

PHYSICAL EDUCATION SCOPE AND SEQUENCE

AY 25-26

I – Introduced, P – Practiced, A – Applied, M - Mastered

STRAND	STANDARDS/SKILLS (SHAPE STANDARDS)	1 st	2 nd	3 rd	4 th
DEVELOPING A VARIETY OF MOTOR SKILLS	LOCOMOTOR SKILLS 1.2.1 Demonstrates a variety of locomotor skills with the concepts of space, effort, and relationship awareness.	Walking (P, A) Running (P, A) Galloping (P, A) Side-Sliding (I, P) Hopping (P, A) Skipping (P, A) Leaping (P, A) Chasing and Fleeing (P, A)	Walking (P, A) Running (P, A) Galloping (P, A) Side-Sliding (I, P) Hopping (P, A) Skipping (P, A) Leaping (P, A) Chasing and Fleeing (P, A)	Walking (A) Running (A) Galloping (A) Side-Sliding (A) Hopping (A) Skipping (A) Leaping (A) Chasing and Fleeing (P, A)	Walking (M) Running (M) Galloping (M) Side-Sliding (M) Hopping (M) Skipping (M) Leaping (M) Chasing and Fleeing (A)
	BODY MANAGEMENT 1.2.3 Demonstrates transferring weight on multiple body parts. 1.2.5 Demonstrates balancing on different body parts in a non-dynamic environment.	Balancing (A) Jumping and Landing (A) Weight Transfer (P, A)	Balancing (A) Jumping and Landing (A) Weight Transfer (A)	Balancing (A) Jumping and Landing (A) Weight Transfer (A)	Balancing (A) Jumping and Landing (A) Weight Transfer (A)
	MANIPULATIVES 1.2.6 Demonstrates bouncing a ball in a variety of non-dynamic practice tasks 1.2.10 Demonstrates kicking a ball in a variety of non-dynamic practice tasks. 1.2.11 Demonstrate dribbling with feet in a variety of non-dynamic practice tasks. 1.2.8 Demonstrates catching in a variety of non-dynamic practice tasks. 1.2.9 Demonstrates throwing in a variety of non-dynamic practice tasks.	Rolling (I, P) Bouncing (I, P) Throwing (I, P) Catching (I, P) Kicking (I, P) Hand Dribbling (I, P) Foot Dribbling (I, P) Foot Passing (I, P) Trapping (I, P) Volleying (I) Striking with Short-Handled Implements (I)	Rolling (I, P) Bouncing (I, P) Throwing (I, P) Catching (I, P) Kicking (I, P) Hand Dribbling (I, P) Foot Dribbling (I, P) Foot Passing (I, P) Trapping (I, P) Volleying (I) Striking with Short-Handled Implements (I) Striking with Long-Handled Implements (I)	Rolling (A) Bouncing (A) Throwing (A) Catching (A) Kicking (A) Hand Dribbling (A) Foot Dribbling (A) Foot Passing (A) Trapping (A) Volleying (I, P) Striking with Short-Handled Implements (I, P) Striking with Long-Handled Implements (I, P)	Rolling (A) Bouncing (A) Throwing (A) Catching (A) Kicking (A) Hand Dribbling (A) Foot Dribbling (A) Foot Passing (A) Trapping (A) Volleying (I, P) Striking with Short-Handled Implements (I, P) Striking with Long-Handled Implements (I, P)

