

PE Curriculum Map 2019

	August	September	October	November	December	January	February	March	April	May
Pre-K	Rules	Exploration/ Spatial Awareness	Team Building, Partner Work	Locomotor/ Nonlocomotor Movements	Fine/Gross Motor Skills	Balance	Throwing	Hand Eye Coordination	Group Play	Dance
	Procedures	Safety	Working together, Teams	Skipping, Hopping, Galloping,	Coordination and Control	Line, Balancing, Balance Beam	Underhand vs Overhand, Aiming at a target	Egg and Spoon, Scarves, Organizing	Outdoor Activites, Playing in groups	Dance Party
	21.A.ECa	19.B.ECb	19.C.ECa	19.B.ECb	19. A.ECa	19.A.ECb	19.B.ECa	19. A.ECd	21. B.ECa	20.A.ECa
Kindergarten	Rules	Exploration/ Spatial Awareness	Team Building, Partner Work	Locomotor/ Nonlocomotor Movements	Fine/Gross Motor Skills	Balance	Throwing	Hand Eye Coordination	Group Play	Dance
	Procedures, Expectations, Safety	Safety	Working together, Teams	Skipping, Hopping, Galloping, Leaping	Organizing	Line Balancing, Balance Beam	Underhand vs Overhand, Aiming at a target	Egg and Spoon, Scarves,	Cooperative Play, Outdoor Activities	Dance Party, Partner Dance
	19.C.2a, 19.C. 2b	19.A.1a, 19.B.1a	21.A.1b, 21.B. 1a	19.A.1a, 19.B. 1a	19.A.1a, 19.B. 1a	20.A.1a, 20.A. 1b	19.A.2b, 19.B. 2b	19.A.1b, 19.B. 2b	21.B.1a	19.A.1a, 19.A. 1b
1st grade	Rules	Spatial Awareness, Locomotor/ Nonlocomotor	Bowling	Throwing, Balance	Soccer	Hand Eye Coordination	Volleyball	Basketball	Track and Field	Dance/Tumblin g
	Procedures, Expectations, Safety	Skipping, Galloping, Grapevine	Procedures, Rolling, Bowling Stations	Underhand vs Overhand, Aiming at a target, Balance Beam	Dribbling, Starting, Stopping, Trapping, Passing, Stations	Egg and Spoon, Scarves	Modified equipment for setting and serving (larger and lighter balls)	Dribbling, Passing, Modified Shooting	Relay Races, Educational Review Relays	Partner Dance, Choreographed Dance
	19.C.2a, 19.C. 2b	19.A.1a, 19.B.1a	19.A.1a, 19.B. 1a	20.A.1a, 19.C. 1a	19.A.1b, 19.B. 1b	19.A.2a, 19.A. 2b	21.B.2a, 21.B. 1a	21.B.1a, 21.A. 1c	20.A.1b, 20.B. 1a	19.A.1a, 19.A. 1b
2nd Grade	Rules	Spatial Awareness, Locomotor/ Nonlocomotor	Bowling,	Throwing, Balance	Soccer	Hockey	Volleyball	Basketball	Track and Field	Dance/Tumblin g
	Procedures, Expectations, Safety	Skipping, Galloping, Grapevine, Free Movement,	Procedures, Rolling, Bowling Stations	Underhand vs Overhand, Aiming at a Target, Balance Beam, Balance Boards	Dribbling, Passing, Trapping, Shooting, Stations	Dribbling and passing techniques using modified equipment (larger ball and hand hockey sticks)	Modified equipment for setting, serving and passing (larger and lighter balls)	Dribbling, Passing, Shooting	Relay Races, Educational Review Relays	Partner Dance, Choreographed Dance
	19.C.2a, 19.C. 2b	19.A.1a, 19.B.1a	19.B.1b, 20.A. 2b	20.A.1a, 19.C. 1a	19.A.1b, 19.B. 1b	21.B.2a, 21.B. 1a	21.B.2a, 21.B. 1a	21.B.2a, 21.B. 2a	20.B.2a, 20.A. 2b	19.A.1a, 19.A. 1b
	Fitnessgram Testing	Spatial Awareness, Locomotor skills	Bowling	Throwing, Balance	Soccer	Hockey	Volleyball	Basketball	Track and Field	Dance/Tumblin g

