

Essential Standard - Standard should be taught in depth – These are the major work of the grade level
Supporting Standard- Support essential standards -Students need an intermediate understanding of these standards
Additional Standard- Students need a basic foundation of these standards

Suggested Monthly Themes:

August/Sept. **Playground Games**
October **Bones and Muscles**
November **Ball Control with Feet**
December **Ball Control with Hands**

January **Balance, Movement and Dance**
February **Heart and Cardiovascular Awareness**
March **Volleying and Striking Games**
April **Racquets**
May/June **Playground Games**

<i>Standard 1 - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns</i>			Pacing
Locomotor	S1.E.1.K	Performs locomotor skills (hopping, galloping, running, sliding, skipping) while maintaining balance	
Locomotor	S1.E3.K	Performs horizontal and vertical jumping and landing actions with balance	
Locomotor Dance	S1.E5.K	Performs locomotor skills in response to teacher-led creative dance.	
Non locomotor Balance	S1.E7.Ka S1.E7.Kb	Maintains momentary stillness on different bases of support. Forms wide, narrow, curled and twisted body shapes.	
Manipulative Underhand	S1.E13.K	Throws underhand with opposite foot forward.	
Manipulative Catching	S1.E.16.Ka S1.E16.kb	Drops a ball and catches it before it bounces twice. Catches a large ball tossed by a skilled thrower.	
Manipulative Ball Control	S1.E.17.K	Dribbles a ball with 1 hand, attempting the second contact	

Manipulative <i>Ball Control</i>	S1.E.18.K	Taps a ball using the inside of the foot, sending it forward	
Manipulative <i>Kicking</i>	S1.E21.K	Kicks a stationary ball from a stationary position, demonstrating 2 of the 5 critical elements of a mature kicking pattern.	
Manipulative <i>Volleying</i>	S1.E.22.K	Volleyes a lightweight object (balloon), sending it upward.	
Manipulative <i>Striking</i>	S1.E24.K	Strikes a light-weight object with a paddle or short-handled racket.	
Manipulative <i>Jumping Rope</i>	S1.E27.Ka S1.E27.Kb	Executes a single jump with self-turned rope. Jumps a long rope with teacher-assisted turning.	
<i>Standard 2 – They physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.</i>			Pacing
Movement Concepts <i>Space</i>	S2.E1.Ka S2.E1.Kb	Differentiates between movement in personal (self-space) and general space. Moves in personal space to a rhythm	
Movement Concepts <i>Pathways, Shapes, Levels</i>	S2.E2.K	Travels in three different pathways.	
Movement Concepts <i>Speed, direction, force</i>	S2.E3.K	Travels in general space with different speeds.	
<i>Standard 3 – They physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.</i>			Pacing
Physical Activity Knowledge	S3.E1.K	Identifies active play opportunities outside physical education class	
Engages in Physical Activity	S3.E2.K	Participates actively in physical education class.	
Fitness Knowledge	S.E3.K	Recognizes that when you move fast, your heart beats faster and you breathe faster	
Nutrition	S3.E6.K	Recognizes that food provides energy for physical activity	
<i>Standard 4: The physically literate individual exhibits Christlike behavior and sportsmanlike conduct whole respects self and others</i>			Pacing
Personal Responsibility	S4.E1.K	Follows directions in group settings (e.g., safe behaviors, following rules, taking turns)	

Personal Responsibility	S4.E2.K	Acknowledges responsibility for behavior when prompted.	
Accepting Feedback	S4.E3.K	Follows instruction and directions when prompted.	
Working with Others	S4.E4.K	Shares equipment and space with others	
Rules and Etiquette	S4.E5.K	Recognized the established protocol for class activities	
Safety	S4.E6.K	Follows teacher directions for safe participation and proper use of equipment with minimal reminders	
<i>Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction</i>			Pacing
Health	S5.E1.K	Recognizes that physical activity is important for good health.	
Challenge	S5.E2.K	Acknowledges that some physical activities are challenging/difficult.	
Self-Expression & Enjoyment	S5.E3.Ka S5.E3.Kb	Identifies physical activities that are enjoyable. Discusses the enjoyment of playing with friends.	