

Elementary Physical Education Scope & Sequence

Movement Concept	K	1	2	3	4	5	6
<u>Body Awareness</u>							
-Action of the whole body & its parts	X	X	X	X			
-Body-part identification	X	X	X				
-Shapes	X	X	X	X			
<u>Space Awareness</u>							
-Directions	X	X	X	X			
-Extensions	X	X	X	X	X	X	X
-General space	X	X	X				
-Levels	X	X	X	X			
-Pathways	X	X	X	X	X	X	
-Personal space	X	X	X				
<u>Effort</u>							
-Flow					X	X	X
-Force			X	X	X	X	X
-Time	X	X	X	X	X		
<u>Relationships</u>							
-Body parts	X	X	X	X	X	X	X
-With other people			X	X	X	X	X
<u>Movement Skills</u>							
<u>Locomotor</u>							
-Galloping	X	X	X	X			
-Hopping	X	X	X	X			
-Jumping	X	X	X	X			
-Leaping			X	X	X		
-Rolling	X	X	X	X	X		
-Running	X	X	X	X			
-Skipping		X	X	X			
-Sliding		X	X	X			
-Walking	X	X					

Movement Skills (cont.)	K	1	2	3	4	5	6
<u>Nonlocomotor</u>							
-Balancing	X	X	X	X	X	X	X
-Falling/Rising					X	X	X
-Jumping & Landing	X	X	X	X	X	X	X
-Pushing/Pulling	X	X	X	X	X		
-Starting/Stopping	X	X	X	X			
-Stretching/Bending	X	X	X	X			
-Swinging	X	X	X	X			
-Transferring Weight	X	X	X	X	X	X	X
-Turning	X	X	X	X			
-Twisting	X	X	X	X			
<u>Manipulative</u>							
-Bouncing	X	X	X	X			
-Catching	X	X	X	X	X	X	X
-Kicking	X	X	X	X	X		
-Overhand Throwing		X	X	X	X	X	X
-Rolling			X	X	X		
-Striking with long-handled implements			X	X	X	X	X
-Striking with racquets & paddles		X	X	X	X	X	X
-Trapping			X	X	X	X	X
-Underhand Throwing	X	X	X	X			
-Volleying			X	X	X	X	X
<u>Fitness Concepts</u>							
-Body Composition					X	X	X
-Cardiovascular Endurance				X	X	X	X
-Effects of exercise on heart rate-pulse			X	X			
-Fitness Tests			X	X	X	X	X
-Flexibility				X	X	X	X
-Muscular Endurance					X	X	X

-Strength				X	X	X	X
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