"> Demonstrate catching a self-tossed ball before it bounces. Demonstrate catching various sizes of balls. Move in response to designated beats or rhythms.
Throw	Self-Toss and Underhand Throw I	1U05-1	The purpose of this lesson is for students to review self-toss and practice underhand throw.	<ul style="list-style-type: none"> Demonstrate underhand throw with the opposite foot forward. Demonstrate catching a self-tossed ball. Demonstrate movement to a beat or rhythm.
	Self-Toss and Underhand Throw II	1U05-2	The purpose of this lesson is for students to review self-toss and underhand throw.	<ul style="list-style-type: none"> Demonstrate weight transfer by stepping with the opposite foot when underhand dribbling. Differentiate between strong and light force. Demonstrate movement to a beat or rhythm.
	Assess – Throw	1U05-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of throwing skills.	<ul style="list-style-type: none"> Transfer body weight by stepping when throwing. Discuss the benefits of being active and exercising and/or playing. Identify the connection between physical activity and good health.
Hand Dribble and Pass	Dribble with One Hand I	1U06-1	The purpose of this lesson is for students to practice dribbling with one hand.	<ul style="list-style-type: none"> Dribble a ball with the preferred hand. Discuss what parts of physical fitness bring personal joy and why. Connect physical activity with good health.
	Dribble with One Hand II	1U06-2	The purpose of this lesson is for students to review dribbling with one hand.	<ul style="list-style-type: none"> Dribble a ball with the preferred hand. Discuss what parts of physical fitness bring personal joy and why. Connect physical activity with good health.
	Assess – Hand Dribble and Pass	1U06-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of hand dribbling skills.	<ul style="list-style-type: none"> Dribble a ball with the preferred hand. Discuss what parts of physical fitness bring personal joy and why. Connect physical activity with good health.

Unit	Lesson	Address	Purpose	Objectives
Volley	Volley to Self	1U07-1	The purpose of this lesson is for students to practice volleying an object to self.	<ul style="list-style-type: none"> Volley a ball upward with the hand. Understand that challenges in physical activity can lead to success. Identify how physical activity can generate positive feelings.
	Volley to a Partner	1U07-2	The purpose of this lesson is for students to practice volleying an object to self and with a partner.	<ul style="list-style-type: none"> Volley a ball upward with the hand. Volley a ball or lightweight object with a partner. Identify how physical activity can generate positive feelings.
	Assess – Volley	1U07-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of volleying skills.	<ul style="list-style-type: none"> Volley a ball upward with the hand. Volley a ball or lightweight object with a partner. Identify how physical activity can generate positive feelings.
Jump, Balance, Spin, and Roll	Jump and Spin	1U08-1	The purpose of this lesson is for students to review fundamental jumping and spinning techniques.	<ul style="list-style-type: none"> Demonstrate moving the body while crouching, bending, and jumping. Bend knees to jump with two feet while swinging arms up or forward. Cooperate by listening and responding to directions from the teacher.
	Balance and Roll	1U08-2	The purpose of this lesson is for students to review fundamental balance and rolling techniques.	<ul style="list-style-type: none"> Perform balancing on one foot and then the other foot. Demonstrate rolling in a straight or curled position. Remain stable while making different body shapes.
	Assess – Jump, Balance, Spin, and Roll	1U08-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of jump, balance, spin, and roll skills.	<ul style="list-style-type: none"> Travel and move in different levels such as crouching, bending, and jumping. Transfer weight and demonstrate critical elements of jumping and balancing. Roll with body in a straight or curled position.
Jump Rope	Jump a Short Rope	1U09-1	The purpose of this lesson is for students to practice jumping a short rope consecutively.	<ul style="list-style-type: none"> Jump forward and backward using a single rope. Use space and equipment in a safe manner. Follow teacher directions during all jump rope activities.
	Turn and Jump a Long Rope	1U09-2	The purpose of this lesson is for students to review jumping a short rope and practice turning and jumping a long rope consecutively.	<ul style="list-style-type: none"> Jump forward and backward using a short rope. Jump a teacher-turned long rope five times without stopping. Follow teacher directions during all jump rope activities.
	Assess – Jump Rope	1U09-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of jump rope skills.	<ul style="list-style-type: none"> Jump teacher-turned long rope five times without stopping. Identify jump roping as a physical activity and good for personal health. Use safe space and equipment properly during assessment and activities.



Scope & Sequence • First Grade

Unit	Lesson	Address	Purpose	Objectives
Strike with Manipulative	Strike with Hand	1U10-1	The purpose of this lesson is for students to review striking an object with the hand and practice striking with a short-handled paddle.	<ul style="list-style-type: none"> Strike a ball using a short-handled implement, sending it upwards. Stay engaged during all activities in PE Exhibit respect and cooperation with others.
	Strike with Short Handle	1U10-2	The purpose of this lesson is for students to review striking with a short-handled paddle.	<ul style="list-style-type: none"> Strike a ball using a short-handled implement, sending it upwards. Participate in moderate to vigorous levels of physical activities. Use equipment safely.
	Assess – Strike with Manipulative	1U10-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of striking with manipulative skills.	<ul style="list-style-type: none"> Strike a ball using a short-handled implement, sending it upwards. Strike a ball at different levels. Follow rules and safety guidelines.
Track & Field	Hop, Gallop, Slide, and Skip	1U11-1	The purpose of this lesson is for students to practice hopping, galloping, sliding, and skipping with balance and control.	<ul style="list-style-type: none"> Display correct forms for hop, gallop, jog, and slide. Maintain balance while practicing locomotor movements. Continually stay active throughout PE activities.
	Walk, Run, Over, and Under	1U11-2	The purpose of this lesson is for students to practice walking, running, and traveling over or under with balance and control.	<ul style="list-style-type: none"> Travel around objects in a variety of ways. Participate and focus in PE class. Follow directions safely while using equipment correctly and with no reminders.
	Assess – Track & Field	1U11-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of locomotor skills.	<ul style="list-style-type: none"> Hop, gallop, jog, and slide using correct form. Stay focused during all PE activities. Follow directions safely while using equipment correctly and with no reminders.
Beyond the Gym and Dance	Beyond the Gym I	1U12-1	The purpose of this lesson is for students to follow movement and basic rhythm patterns in four counts and respond to teacher feedback.	<ul style="list-style-type: none"> Perform a choreographed dance in response to designated beats or rhythms. Acknowledge feedback from the teacher appropriately. Actively engage in physical activities.
	Beyond the Gym II	1U12-2	The purpose of this lesson is for students to review movement and basic rhythm patterns in four counts and recognize the benefits of perseverance.	<ul style="list-style-type: none"> Recognize that challenging activities can lead to success. Perform a choreographed dance in response to designated beats or rhythms. Demonstrate twisting, curling, bending, and stretching actions.
	Beyond the Gym III	1U12-3	The purpose of this lesson is for students to demonstrate personal expression through creative dance skills and identify enjoyment of physical activities outside PE.	<ul style="list-style-type: none"> Actively participate in dances led by a teacher. Identify how physical activity can generate positive feelings. Explain why one should participate in physical activity.



