

Scope and Sequence-Physical Education

Elementary K-2

1. Introduction to Movement (K-2)

Unit 1: Fundamental Movement Skills

- **Focus:** Locomotor skills (running, jumping, skipping, galloping, hopping, leaping)
- **Activities:** Tag games, obstacle courses, warmups, exercises

Unit 2: Object Control Skills

- **Focus:** Throwing, catching, bouncing, tracking, kicking, dribbling
- **Activities:** All Ball games, tossing and catching games

Unit 3: Advanced Movements

- **Focus:** Basic movement patterns, Concept of space, pathways, directions, and levels
- **Activities:** Fitness movements(push-ups, squats, etc.), being able to move around the gym safely during any activity.

2. Skill Development (Grades K-2)

Unit 1: Advanced Locomotor Skills

- **Focus:** Combining more than one skill during an activity
- **Activities:** Relay races, gymnastics basics, warmups/cooldowns

Unit 2: Team Sports

- **Focus:** Introduction to sports (soccer, basketball, volleyball, football, baseball/softball, hockey)
- **Activities:** Modified games, basic rules and strategies, Stations

Unit 3: Individual/Leisure Sports and Fitness

- **Focus:** Running, individual sports, lifetime sports
- **Activities:** Track and field events, yard games, walking

3. Assessment and Reflection (K-2)

Ongoing Assessment:

- **Methods:** Observations, skill checklists, self-assessments
- **Focus:** Progress in skill development, understanding of concepts

4. Seasonal and Thematic Activities

- **Fall:** Outdoor games, soccer, football, frisbee games
- **Winter:** Indoor games, gymnastics, basketball, hockey
- **Spring:** Track and field, outdoor adventure activities, baseball/softball
- **Special Themes:** Olympics, health and fitness weeks, March Madness, holidays(Christmas, Halloween)

Elementary 3-4

1. Introduction to Movement (3-4)

Unit 1: Fundamental Movement Skills

- **Focus:** Locomotor skills (running, jumping, skipping, galloping, hopping, leaping)
- **Activities:** Tag games, obstacle courses, warmups, exercises

Unit 2: Object Control Skills

- **Focus:** Throwing, catching, bouncing, tracking, kicking, dribbling
- **Activities:** All Ball games, tossing and catching games

Unit 3: Advanced Movements

- **Focus:** Advanced movement patterns, concept of space
- **Activities:** Fitness movements(push-ups, squats, etc.) Competitive games to understand how to move around space effectively to have success.

2. Skill Development (Grades 3-4)

Unit 1: Advanced Locomotor Skills

- **Focus:** Agility, balance, coordination, muscular strength/endurance, Flexibility
- **Activities:** Relay races, gymnastics basics, warmups/cooldowns

Unit 2: Invasion Games

- **Focus:** The idea of playing “offense” or “defense” to help your team win, sportsmanship, working together with other students
- **Activities:** Basketball, Football, Soccer, Hockey, etc.

Unit 3: Net Games

- **Focus:** Being able to hit, throw, or kick an object under and over a net, Hand-eye coordination.
- **Activities:** Volleyball, Wall ball, Nookem, Etc.

Unit 4: Manipulative Games

- **Focus:** Using hands, feet, other body parts, or other objects (paddle) to control and move objects (Ball)
- **Activities:** Badminton, pickleball, Ballon Keepy-Uppy, Balancing objects

Unit 5: Field Games

- **Focus:** Understand positioning and roles during field games. Accurately strike and field a ball in a game situation.
- **Activities:** Wiffleball, Kickball, Outdoor field games, etc.

Unit 6: Target Games

- **Focus:** using different throwing techniques, understand and apply basic strategies (target placement, adjusting aim, decision-making skills to maximize success) ●
- **Activities:** Golf, Bowling, Disc Golf, etc.

3. Fitness and Health Concepts (3-4)

Unit 1: Understanding Fitness

- **Focus:** Importance of physical activity and fitness
- **Activities:** Fitness stations, simple workouts

Unit 2: Personal and Social Responsibility

- **Focus:** Teamwork, sportsmanship, respect
- **Activities:** Cooperative games, reflection activities

4. Assessment and Reflection (3-4)

Ongoing Assessment:

- **Methods:** Observations, skill checklists, self-assessments
- **Focus:** Progress in skill development, understanding of concepts

Reflection Activities:

- **Focus:** Goal-setting for future physical activities
- **Activities:** Group discussions

5. Seasonal and Thematic Activities

- **Fall:** Outdoor games, soccer, football, frisbee games
- **Winter:** Indoor games, gymnastics, basketball, hockey
- **Spring:** Track and field, outdoor adventure activities, baseball/softball
- **Special Themes:** Olympics, health and fitness weeks, March Madness, holidays(Christmas, Halloween)

This framework is flexible and can be tailored to students' specific needs and available resources. Each unit can incorporate various assessment methods to ensure students meet the desired learning outcomes.