APPLYING KNOWLEDGE RELATED TO MOVEMENT AND FITNESS CONCEPTS	<p>RHYTHMS/DANCE</p> <p>1.2.15 Demonstrates locomotor, non-locomotor, and manipulative movements based on a variety of dance forms.</p> <p>1.2.16 Demonstrates jumping rope in a non-dynamic environment.</p>	<p>Jumping Rope/Long (P, A)</p> <p>Jumping Rope/Individual (P)</p> <p>Folk Dancing (A)</p> <p>Choreographing (I)</p>	<p>Jumping Rope/Long (P, A)</p> <p>Jumping Rope/Individual (P)</p> <p>Folk Dancing (A)</p> <p>Choreographing (I)</p>	<p>Jumping Rope/Long (A)</p> <p>Jumping Rope/Individual (A)</p> <p>Folk Dancing (A)</p> <p>Choreographing (A)</p>	<p>Jumping Rope/Long (A)</p> <p>Jumping Rope/Individual (A)</p> <p>Folk Dancing (A)</p> <p>Choreographing (A)</p>
	<p>STUNTS/TUMBLING</p> <p>1.5.2 Demonstrates transferring weight from feet to hands and hands to feet in a non-dynamic environment.</p> <p>1.5.3 Demonstrates rolling with the body in a non-dynamic environment.</p>	<p>Stunts (I, P)</p> <p>Balance (I, P)</p> <p>Tumbling (I, P)</p>	<p>Stunts (I, P)</p> <p>Balance (I, P)</p> <p>Tumbling (I, P)</p>	<p>Stunts (P, A)</p> <p>Balance (P, A)</p> <p>Tumbling (P)</p>	<p>Stunts (A)</p> <p>Balance (A)</p> <p>Tumbling (P, A)</p>
	<p>SPATIAL AWARENESS</p> <p>2.2.1 Recognizes personal space and where to move in general space.</p> <p>2.2.3 Identifies movement concepts related to locomotor, non-locomotor, and manipulative skills.</p>	<p>Personal Space (A)</p> <p>General Space (A)</p> <p>Boundaries (A)</p> <p>Levels of Movement</p> <p>Pathways (I)</p> <p>Directions (I)</p>	<p>Personal Space (A)</p> <p>General Space (A)</p> <p>Boundaries (A)</p> <p>Levels of Movement</p> <p>Pathways (A)</p> <p>Directions (A)</p>	<p>Personal Space (M)</p> <p>General Space (M)</p> <p>Boundaries (M)</p> <p>Levels of Movement</p> <p>Pathways (M)</p> <p>Directions (M)</p>	<p>Personal Space (M)</p> <p>General Space (M)</p> <p>Boundaries (M)</p> <p>Levels of Movement</p> <p>Pathways (M)</p> <p>Directions (M)</p>
	<p>CONCEPTS AND STRATEGIES</p> <p>2.2.4 Demonstrates knowledge of locomotor, non-locomotor, and manipulative skills in movement settings.</p>	<p>Students identify elements of correct form for motor skills (A)</p> <p>Students use feedback to improve performance (I)</p>	<p>Students identify elements of correct form for motor skills (A)</p> <p>Students use feedback to improve performance (A)</p>	<p>Students identify elements of correct form for motor skills (M)</p> <p>Students use feedback to improve performance (A)</p>	<p>Students identify elements of correct form for motor skills (M)</p> <p>Students use feedback to improve performance (M)</p>

DEVELOPING SOCIAL SKILLS THROUGH MOVEMENT	<p>3.2.1 Recognizes the feelings of others during a variety of physical activity.</p> <p>3.2.2 Demonstrates ability to encourage others.</p> <p>3.2.3 Uses communication skills to share space and equipment.</p> <p>3.2.4 Responds appropriately to directions and feedback from the teacher.</p>	Students demonstrate responsible personal/social behavior during PE (I, P) Students use equipment safely (I, P) Students regularly encourage others (I, P)	Students demonstrate responsible personal/social behavior during PE (P,A) Students use equipment safely (P,A) Students regularly encourage others (P,A)	Students demonstrate responsible personal/social behavior during PE (A) Students use equipment safely (A) Students regularly encourage others (A)	Students demonstrate responsible personal/social behavior during PE (A) Students use equipment safely (A) Students regularly encourage others (A)
DEVELOPING PERSONAL SKILLS, IDENTIFYING PERSONAL BENEFITS OF MOVEMENT, AND CHOOSING TO ENGAGE IN PHYSICAL ACTIVITY	<p>4.2.1 Identifies physical activities that can meet the need for self-expression.</p> <p>4.2.2 Identifies physical activities that can meet the need for social interaction.</p>	Students try new movements and skills (P) Students work with each other to achieve a common goal (I, P)	Students try new movements and skills (P) Students work with each other to achieve a common goal (P)	Students try new movements and skills (P, A) Students work with each other to achieve a common goal (P, A)	Students try new movements and skills (A) Students work with each other to achieve a common goal (A)
	<p>4.2.4 Identifies preferred physical activities based on personal interests.</p> <p>4.2.5 Recognizes individual challenges through movement.</p>	Students seek personally challenging experiences in PA opportunities (I)	Students seek personally challenging experiences in PA opportunities (I)	Students choose to practice skills needing improvement (A) Students seek personally challenging experiences in PA opportunities (P, A)	Students choose to practice skills needing improvement (A) Students seek personally challenging experiences in PA opportunities (A)