Scope & Sequence

2nd Grade





Scope & Sequence • Second Grade

Unit	Lesson	Address	Purpose	Objectives
PE 101	Moving My Body	2U01-1	The purpose of this lesson is for students to identify components of physical activities and balanced nutrition habits that contribute to overall fitness.	<ul style="list-style-type: none"> Explain different components of physical activity such as endurance and frequency. Describe how different foods and drinks provide healthy fuel for the body and the importance of balance and variety. Participate actively and with correct form.
	Equipment and Safety	2U01-2	The purpose of this lesson is for students to review the importance of safety equipment and to practice working safely with others and equipment.	<ul style="list-style-type: none"> Explain what to wear and guidelines to stay safe while playing inside or outside. Participate and safely use equipment. Identify ways to measure progress toward a health-related goal.
	Sporting Behavior	2U01-3	The purpose of this lesson is for students to practice following rules and managing conflict in an appropriate and peaceful manner.	<ul style="list-style-type: none"> Cooperate with others and demonstrate respect when conflict arises. Recognize why we have rules and accept responsibility for following them. Demonstrate ways to measure progress toward a health-related goal.
Foot Dribble and Pass	Dribble While Walking I	2U02-1	The purpose of this lesson is for students to practice foot dribbling while walking.	<ul style="list-style-type: none"> Demonstrate control of ball and body while dribbling. Identify activities that contribute to fitness. Demonstrate cooperation with others.
	Dribble While Walking II	2U02-2	The purpose of this lesson is for students to review foot dribbling while walking.	<ul style="list-style-type: none"> Demonstrate control of ball and body while dribbling. Recognize the role of rules and etiquette in activities. Demonstrate cooperation with others.
	Assess – Foot Dribble and Pass	2U02-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of foot dribbling skills.	<ul style="list-style-type: none"> Demonstrate control of ball and body while dribbling. Exhibit respect for equipment and others. Exhibit personal responsibility for behavior.
Kick	Kick a Ball Moving on the Ground	2U03-1	The purpose of this lesson is for students to practice kicking a ball moving on the ground.	<ul style="list-style-type: none"> Perform a running approach to kick a moving ball. Participate independently with others. Demonstrate the critical elements of kicking a moving ball.
	Kick a Ball Moving in the Air	2U03-2	The purpose of this lesson is for students to practice kicking a ball moving in the air.	<ul style="list-style-type: none"> Perform a running approach to kick a moving ball. Participate independently with others. Demonstrate kicking a ball moving in the air.
	Assess – Kick	2U03-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of kicking skills.	<ul style="list-style-type: none"> Perform a running approach to kick a moving ball. Participate independently with others. Demonstrate kicking a ball moving in the air.

Unit	Lesson	Address	Purpose	Objectives
Catch	Catch a Ball Tossed Underhand	2U04-1	The purpose of this lesson is for students to practice catching a ball without trapping it against the body.	<ul style="list-style-type: none"> Demonstrate catching a self-tossed ball without trapping against the body. Participate independently with others. Demonstrate catching a thrown ball without trapping against the body.
	Catch a Ball Thrown Overhand	2U04-2	The purpose of this lesson is for students to review catching a ball without trapping it against the body.	<ul style="list-style-type: none"> Catch a self-thrown ball without trapping. Work independently with a partner. Catch a thrown ball without trapping.
	Assess – Catch	2U04-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of catching skills.	<ul style="list-style-type: none"> Catch a self-thrown ball without trapping. Work independently. Catch a thrown ball without trapping.
Throw	Overhand Throw I	2U05-1	The purpose of this lesson is for students to review tossing underhand and practice throwing overhand.	<ul style="list-style-type: none"> Use a mature pattern when throwing underhand. Demonstrate the critical elements of overhand throw. Accept corrective teacher feedback.
	Overhand Throw II	2U05-2	The purpose of this lesson is for students to review tossing underhand and throwing overhand.	<ul style="list-style-type: none"> Demonstrate the critical elements of overhand throw. Uses a mature pattern when throwing underhand. Accept corrective teacher feedback.
	Assess – Throw	2U05-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of throwing skills.	<ul style="list-style-type: none"> Demonstrate the critical elements of overhand throwing. Perform underhand throw using a mature pattern. Participate actively while following directions and rules and using safe behaviors.
Hand Dribble and Pass	Dribble While Walking I	2U06-1	The purpose of this lesson is for students to practice hand dribbling while walking.	<ul style="list-style-type: none"> Dribble a ball while walking in a personal space. Dribble with preferred hand while walking with peers. Cooperate by working and playing with peers.
	Dribble While Walking II	2U06-2	The purpose of this lesson is for students to review hand dribbling while walking.	<ul style="list-style-type: none"> Dribble with preferred hand while walking in a personal space. Dribble with preferred hand while walking with peers. Cooperate by following directions and rules.
	Assess – Hand Dribble and Pass	2U06-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of hand dribbling skills.	<ul style="list-style-type: none"> Dribble with preferred hand while walking in a personal space. Dribble with preferred hand while walking with peers. Cooperate by following directions and rules.
Volley	Volley to a Partner I	2U07-1	The purpose of this lesson is for students to practice sequentially volleying an object to self and with a partner.	<ul style="list-style-type: none"> Volley a ball upward several times consecutively with a partner. Cooperate by working and playing with peers. Cooperate by following directions and rules.
	Volley to a Partner II	2U07-2	The purpose of this lesson is for students to review sequentially volleying an object to self and with a partner.	<ul style="list-style-type: none"> Volley a ball upward several times consecutively with a partner. Cooperate by working and playing with peers. Cooperate by following directions and rules.
	Assess – Volley	2U07-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of volleying skills.	<ul style="list-style-type: none"> Volley a ball upward consecutively in a row with a partner. Cooperate by following directions and rules. Actively participate in PE class.

