

SCOPE AND SEQUENCE
3rd and 4th Grade Physical Education

		<u># of Days</u>
Unit 1: Rhythmic Activities	1	
History		1
Dance and Aerobics		5
Unit 2: Sport Skills		
Soccer		3
Football		3
Basketball		3
Volleyball		3
Floor Hockey		3
Lacrosse		3
Softball		3
Unit 3: Organized Games		
Tag Activities		3
Problem Solving/Cooperative Activities		3
Relays		3
Kickball		3
Crabball		3
Pin Bombardment		3
Noodle Games		3
Unit 4: Fitness		
Presidential Fitness Testing		5
Fitness Walking (Fall & Spring)		1/month
Fitness Circuits (Winter)		1/month
<hr style="border-top: 1px dashed black;"/>		
Total		55