

SCOPE AND SEQUENCE
K – 2nd Grade Physical Education

		<u># of Days</u>
Unit 1: Rhythmic Activities	1	
History		1
Dance and Aerobics		5
Unit 2: Movement		
Personal and General Space		1
Locomotor and Non-locomotor Movement		3
Directionality, Spatial Level, and Dodging		5
Throwing, Catching, Kicking, and Dribbling		5
Yoga		5
Unit 3: Organized Games		
Introduction		1
Tag Games		3
Parachute Play		3
Scooter Activities and Games		3
Relays		3
Noodle Activities		3
Unit 4: Fitness		
Presidential Fitness Testing (grade 1 & 2 only)		5
Fitness Walking (Fall & Spring)		1/month
Fitness Circuits (Winter)		1/month
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Total		48