Unit	Lesson	Address	Purpose	Objectives
Jump, Balance, Spin, and Roll	Jump and Spin	2U08-1	The purpose of this lesson is for students to review fundamental jumping and spinning techniques.	<ul style="list-style-type: none"> Demonstrate jumping forward by starting and ending with knees bent and both feet on the ground. Demonstrate jumping upward by starting and ending with knees bent and both feet on the ground. Cooperate by following directions and rules.
	Tuck Jump, Balance, and Roll	2U08-2	The purpose of this lesson is for students to practice tuck jumping and review fundamental balance and rolling techniques.	<ul style="list-style-type: none"> Demonstrate jumping forward by starting and ending with knees bent and both feet on the ground. Demonstrate jumping from two feet and tucking in one's knees. Twist, curl, and stretch out one's body, and perform rolls with a curled or straight body in different directions.
	Assess – Jump, Balance, Spin, and Roll	2U08-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of jump, balance, spin, and roll skills.	<ul style="list-style-type: none"> Practice jumping by bending knees to jump up or forward from two feet. Roll with a curled or straight body in different directions. Follow teacher instructions by spinning, jumping, and rolling at different speeds.
Jump Rope	Jump a Short Rope	2U09-1	The purpose of this lesson is for students to review jumping a short rope.	<ul style="list-style-type: none"> Jump multiple times using a single rope with a proficient form. Participate actively in PE class and follows instruction safely. Practice skills with few reminders that build confidence and offers challenges.
	Turn and Jump a Long Rope	2U09-2	The purpose of this lesson is for students to review turning and jumping a long rope.	<ul style="list-style-type: none"> Jump five times in a row using a long rope with student turners. Accept responsibility for students' own behavior and actions. Make good choices while using PE equipment.
	Assess – Jump Rope	2U09-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of jump rope skills.	<ul style="list-style-type: none"> Be accepting of teacher feedback. Jump five times in a row using a long rope with student turners. Make good choices while working alone using PE equipment.
Strike with Manipulative	Strike Off Ground or Elevation I	2U10-1	The purpose of this lesson is for students to review striking with a short-handled paddle and practice striking an elevated object.	<ul style="list-style-type: none"> Strike an object upward multiple times using a short-handled implement. Strike a ball off a tee or cone using correct technique. Use PE equipment for its intended purpose.
	Strike Off Ground or Elevation II	2U10-2	The purpose of this lesson is for students to review striking with a short-handled paddle and striking an elevated object with a long-handled implement.	<ul style="list-style-type: none"> Strike an object upward multiple times using a short-handled implement. Strike a ball off a tee or cone using correct technique. Work unassisted and safely during PE class.
	Assess – Strike with Manipulative	2U10-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of striking with manipulative skills.	<ul style="list-style-type: none"> Strike an object upward multiple times using a short-handled implement. Strike a ball off a tee or cone using correct technique. Strike an object using varying levels of force and time.



Scope & Sequence • Second Grade

Unit	Lesson	Address	Purpose	Objectives
Track & Field	Locomotor Skills	2U11-1	The purpose of this lesson is for students to review and sequentially build mastery of locomotor skills.	<ul style="list-style-type: none"> Skip using a proficient pattern. Differentiate between jogging and sprinting. Demonstrate use of time and force with speeding up and slowing down locomotor movements.
	Over and Under	2U11-2	The purpose of this lesson is for students to review and sequentially build mastery of locomotor skills including traveling over and under.	<ul style="list-style-type: none"> Display correct form for jumping horizontally while landing on one and two feet. Display correct form for jumping vertically. Integrate shapes, levels, and pathways into simple sequences.
	Assess – Track & Field	2U11-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of locomotor skills.	<ul style="list-style-type: none"> Differentiate between jogging and sprinting. Exhibit a proper running form. Recognize physical activities that promote fitness.
Beyond the Gym and Dance	Beyond the Gym I	2U12-1	The purpose of this lesson is for students to demonstrate basic rhythm patterns in eight counts and respond to teacher feedback.	<ul style="list-style-type: none"> Participate in a choreographed dance. Assess and understand teacher feedback. Identify physical activities that are enjoyable.
	Beyond the Gym II	2U12-2	The purpose of this lesson is for students to demonstrate basic rhythm patterns in eight counts and explain the benefits of perseverance.	<ul style="list-style-type: none"> Explain how perseverance is beneficial. Participate in a choreographed dance. Identify physical activities that are enjoyable and increase confidence.
	Beyond the Gym III	2U12-3	The purpose of this lesson is for students to demonstrate personal expression through creative dance skills and identify enjoyment of physical activities outside PE.	<ul style="list-style-type: none"> Participate in a choreographed dance. Identify physical activities that are enjoyable. Identify which physical activities one can participate in outside of PE class.



Scope & Sequence

3rd Grade



Unit	Lesson	Address	Purpose	Objectives
PE 101	Moving My Body	3U01-1	The purpose of this lesson is for students to review the components of physical activity including warming up and cooling down, the impact of food and drink choices, and begin to record personal fitness activities.	<ul style="list-style-type: none"> Explain the components of physical activity including the importance of warm-up and cool-down. Describe how food and water fuel and hydrate the body, improving performance and health. Record participation in physical activities outside physical education class.
	Equipment and Safety	3U01-2	The purpose of this lesson is for students to demonstrate safe practices and explain how safety equipment can prevent injury.	<ul style="list-style-type: none"> Demonstrate what to wear and guidelines to stay safe while playing. Participate safely in physical activities. Describe the importance of goal-setting and how to measure progress toward a personal health goal.
	Sporting Behavior	3U01-3	The purpose of this lesson is for students to demonstrate sporting behavior through cooperation and encouraging others.	<ul style="list-style-type: none"> Cooperate and praise others. Demonstrate respect for others' similarities and differences. Explain the importance of goal-setting and how to measure progress toward a personal health goal.
Foot Dribble and Pass	Dribble While Jogging I	3U02-1	The purpose of this lesson is for students to practice foot dribbling while jogging.	<ul style="list-style-type: none"> Demonstrate control of ball and body while jogging and dribbling. Combine movement concepts with skills. Apply simple strategies in activities.
	Dribble While Jogging II	3U02-2	The purpose of this lesson is for students to review foot dribbling while jogging.	<ul style="list-style-type: none"> Demonstrate control of ball and body while jogging and dribbling. Apply simple strategies in activities. Exhibit personal responsibility for behavior.
	Assess – Foot Dribble and Pass	3U02-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of foot dribbling skills.	<ul style="list-style-type: none"> Demonstrate control of ball and body while jogging and dribbling. Apply simple strategies in activities. Demonstrate cooperation with others.
Kick	Kick a Moving Ball I	3U03-1	The purpose of this lesson is for students to practice running and kicking a ball moving in the air or on the ground.	<ul style="list-style-type: none"> Perform a continuous running approach to kick a stationary ball. Use a continuous running approach to kick a ball in the air or on the ground. Cooperate with others in activities.
	Kick a Moving Ball II	3U03-2	The purpose of this lesson is for students to review running and kicking a ball moving in the air or on the ground.	<ul style="list-style-type: none"> Perform a continuous running approach to kick a stationary ball. Use a continuous running approach to kick a ball in the air or on the ground. Combine movement concepts with skills.
	Assess – Kick	3U03-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of kicking skills.	<ul style="list-style-type: none"> Perform passing and receiving a ball using the insides of feet. Demonstrate dribbling with control while jogging. Engage actively in activities without teacher prompting.

