

Physical Education Year at a Glance



K	General and Personal Space <i>Self-awareness</i>	Personal and Social Responsibility including Heart Health <i>Self-Control Respect</i>	Movement Concepts <i>Run Walk Skip</i>	Manipulative Skills <i>Throwing Kicking</i>	Simple Rhythmic Concepts <i>Jump Rope parachute</i>	Non- Locomotor Concepts <i>Stretching</i>	
1 st	General and Personal Space <i>Self-awareness</i>	Personal and Social Responsibility including Heart Health <i>Self-Control Respect</i>	Movement Concepts <i>Run Walk Skip</i>	Manipulative Skills <i>Throwing Kicking</i>	Simple Rhythmic Concepts <i>Jump Rope parachute</i>	Non- Locomotor Concepts <i>Stretching</i>	
2 nd	General and Personal Space	Personal and Social Responsibility	Movement Concepts	Manipulative Skills	Simple Rhythmic Concepts	Non- Locomotor Concepts <i>Kids Heart Challenge</i>	
3 rd	General and Personal Space	Personal and Social Responsibility including Heart Health	Movement Concepts	Manipulative Skills	Simple Rhythmic Concepts	Non- Locomotor Concepts	
4 th through 5 th	Fitness Principles <i>Types of exercise</i>	Personal and Social Responsibility <i>Cooperation</i>	Developmental Games <i>Strategy Problem-solving</i>	Skill Techniques <i>Hula hooping Paddle Strike</i>	Team and Individual Sports <i>Bowling</i>	Heart Health <i>Kids Heart Challenge</i>	Cooperative Skills Challenge <i>Balance Beam Throwing/Catching</i>
6 th through 7 th	Fitness Principles <i>Endurance</i>	Team Building <i>6th grade camp House system</i>	Heart Health <i>Kids Heart Challenge</i>	Cooperative Fitness Challenge <i>Mile Run Partner Planks</i>	Team and Individual Sports <i>Pickleball Volleyball</i>		
8 th	Fitness Principles <i>Endurance</i>	Team Building <i>School Families House system</i>	Heart Health <i>Kids Heart Challenge</i>	Team and Individual Sports <i>Pickleball Volleyball</i>			