3rd grade	Curl-ups, Sit and Reach, Push-ups	Skipping, Galloping, Grapevine, Cherry Pickers, Free Movement	Procedures, Rolling, Bowling Stations, Scoring	Underhand vs Overhand, Aiming at a Target, Balance Beam, Balance Boards, Balance Bikes	Controlled Dribbling, Passing, Shooting, Scooter Soccer Game, Mini Games	Dribbling, passing and shooting with regular sized hockey sticks, safety	Setting, serving and passing using regular equipment, basic skill games	Controlled dribbling, passing, shooting	Relay Races, Educational Review Relays, Modified Field Events	Partner Dance, Line Dance, Choreographed Dance
	19.A.2b, 20.B.2b	19.C.1a, 19.B.1a	19.B.1b, 20.A.2b	20.A.1a, 19.C.1a	19.A.1b, 19.B.1b	21.B.2a, 21.B.1a	21.B.2a, 21.B.1a	21.B.2a, 21.B.2a	20.B.2a, 20.A.2b	19.A.1a, 19.A.1b
4th grade	Fitnessgram Testing	Flag Football	Soccer	Basketball	Dance, Volleyball	Floor Hockey	Racket Sports	Wiffleball	Track and field	Fitness
	PACER, Curl-ups, Sit and Reach, Push-ups	Passing, catching, routes, kickoffs and punting	Controlled dribbling, passing to a target, shooting	Controlled drilling, passing, jump shot, lay-ups	Just dance/ setting, passing, serving, proper rotation	Controlled dribbling, passing, shooting, safety	Badmitton, Pickleball, Tennis, Ping pong, proper form and rules	Throwing, catching, base running, rules	Relays, distance, dashes modified field events	Fitnessgram testing, stations, obstacle courses, fitness tapes
	19.A.2b, 20.B.2b	19.A.2a, 19.C.2a	21.A2.b, 21B2.a	21.A.2abc, 21.B.2	19.C.3a, 19.A.3b	19.A.2a, 19.B.2b	19.C.2a, 21.A.2c	19.C.2a, 19.C.2b	19.A.2a, 19.C.2a	20.A.2a, 20.B.2b
5th Grade	Fitnessgram Testing	Flag Football	Soccer	Basketball	Dance, Volleyball	Floor Hockey	Racket Sports	Whiffleball	Track and field	Fitness
	PACER, Curl-ups, Sit and Reach, Push-ups	Passing, routes, catching, kickoffs, lead-up games, flag pulling	Dribbling, passing, trapping, shooting	Dribbling, passing, shooting, shooting games	Just dance, line dance/setting, passing, serving, rules and lead-up games	Dribbling, passing, shooting, lead-up games	Badmitton, Pickleball, Tennis, Ping pong, proper form and rules	Throwing, catching, base running, rules, lead up games	Relays, distance, dashes modified field events	Fitnessgram testing, stations, obstacle courses, fitness tapes
	19.A.2b, 20.B.2b	19.A.2a, 19.C.2a	21.A2.b, 21B2.a	21.A.2abc, 21.B.2	19.C.3a, 19.A.3b	19.A.2a, 19.B.2b	19.C.2a, 21.A.2c	19.C.2a, 19.C.2b	19.A.2a, 19.C.2b	20.A.2a, 20.B.2b
Fitness Room, Muscular strength, flexibility and endurance weekly in addition to specific skill based activities										
6th Grade	Fitnessgram Testing	Flag Football	Soccer	Basketball	Dance, Volleyball	Floor Hockey	Racket Sports	Roller Skating	Track and field	Softball, Fitness
	PACER, Curl-ups, Sit and Reach, Push-ups	Passing, Routes, Throwing, Catching, Kickoffs, Punting, lead-up games	Dribbling, passing, trapping, shooting, throw-ins	Dribbling, passing shooting, defensive drills, lead-up games	Line dance, Just dance, create your own dance/ passing, setting, spiking, serving, lead up games	Stick Handling, passing, safety, lead-up games	Badmitton, Pickleball, Tennis, Ping pong table	Skating techniques, Safety and fun games	Relays, Dashes, Distance Running, Field events	Throwing, catching, hitting and base running, lead-up games/Fitnessgram post testing
	19.A.2b, 20.B.2b	19.A2a., 19.C2a	21.A2.b, 21B2.a	22.A.3a, 24.A.3b	21.A.3c, 21.B.3	24.A.3a, 24.A.3b	20.A.3b, 21.A.3a	19.C.3a, 19.C.3b	22.A.3c, 24.A.3a	19.C.3a, 21.A.3b
	Fitnessgram Testing	Soccer	Flag Football	Basketball	Dance, Volleyball	Floor Hockey	Racket Sports	Roller Skating	Track and field	Softball, Fitness

7th Grade	PACER, Curl-ups, Sit and Reach, Push-ups	Dribbling, passing, trapping, shooting, throw-ins, modified games	Passing, Routes, Throwing, Catching, Kickoffs, Punting, Modified Games	Dribbling, passing shooting, defensive drills, 3 on 3 tournament	Line dance, Just dance, create your own dance/ passing, setting, spiking, serving, volleyball tournament	Stick Handling, passing, shooting, safety, floor hockey mini games tournament	Badmitton, Pickleball, Tennis, Ping pong table, Rules/mini games	Skating techniques, Safety and fun games	Relays, Dashes, Distance Running, Field events	Throwing, catching, hitting and base running, mini games and rules/ Fitnessgram post testing
	19.A.2b, 20.B.2b	21.A2.b, 21B2.a	19.A2a., 19.C2a	22.A.3a, 24.A.3b	21.A.3c, 21.B.3	24.A.3a, 24.A.3b	20.A.3b, 21.A.3a	19.C.3a, 19.C.3b	22.A.3c, 24.A.3a	19.C.3a, 21.A.3b
8th Grade	Fitnessgram Testing	Flag Football	Soccer	Basketball	Dance/ Volleyball	Floor Hockey	Racket Sports	Roller Skating	Track and field	Softball/ Fitness
	PACER, Curl-ups, Sit and Reach, Push-ups	Passing, Catching, Kickoffs, Learning of positions, Games	Dribbling, passing, trapping, shooting, throw-ins, game strategy, and games	Dribbling, passing, shooting, game strategy, tournament games	Line dance, Just dance, create your own dance/ passing, setting, spiking, serving, volleyball tournament	Stick Handling, passing, shooting, safety, floor hockey tournament	Badmitton, Pickleball, Tennis, Ping pong table, rules/technique and pickleball tournament	Skating techniques, Safety and fun games	Relays, Dashes, Distance Running, Field events	Throwing, catching, hitting and base running, games and game strategy/Fitness gram post testing
	19.A.2b, 20.B.2b	19.A2a., 19.C2a	21.A2.b, 21B2.a	22.A.3a, 24.A.3b	21.A.3c, 21.B.3	24.A.3a, 24.A.3b	20.A.3b, 21.A.3a	19.C.3a, 19.C.3b	22.A.3c, 24.A.3a	19.C.3a, 21.A.3b