Unit	Lesson	Address	Purpose	Objectives
Catch	Catch a Ball Tossed Underhand	3U04-1	The purpose of this lesson is for students to practice catching and underhand tossing a ball with a partner.	<ul style="list-style-type: none"> Demonstrate critical elements of catching. Throw underhand to a target or partner. Work independently.
	Catch a Ball Thrown Overhand	3U04-2	The purpose of this lesson is for students to practice catching and overhand throwing a ball with a partner.	<ul style="list-style-type: none"> Demonstrate the critical elements of overhand throwing. Demonstrate the critical elements of catching. Work cooperatively with others.
	Assess – Catch	3U04-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of throwing skills.	<ul style="list-style-type: none"> Perform an underhand throw with accuracy. Demonstrate the critical elements of overhand throwing. Work cooperatively with others.
Throw	Overhand Throw I	3U05-1	The purpose of this lesson is for students to review tossing underhand and practice throwing overhand to a partner.	<ul style="list-style-type: none"> Transition from one locomotor skill to another smoothly without hesitation. Demonstrate the critical elements of an underhand throw. Exhibit personal responsibility when participating in activities.
	Overhand Throw II	3U05-2	The purpose of this lesson is for students to review tossing underhand and throwing overhand to a partner.	<ul style="list-style-type: none"> Throw underhand to a target with reasonable accuracy. Demonstrate the critical elements of overhand throw. Cooperate with peers.
	Assess – Throw	3U05-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of throwing skills.	<ul style="list-style-type: none"> Throw underhand to a target with reasonable accuracy. Demonstrate the critical elements of overhand throw. Praise others for their success in activities.
Hand Dribble and Pass	Dribble While Jogging I	3U06-1	The purpose of this lesson is for students to practice hand dribbling while jogging.	<ul style="list-style-type: none"> Be aware of surrounding open space while dribbling the ball. Dribble the ball and change directions while jogging. Actively participate in PE class without teacher prompting.
	Dribble While Jogging II	3U06-2	The purpose of this lesson is for students to review hand dribbling while jogging.	<ul style="list-style-type: none"> Jog in different directions and speeds while dribbling the ball. Cooperate by listening to instructions and completing activities independently. Cooperate by working and playing independently.
	Assess – Hand Dribble and Pass	3U06-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of hand dribbling skills.	<ul style="list-style-type: none"> Control the ball and body while dribbling and jogging at different speeds. Listen to instructions and complete activities independently. Accept and implement specific corrective feedback from the teacher.



Scope & Sequence • Third Grade

Unit	Lesson	Address	Purpose	Objectives
Volley	Volley to a Partner I	3U07-1	The purpose of this lesson is for students to practice underhand passing with a partner.	<ul style="list-style-type: none"> Volley to a partner over a net or another object. Work well with peers. Demonstrate awareness of open space.
	Volley to a Partner II	3U07-2	The purpose of this lesson is for students to practice underhand passing over a net and with a partner.	<ul style="list-style-type: none"> Perform the movements of volleying to partner with instructions from teacher. Work well with peers. Listen to instructions and complete activities independently and safely.
	Assess – Volley	3U07-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of volleying skills.	<ul style="list-style-type: none"> Volley in a specific direction and with intent as instructed. Listen to instructions and demonstrate effort to perform skills. Complete activities independently and safely.
Jump, Balance, Spin, and Roll	Jump from Various Heights	3U08-1	The purpose of this lesson is for students to practice jumping from various heights and review tuck jumping.	<ul style="list-style-type: none"> Starting with both feet, combine jumping and landing with knees bent and arms swinging either up or back and forward. Listen to instructions and complete activities independently and safely. Listen to instructions and perform skills by putting forth one's best effort.
	Jump and Balance	3U08-2	The purpose of this lesson is for students to practice tuck jumping and review fundamental balance and jumping techniques.	<ul style="list-style-type: none"> Starting with both feet, combine jumping and landing with knees bent and arms swinging either up or back and forward. Bend and jump up to tuck and hold knees with good balance. Work well with peers.
	Assess – Jump, Balance, Spin, and Roll	3U08-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of jump, balance, spin, and roll skills.	<ul style="list-style-type: none"> Starting with both feet, combine jumping and landing with knees bent and arms swinging either up or back and forward. Combine curling, twisting, and stretching with jumping, balancing, spinning, and rolling. Demonstrate mastery of jump, balance, spin, and roll skills.
Jump Rope	Short Jump Rope Tricks	3U09-1	The purpose of this lesson is for students to review jumping a short rope and attempt basic tricks.	<ul style="list-style-type: none"> Perform intermediate jump rope skills using both long and short ropes. Identify jump roping as a means to become healthier. Combine movement concepts and skills with the teacher's directions while listening to teacher feedback.
	Long Jump Rope Tricks	3U09-2	The purpose of this lesson is for students to review turning and jumping a long rope and attempt basic tricks.	<ul style="list-style-type: none"> Perform intermediate jump rope skills using both long and short ropes. Combine movement concepts and skills while working well with other students. Stay active and follow directions without teacher reminders while in PE
	Assess – Jump Rope	3U09-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of jump rope skills.	<ul style="list-style-type: none"> Perform intermediate jump rope skills using both long and short ropes. Jump and land vertically and horizontally using correct form. Work well with other students while giving examples of activities to increase fitness.