Middle School 6-8

1. Introduction to Physical Education (Grade 6-8)

Unit 1: Fundamental Movement and Skill Development

- **Focus:** Review and enhance basic motor skills (running, jumping, throwing, catching, etc.)
- **Activities:** Cooperative games, skill challenges, and fitness activities

Unit 2: Team Sports

- **Focus:** Introduction to team dynamics and rules (soccer, basketball, volleyball, etc.)
- **Activities:** Modified games, skill drills, and strategies

Unit 3: Personal Fitness

- **Focus:** Understanding fitness components (cardiovascular endurance, strength, flexibility, power, agility, etc.)
- **Activities:** Fitness activities, individual goal setting, and circuit training/workouts

2. Skill Refinement and Sport Specialization (Grade 6-8)

Unit 1: Individual and Dual Sports

- **Focus:** Skills and rules for sports like badminton, pickleball, golf, etc.
- **Activities:** Skill drills, mini-tournaments, and strategy discussions

Unit 2: Advanced Team Sports

- **Focus:** In-depth understanding of team strategies and sportsmanship ●
- **Activities:** Competitive games, game analysis, and teamwork exercises

Unit 3: Fitness Education

- **Focus:** Personal health, and fitness activities
- **Activities:** Fitness tracking, personal fitness choices, various fitness activities

Unit 4: Lifetime Sports and Activities

- **Focus:** Introduction to recreational activities (disc golf, rucking, yard games) ●
- **Activities:** Field trips, Off-campus activities (Ripple Creek, etc.) small tournaments

3. Leadership and Advanced Skills (Grade 6-8)

Unit 1: Leadership in Physical Activity

- **Focus:** Developing leadership skills through teaching, creating, and organizing activities ●
- **Activities:** Creating activities, leading warm-ups, and organizing games

4. Assessment and Reflection (Grades 6-8)

Ongoing Assessment:

- **Methods:** Skill assessments, fitness tests, self-assessments, peer evaluations
- **Focus:** Skill progression, fitness improvement, and understanding of concepts

Reflection Activities:

- **Focus:** Personal growth in physical education
- **Activities:** Journaling, goal-setting sessions, and group discussions on experiences

5. Thematic and Seasonal Activities

- **Fall:** Outdoor team sports/lifetime activities
- **Winter:** Indoor sports (basketball, volleyball), fitness units, outdoor activities
- **Spring:** Baseball/softball, fitness challenges, yard games
- **Special Themes:** Sport awareness months, fitness units, and class-wide competitions

This scope and sequence provides a balanced approach to physical education, incorporating skill development, teamwork, and fitness education. Adjustments can be made based on specific school resources and student needs.

High School 9-12

1. Foundations of Physical Fitness (Grade 9-12)

Unit 1: Introduction to Fitness Concepts

- **Focus:** Components of fitness (aerobic, strength, flexibility)
- **Activities:** Fitness assessments, personal fitness plans, teacher programs

Unit 2: Team Sports

- **Focus:** Skills and strategies for team sports (basketball, soccer, volleyball)

- **Activities:** Gameplay, skill drills, teamwork exercises

Unit 3: Individual/Leisure Sports and Activities

- **Focus:** Skills for individual sports (badminton, pickleball, yard games, etc.)
- **Activities:** Skill-building sessions, competition formats

2. Advanced Skill Development (Grade 9-12)

Unit 1: Advanced Team Sports and Strategies

- **Focus:** In-depth understanding of advanced strategies and techniques ●
- Activities:** Scrimmages, analysis of game tactics, sportsmanship discussions

Unit 2: Fitness and Conditioning

- **Focus:** Advanced conditioning techniques and personal training concepts
- **Activities:** Weight training, interval training, fitness challenges

Unit 3: Health and Wellness

- **Focus:** Nutrition, mental health, stress management and strategies ● **Activities:** Discussions, creating wellness plans, yoga/breathing techniques, etc.

3. Lifetime Activities and Fitness (Grade 9-12)

Unit 1: Recreational and Adventure Activities

- **Focus:** Outdoor education and recreational sports (biking, rucking, fishing, etc.)
- **Activities:** Off-campus activities, skill development, and safety education

Unit 2: Lifelong Fitness

- **Focus:** Understanding the importance of lifelong physical activity ●
- Activities:** Creating long-term fitness goals, exploring various fitness trends

4. Strength and Conditioning (Grade 9-12)

Unit 1: Group strength and conditioning

- **Focus:** Group activities/fitness, strength and conditioning
- **Activities:** Group lifting programs, conditioning programs, etc.

Unit 2: Personal Fitness Planning

- **Focus:** Developing a personalized fitness regimen tailored to individual goals ●
- **Activities:** Assessing personal fitness, setting SMART goals, and tracking progress ●

5. Assessment and Reflection (Grades 9-12)

Ongoing Assessment:

- **Methods:** Skill assessments, fitness logs, peer assessments, self-evaluations ●
- **Focus:** Progress in skills, fitness levels, and understanding of health concepts

Reflection Activities:

- **Focus:** Personal growth and understanding of physical fitness
- **Activities:** Journaling, discussions on experiences, and feedback sessions

6. Thematic and Seasonal Activities

- **Fall:** Fitness activities, team/individual sports, and activities
- **Winter:** Fitness activities, team/individual sports, and activities
- **Spring:** Fitness activities, team/individual sports, and activities
- **Special Themes:** Sport awareness campaigns, and competitive tournaments

This scope and sequence allows for a comprehensive approach to high school physical education, preparing students for lifelong fitness and health. Adjustments can be made to fit specific school resources and student interests.