

## Elementary P.E. Scope and Sequence

1<sup>st</sup> Semester Skills Assessed by games, warm-ups, etc.- These skills are continued throughout 2<sup>nd</sup> semester, but heavily emphasized during 1<sup>st</sup> semester. The extent of each skill is based upon each child's ability and age.

- Team Building
- Gross Motor(throwing, catching, kicking, rolling,skipping, etc.)
- Fine Motor(proper grasp of bat,racket,ball,etc.)
- Cooperation
- Flexibility
- Endurance
- Cross lateral brain activities
- Bilateral proficiency
- Eye-Hand Coordination
- Demonstrate self-discipline and responsibility while actively participating in a group activity
- Good sportsmanship
- Consistently strike a ball from a tee/cone using proper hand placement
- Recognize changes in heart rate during physical activity
- Introduce lifetime activities: Bowling, tennis, running/walking for fitness, etc.
- Respect for everyone regardless of skill level

2<sup>nd</sup> Semester Skills in addition to those above.

- Create and achieve personal fitness goals
- Recognize physical activity as a positive and enjoyable experience through: social interaction, self-expression, challenging yourself and achieving goals
- Explain benefits of daily exercise
- Recognize that equipment can be used in different ways and create a game using equipment other than what it is intended for
- Motivate and encourage others to participate in physical activity (parents, friends, etc.)
- Demonstrate accurately and proficiently the ability to strike a softly thrown ball (bump in volleyball, instep kick in soccer, pitch in softball/baseball, etc.)
- Recognize and define terms: muscular strength, muscular endurance, flexibility, cardiovascular endurance
- Demonstrate various pulse points
- Recognize and name the major muscles and bones.

