

SCOPE AND SEQUENCE
5th – 8th Grade Physical Education

	<u># of Days</u>
Unit 1: Team Sports	1
Soccer	10
Flag Football	11
Field Hockey	11
Volleyball	10
Floor Hockey	10
Team Handball	10
Lacrosse	10
Softball	10
Track and Field	10
Basketball	12
Unit 2: Recreational Games	
Longbase/Shortbase	1
Ultimate Kickball	1
Ultimate Soccer	1
Fire and Ice	1
Skyline Ball	1
Scooter Hockey	1
Jump Rope	1
Basketball Baseball	1
Pin Bombardment	1
Crabball	1
Monster Ball	1
Steal the Bacon	1
Unit 3: Cooperative Activities	
No Man is an Island	1
River Crossing	1
Reaching for the Stars	1
Cooperative Mats	1
Spider Web	1
Noodle Head	1
Samurai	1
Marble Madness	1
Five Alive	1
Line – Up	1
Jump Rope Windmill	1
Group Tag	1
Unit 5: Aerobics and Dance	
History	1
Combining Movement Concepts to Music	4
Group Work/Movement Sequence	2

Peer Teach Movement Sequence	2
Unit 5: Fitness	
Fitness Portfolio	3
Presidential Fitness Testing	5
¼ Mile Time	1
Fitness Walking/Jogging (Fall & Spring)	1/week
Fitness Stations (Winter)	1/week

Total	180