Unit	Lesson	Address	Purpose	Objectives
Strike with Manipulative	Strike Off Ground or Elevation	3U10-1	The purpose of this lesson is for students to review striking over a net with a short-handled paddle and striking an elevated object with a long-handled implement.	<ul style="list-style-type: none"> Strike an object over a net or to a wall using a short-handled implement. Strike a ball using a long-handled implement while using correct form. Work independently and safely during PE activities.
	Strike Over a Net	3U10-2	The purpose of this lesson is for students to review striking over a net with a short-handled paddle and striking an object with a long-handled implement.	<ul style="list-style-type: none"> Strike an object over a net or to a wall using a short-handled implement. Strike an object using 3 of the 5 elements showing good form. Show responsibility during directed activities.
	Assess – Strike with Manipulative	3U10-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of striking with manipulative skills.	<ul style="list-style-type: none"> Strike an object over a net or to a wall using a short-handled implement. Strike a ball using a long-handled implement while using correct form. Demonstrate movement concepts and skills together with the teacher's directions.
Track & Field	Locomotor Skills	3U11-1	The purpose of this lesson is for students to review and sequentially build mastery of locomotor skills.	<ul style="list-style-type: none"> Differentiate between running and sprinting. Integrate movement concepts with other skills as directed by the teacher. Identify locomotor skills in a variety of physical activities.
	Leap	3U11-2	The purpose of this lesson is for students to review and sequentially build mastery of locomotor skills including leaping.	<ul style="list-style-type: none"> Exhibit proper leaping form. Balance on different bases of support. Display the correct form for jumping in the horizontal and vertical planes.
	Assess – Track & Field	3U11-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of locomotor skills.	<ul style="list-style-type: none"> Transition from one locomotor skill to another seamlessly without stopping. Exhibit proper leaping form. Identify locomotor skills in a variety of physical activities.
Beyond the Gym and Dance	Beyond the Gym I	3U12-1	The purpose of this lesson is for students to demonstrate developmentally appropriate rhythmic movement patterns and alter performance based on teacher feedback.	<ul style="list-style-type: none"> Perform dance steps and movement patterns while following a choreographed dance. Participate in cool-down exercises that involve bending, stretching, and balancing. Accept and implement specific corrective feedback from the teacher.
	Beyond the Gym II	3U12-2	The purpose of this lesson is for students to review developmentally appropriate rhythmic movement patterns and reflect on the challenge of learning new physical activities.	<ul style="list-style-type: none"> Perform dance steps and movement patterns while following a choreographed dance. Cooperatively work with others to follow and create dance steps. Discuss the challenges and rewards that come from learning a new physical activity.
	Beyond the Gym III	3U12-3	The purpose of this lesson is for students to demonstrate personal expression through creative dance skills and identify enjoyment of physical activities outside PE.	<ul style="list-style-type: none"> Perform dance steps and movement patterns while following a choreographed dance. Praise others for their success in movement performances. Reflect on the benefits of physical activity.



Scope & Sequence

4th Grade



Unit	Lesson	Address	Purpose	Objectives
PE 101	Moving My Body	4U01-1	The purpose of this lesson is for students to demonstrate the components of physical activities and understand how balanced nutrition habits contribute to overall fitness.	<ul style="list-style-type: none"> Explain the components of fitness and how exercise, water, and healthy food improve performance and health. Cooperate and practice showing respect for others. Determine ways to participate in physical activities outside physical education class.
	Equipment and Safety	4U01-2	The purpose of this lesson is for students to apply safe practices and use safety equipment to prevent injury.	<ul style="list-style-type: none"> Apply guidelines and use protective equipment to stay safe while playing inside or outside. Participate safely in physical activities independently, with a partner, and in a group. Track and analyze progress toward personal health goals.
	Sporting Behavior	4U01-3	The purpose of this lesson is for students to demonstrate sporting behavior and self-awareness in a variety of physical activities.	<ul style="list-style-type: none"> Demonstrate self-awareness and responsibility for behavior during physical activities. Encourage others with differing skill levels. Track and analyze progress toward personal health goals.
Foot Dribble and Pass	Passing	4U02-1	The purpose of this lesson is for students to practice passing a ball with the foot.	<ul style="list-style-type: none"> Demonstrate dribbling control while increasing and decreasing speed. Combine dribbling with other skills. Apply simple strategies in activities.
	Receiving	4U02-2	The purpose of this lesson is for students to practice receiving a ball with the foot.	<ul style="list-style-type: none"> Demonstrate "giving" when receiving a pass. Demonstrate dribbling control while increasing and decreasing speed. Perform passing and receiving while moving.
	Assess – Foot Dribble and Pass	4U02-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of foot passing and receiving skills.	<ul style="list-style-type: none"> Demonstrate "giving" when receiving a pass. Demonstrate dribbling control while increasing and decreasing speed. Perform passing and receiving while moving.
Kick	Kick a Moving Ball I	4U03-1	The purpose of this lesson is for students to practice punting and review kicking a ball moving in the air or on the ground.	<ul style="list-style-type: none"> Demonstrate control with dribbling while increasing and decreasing speed. Apply the cues when kicking a ball along the ground, in the air, and punting. Listen respectfully to corrective feedback from others.
	Kick a Moving Ball II	4U03-2	The purpose of this lesson is for students to review punting and kicking a ball moving in the air or on the ground.	<ul style="list-style-type: none"> Apply the cues when kicking a ball along the ground, in the air, and punting. Apply safety rules with peers and equipment. Actively participate without prompting.
	Assess – Kick	4U03-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of kicking skills.	<ul style="list-style-type: none"> Apply the cues when kicking a ball along the ground, in the air, and punting. Apply safety rules with peers and equipment. Actively participate without prompting.

Unit	Lesson	Address	Purpose	Objectives
Catch	Catch in Various Positions	4U04-1	The purpose of this lesson is for students to practice catching in various positions above and below the waist.	<ul style="list-style-type: none"> Catch a thrown ball at various levels. Throw overhand accurately. Work safely with peers and equipment.
	Catch in Action	4U04-2	The purpose of this lesson is for students to practice catching in various positions above and below the waist in lead-up game situations.	<ul style="list-style-type: none"> Catch a thrown ball at various levels. Catch while moving. Demonstrate successful catching and throwing in a game situation.
	Assess – Catch	4U04-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of catching skills.	<ul style="list-style-type: none"> Underhand throw accurately to a partner or target. Catch a thrown ball at various levels. Apply catching skills while moving.
Throw	Throw While Moving I	4U05-1	The purpose of this lesson is for students to practice throwing a ball while moving.	<ul style="list-style-type: none"> Catch a thrown ball at various levels. Combine traveling with throwing and catching. Demonstrate respect for students with different skill levels.
	Throw While Moving II	4U05-2	The purpose of this lesson is for students to review throwing a ball while moving.	<ul style="list-style-type: none"> Perform an overhand throw to a moving partner with reasonable accuracy. Demonstrate accuracy at a reasonable distance when throwing overhand. Catch a thrown ball at various levels.
	Assess – Throw	4U05-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of throwing skills.	<ul style="list-style-type: none"> Perform an overhand throw to a moving partner with reasonable accuracy. Demonstrate accuracy at a reasonable distance when throwing overhand. Catch a thrown ball at various levels.
Hand Dribble and Pass	Dribble While Jogging	4U06-1	The purpose of this lesson is for students to review hand dribbling while jogging.	<ul style="list-style-type: none"> Practice dribbling and throwing a ball while jogging. Demonstrate dribbling with both hands. Dribble in general space with control of the ball and body while increasing and decreasing speed.
	Passing	4U06-2	The purpose of this lesson is for students to practice chest and bounce passing a ball.	<ul style="list-style-type: none"> Catch a thrown ball above the head, at chest or waist level, and below the waist using a mature pattern. Dribble, pass, and receive the ball while jogging at different speeds. Dribble, pass, and receive the ball while jogging during a game.
	Assess – Hand Dribble and Pass	4U06-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of hand dribbling and passing skills.	<ul style="list-style-type: none"> Dribble, pass, and receive the ball while jogging during a game. Demonstrate dribbling a ball with both hands. Dribble a ball while jogging at different speeds.



Scope & Sequence • Fourth Grade

Unit	Lesson	Address	Purpose	Objectives
Volley	Underhand Pass	4U07-1	The purpose of this lesson is for students to practice underhand passing and underarm serving.	<ul style="list-style-type: none"> • Pass a ball with an underhand motion. • Pass a ball with two hands in an overhead motion. • Demonstrate responsibility and work safely with others and PE equipment.
	Overhead Pass	4U07-2	The purpose of this lesson is for students to practice overhead passing and review underhand passing and underarm serving.	<ul style="list-style-type: none"> • Use two hands to pass a ball overhead with accuracy. • Practice underarm serving. • Demonstrate responsibility and work safely with others and PE equipment.
	Assess – Volley	4U07-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of volleying skills.	<ul style="list-style-type: none"> • Use two hands to pass a ball overhead with accuracy. • Practice underarm serving. • Show personal responsibility by following rules and working safely with others and PE equipment.
Jump, Balance, Spin, and Roll	Full Turn Jump	4U08-1	The purpose of this lesson is for students to review jumps with rotation and practice full turn jumping.	<ul style="list-style-type: none"> • Listen respectfully to corrective feedback from others, and give positive feedback to peers. • Exhibit responsible behavior by following rules and working safely with peers and PE equipment. • Transfer weight of body while jumping.
	Balance	4U08-2	The purpose of this lesson is for students to review and sequence balance skills individually and with a partner.	<ul style="list-style-type: none"> • Exhibit responsibility and work safely with peers and PE equipment. • Examine the health benefits of participating in physical activity. • Apply the concept of muscular tension with balance in gymnastics.
	Assess – Jump, Balance, Spin, and Roll	4U08-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of jump, balance, spin, and roll skills.	<ul style="list-style-type: none"> • Balance on different bases of support. • Combine movement concepts of jump, balance, spin, and roll in a game setting. • Apply the skills of balance and roll in different directions with either a narrow, twisted, or curled body shape.
Jump Rope	Short Jump Rope Tricks	4U09-1	The purpose of this lesson is for students to review jumping a short rope and attempt intermediate tricks.	<ul style="list-style-type: none"> • Design jump rope activities using either a short or long rope. • Be respectful while receiving feedback from others. • Create a safe environment while using equipment with classmates during activities.
	Long Jump Rope Tricks	4U09-2	The purpose of this lesson is for students to review turning and jumping a long rope and attempt intermediate tricks.	<ul style="list-style-type: none"> • Design jump rope activities using either a short or long rope. • Offer kind compliments to others in the lesson. • Accept all students regardless of skill level.
	Assess – Jump Rope	4U09-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of jump rope skills.	<ul style="list-style-type: none"> • Design jump rope activities using either a short or long rope. • Follow the rules and make good choices during different physical activities. • Create a safe environment while using equipment with classmates during activities.



Scope & Sequence • Fourth Grade

Unit	Lesson	Address	Purpose	Objectives
Strike with Manipulative	Strike Off Elevation with a Partner	4U10-1	The purpose of this lesson is for students to practice striking an object off the ground and an elevation with a partner.	<ul style="list-style-type: none"> Strike an object with a long-handled implement, sending it towards the desired location. Strike an object with a long-handled implement using correct form. Use strategies and tactics while participating in PE activities.
	Strike Over a Net with a Partner	4U10-2	The purpose of this lesson is for students to practice striking an object over a net with a partner.	<ul style="list-style-type: none"> Strike an object with a short-handled implement, sending it towards the desired location. Strike an object with a short-handled implement using correct form. Use strategies and tactics while participating in PE activities.
	Assess – Strike with Manipulative	4U10-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of striking with manipulative skills.	<ul style="list-style-type: none"> Strike an object with a short-handled implement using correct form. Strike an object with a long-handled implement using correct form. Apply traveling and striking skills in student/teacher designed environments.
Track & Field	Locomotor Skills	4U11-1	The purpose of this lesson is for students to review and sequentially build mastery of locomotor skills including distance running.	<ul style="list-style-type: none"> Demonstrate correct form while running for distance. Integrate different defensive strategies during PE games and activities. Integrate different offensive strategies during PE games and activities.
	Long Jump	4U11-2	The purpose of this lesson is for students to review and sequentially build mastery of locomotor skills including long jump.	<ul style="list-style-type: none"> Integrate takeoffs and landings. Consistently stay active during all aspects of PE class. Demonstrate responsible behavior while working in different group situations.
	Assess – Track & Field	4U11-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of locomotor skills.	<ul style="list-style-type: none"> Integrate different locomotor skills in a variety of PE activities. Exhibit proper running form while performing distance activities. Demonstrate the concepts of speed, endurance, and pacing for running.
Beyond the Gym and Dance	Beyond the Gym I	4U12-1	The purpose of this lesson is for students to demonstrate developmentally appropriate rhythmic movement patterns, listen to teacher feedback, and provide feedback to others.	<ul style="list-style-type: none"> Participate in a choreographed dance. Listen and respond respectfully to corrective feedback from teachers. Praise the movement performance of others both more skilled and less skilled.
	Beyond the Gym II	4U12-2	The purpose of this lesson is for students to demonstrate rhythmic movement patterns with others and rank personal enjoyment of the challenge of new physical activities.	<ul style="list-style-type: none"> Express the enjoyment of participating in different types of physical activity. Participate in a choreographed dance. Combine skills and movement concepts to create a dance with a partner.
	Beyond the Gym III	4U12-3	The purpose of this lesson is for students to demonstrate personal expression through creative dance skills and identify enjoyment of physical activities outside PE.	<ul style="list-style-type: none"> Explain the enjoyment of participating in different physical activities. Express oneself by creating a dance. Analyze opportunities for participating in physical activity outside of PE class.



Scope & Sequence

5th Grade





Scope & Sequence • Fifth Grade

Unit	Lesson	Address	Purpose	Objectives
PE 101	Moving My Body	5U01-1	The purpose of this lesson is for students to deepen their understanding of the components of physical activity and the importance of fueling and hydrating the body.	<ul style="list-style-type: none"> Explain the components of fitness and the impact of food and drink choices on performance and health. Participate in moderate to vigorous physical activity regularly. Examine personal physical activity choices outside physical education class.
	Equipment and Safety	5U01-2	The purpose of this lesson is for students to review and apply the importance of safety equipment and safe practices within and beyond the gym.	<ul style="list-style-type: none"> Apply safety principles, and use protective equipment to stay safe while playing inside or outside. Participate safely in physical activities and competitive situations. Analyze progress toward personal health goals, identify areas for improvement, and devise plans for improvement.
	Sporting Behavior	5U01-3	The purpose of this lesson is for students to reflect on how sporting behavior enhances the social benefits of physical activity and competition.	<ul style="list-style-type: none"> Apply sporting behavior principles including encouraging others, winning with grace, and losing with dignity. Demonstrate personal responsibility for behavior and respect toward others in competitive situations. Analyze progress toward personal health goals, identify areas for improvement, and devise plans for improvement.
Foot Dribble and Pass	Passing and Receiving Review	5U02-1	The purpose of this lesson is for students to review passing and receiving a ball with the foot.	<ul style="list-style-type: none"> Demonstrate twisting, curling, bending, and stretching actions. Apply offensive and defensive strategies and tactics in competitive situations. Identify and respectfully share corrective feedback with others.
	Foot Passing in Action	5U02-2	The purpose of this lesson is for students to apply foot dribbling and passing skills.	<ul style="list-style-type: none"> Perform a pass while moving with a partner. Demonstrate control of dribbling in a game situation. Apply offensive and defensive strategies and tactics in competitive situations.
	Assess – Foot Dribble and Pass	5U02-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of foot dribbling skills.	<ul style="list-style-type: none"> Combine dribbling and traveling skills to improve the chance of shooting and scoring a goal. Perform a pass while moving with a partner. Apply dribbling, passing, and receiving skills while moving with a partner.
Kick	Kick a Moving Ball	5U03-1	The purpose of this lesson is for students to apply kicking a moving ball in competitive situations.	<ul style="list-style-type: none"> Apply the cues when kicking a ball along the ground, in the air, and punting. Exhibit respect for self with appropriate behavior. Engage in activity with responsible interpersonal behavior.
	Punt	5U03-2	The purpose of this lesson is for students to review punting and apply kicking a moving ball in competitive situations.	<ul style="list-style-type: none"> Demonstrate kicking and punting in game situations. Engage in activities with responsible personal behavior. Exhibit responsible interpersonal behavior.
	Assess – Kick	5U03-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of kicking skills.	<ul style="list-style-type: none"> Combine dribbling with other skills like shooting and passing. Demonstrate dribbling and passing while moving with a partner. Exhibit responsible interpersonal behavior.



Scope & Sequence • Fifth Grade

Unit	Lesson	Address	Purpose	Objectives
Catch	Catch in Various Positions	5U04-1	The purpose of this lesson is for students to apply the skill of catching.	<ul style="list-style-type: none"> Catch a ball tossed underhand. Catch a ball thrown overhand. Apply catching skills in different positions such above and below the waist.
	Catch in Action	5U04-2	The purpose of this lesson is for students to apply the skill of catching in competitive situations.	<ul style="list-style-type: none"> Apply catching skills in a competitive situation. Recognize the type of throw needed for different games. Accurately catch when moving with a partner.
	Assess – Catch	5U04-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of catching skills.	<ul style="list-style-type: none"> Apply catching skills in a competitive situation. Participate with responsible personal behavior. Recognize and actively involve others with different skill abilities.
Throw	Throw While Moving I	5U05-1	The purpose of this lesson is for students to apply throwing a ball while moving in a lead-up game.	<ul style="list-style-type: none"> Demonstrate accuracy throwing underhand and overhand to a target. Apply throwing and catching skills in a competitive situation. Provide corrective feedback respectfully to peers.
	Throw While Moving II	5U05-2	The purpose of this lesson is for students to apply throwing a ball in competitive situations.	<ul style="list-style-type: none"> Demonstrate accuracy throwing underhand and overhand to a target. Accurately throw while moving. Exhibit respect for self and others during activities.
	Assess – Throw	5U05-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of throwing skills.	<ul style="list-style-type: none"> Apply strategy in game situations. Demonstrate accuracy of underhand and overhand throwing. Exhibit responsible behavior during activities.
Hand Dribble and Pass	Passing	5U06-1	The purpose of this lesson is for students to review chest and bounce passing a ball.	<ul style="list-style-type: none"> Be responsible and respectful to peers in PE class. Jog, dribble, or throw a ball while attempting to hit the target during a game in PE Pass or bounce a ball to a partner.
	Protecting	5U06-2	The purpose of this lesson is for students to practice protecting a ball while dribbling.	<ul style="list-style-type: none"> Show responsibility and respect to peers during PE class. Accept and actively involve others with both higher and lower skill abilities in PE class. Demonstrate protecting, dribbling, passing, and attempting to score while playing games in PE class.
	Assess – Hand Dribble and Pass	5U06-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of hand dribbling skills.	<ul style="list-style-type: none"> Combine hand dribbling and jogging. Show respect for oneself and others during PE class. Accept and actively involve others with both higher and lower skill abilities in PE class.

Unit	Lesson	Address	Purpose	Objectives
Volley	Underhand and Overhead Pass	5U07-1	The purpose of this lesson is for students to review underhand and overhead passing.	<ul style="list-style-type: none"> Practice underhand and overhead passing. Show appropriate behaviors and respect for self while enjoying physical activity. Accept and include all classmates during PE class.
	Volley in Action	5U07-2	The purpose of this lesson is for students to apply volleying skills in competitive situations.	<ul style="list-style-type: none"> Volley an object up using two hands. Apply volleying techniques in lead-up games. Demonstrate responsibility, and show appropriate behaviors and respect for self and others while enjoying physical activity.
	Assess – Volley	5U07-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of volleying skills.	<ul style="list-style-type: none"> Use offensive and defensive strategies while playing volleyball. Recognize the type of volley techniques needed in competitive situations. Accept and include all classmates during PE class.
Jump, Balance, Spin, and Roll	Full Turn Jump	5U08-1	The purpose of this lesson is for students to review jumping with rotation.	<ul style="list-style-type: none"> Demonstrate jumping, landing, and rolling during a variety of PE activities. Understand and carry out the rules of various game activities. Properly use muscles while jumping, rotating, and rolling.
	Balance	5U08-2	The purpose of this lesson is for students to review and sequence jumping, spinning, and balance skills individually and with a partner.	<ul style="list-style-type: none"> Perform jumping, spinning, curling, and twisting with good balance during PE class. Understand and carry out the rules of various game activities. Combine balance and weight transfer with a partner or on equipment.
	Assess – Jump, Balance, Spin, and Roll	5U08-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of jump, balance, spin, and roll skills.	<ul style="list-style-type: none"> Perform jumping, spinning, curling, and twisting with good balance during PE class. Combine balance and weight transfer on gymnastics equipment, during dance, or with a partner. Understand and carry out the rules of various game activities.
Jump Rope	Short Jump Rope Tricks	5U09-1	The purpose of this lesson is for students to review jumping a short rope and attempt advanced tricks.	<ul style="list-style-type: none"> Create a routine with a classmate using a short or long rope. Engage in all areas of the lesson. Use skills to create new tricks and activities.
	Long Jump Rope Tricks	5U09-2	The purpose of this lesson is for students to review turning and jumping a long rope and attempt advanced tricks.	<ul style="list-style-type: none"> Create a routine with a classmate using a short or long rope. Offer correct and kind feedback to classmates. Use skills to create new tricks and activities.
	Assess – Jump Rope	5U09-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of jump rope skills.	<ul style="list-style-type: none"> Create a routine with a classmate using a short or long rope. Combine jumping and landing skills with jump rope tricks. Use skills to create new tricks and activities.



Scope & Sequence • Fifth Grade

Unit	Lesson	Address	Purpose	Objectives
Strike with Manipulative	Strike Off Elevation with a Partner	5U10-1	The purpose of this lesson is for students to apply striking an object off the ground and an elevation in a competitive situation.	<ul style="list-style-type: none"> Proficiently strike a pitched ball using a long-handled implement. Strike with a long-handled implement while using receiving and traveling skills. Strike with a long-handled implement with varying direction and force.
	Strike Over a Net with a Partner	5U10-2	The purpose of this lesson is for students to apply striking an object over a net in a competitive situation	<ul style="list-style-type: none"> Strike an object using a short-handled implement over a net consistently in game situations. Demonstrate responsible behavior during PE activities. Choose safe choices during PE activities.
	Assess – Strike with Manipulative	5U10-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of striking with manipulative skills.	<ul style="list-style-type: none"> Strike an object using a short-handled implement over a net consistently during assessments. Demonstrate responsible behavior during PE activities. Implement movement concepts during game activities.
Track & Field	Locomotor Skills	5U11-1	The purpose of this lesson is for students to apply locomotor skills including distance running.	<ul style="list-style-type: none"> Exhibit appropriate pacing during distance running activities. Integrate spatial concepts with locomotor and nonlocomotor movements during different PE activities. Display responsible behavior in a variety of settings and activities.
	Long Jump	5U11-2	The purpose of this lesson is for students to apply locomotor skills including long jump.	<ul style="list-style-type: none"> Integrate locomotor patterns with manipulative skills in a variety of environments. Incorporate actions, balances, and weight transfers to create sequence activities with a partner and equipment. Recognize different movement situations, and apply concepts based on specific activities.
	Assess – Track & Field	5U11-3	The purpose of this lesson is for students to practice and demonstrate progress toward mastery of locomotor skills.	<ul style="list-style-type: none"> Integrate spatial concepts with locomotor and nonlocomotor movements during different PE activity assessments. Demonstrate respectful and appropriate behavior while participating in different activities. Actively integrate other students regardless of skill level into all facets of the lesson.
Beyond the Gym and Dance	Beyond the Gym I	5U12-1	The purpose of this lesson is for students to demonstrate rhythmic movement patterns and provide effective feedback to others.	<ul style="list-style-type: none"> Employ a variety of skills during a choreographed dance. Give corrective feedback respectfully to peers. Combine bending, stretching, and twisting to cool down.
	Beyond the Gym II	5U12-2	The purpose of this lesson is for students to demonstrate rhythmic movement patterns with others and express personal enjoyment of the challenge of new physical activities.	<ul style="list-style-type: none"> Express the enjoyment of participating in a favorite physical activity through written essay or visual creative dance. Participate in a choreographed dance that employs a variety of skills. Work cooperatively and positively with classmates of all skill levels.
	Beyond the Gym III	5U12-3	The purpose of this lesson is for students to demonstrate personal expression through creative dance skills and identify enjoyment of physical activities outside PE.	<ul style="list-style-type: none"> Participate in and mirror a choreographed dance. Express the enjoyment of participating in a favorite physical activity through written essay or visual creative dance. Explain how physical activity is physically and socially beneficial outside of PE class.



Where Learning Comes Alive

Copyright © 2024, by QuaverEd, Inc. All trademarks designated "™" are the property of QuaverMusic.com, LLC.
All stories, characters, artwork, and other original material embodied in the product including any printable materials are
Copyright © 2013, by QuaverEd, Inc. All rights reserved.

QHPE071624