

K-5 Physical Education

* The specific order of units is dependent on the availability of shared facilities.

Course Title	Quarter 1	Quarter 2	Quarter 3	Quarter 4
JK & SK	<p>Content: Basic Movement Patterns</p> <p>Skills: balancing on one foot and beam, jumping and landing from a low height,</p>	<p>Content: Basic Movement Patterns, Climbing wall</p> <p>Skills: jumping and landing, rotating (log roll, egg roll, somersault), stabilizing, maintaining 3-points of contact, moving laterally</p>	<p>Content: Swimming</p> <p>Skills: exploring underwater, floating without life jacket, kicking with board, moving in water</p>	<p>Content: Sending And Receiving, Striking</p> <p>Skills: kicking, throwing, catching, rolling,</p>
Grade 1	<p>Content: Dance, Gymnastics, Climbing Wall</p> <p>Skills: moving rhythmically, balancing with partners, jumping and landing from higher height, continuous rotations, navigating obstacles, maintaining balance, traversing</p>	<p>Content: Soccer, Jump rope, Hoops</p> <p>Skills: dribbling, passing, shooting, trapping, Jumping rope forward and back, spinning hoop around waist, jumping rope with a hoop</p>	<p>Content: Swimming</p> <p>Skills: floating without a life jacket, jumping into water, beginning elementary back and freestyle</p>	<p>Content: Sending and receiving, Basketball</p> <p>Skills: throwing, catching, striking a target, following through, passing, dribbling, shooting</p>
Grade 2	<p>Content: Gymnastics, Basketball</p> <p>Skills: balancing in small groups, jumping and landing from higher height with twists, rotations from different pathways, passing, dribbling, shooting</p>	<p>Content: Soccer</p> <p>Skills: dribbling, passing, shooting, trapping, keeping everything in close proximity</p>	<p>Content: Swimming</p> <p>Skills: diving for objects in deep end, floating on front and back, mastering elementary back, practicing freestyle, beginning backstroke</p>	<p>Content: Ball Games</p> <p>Skills: throwing, catching on the move, striking a target, following through</p>
Grade 3	<p>Content: Gymnastics, Basketball</p> <p>Skills: balancing – large groups,</p>	<p>Content: Soccer</p> <p>Skills: dribbling, passing,</p>	<p>Content: Swimming</p> <p>Skills: practicing backstroke,</p>	<p>Content: Ball Games</p> <p>Skills: throwing for power,</p>

	jumping and landing combination with rotations, passing, head up dribbling, shooting	shooting, trapping, throwing in, exhibiting greater speed and distance for each skill	diving from pool edge, treading water	leading, catching one-handed
Grade 4	<p><u>Content:</u> Basketball</p> <p><u>Skills:</u> passing, speed dribbling, shooting from chest</p>	<p><u>Content:</u> Volleyball</p> <p><u>Skills:</u> passing, setting, serving underhand</p>	<p><u>Content:</u> Soccer</p> <p><u>Skills:</u> dribbling through obstacles, passing to moving target</p>	<p><u>Content:</u> Swimming</p> <p><u>Skills:</u> mastering freestyle (25m) and backstroke (25m), beginning breaststroke</p>
Grade 5	<p><u>Content:</u> Basketball</p> <p><u>Skills:</u> give-and-go passing, dribbling with cross over, shooting with form</p>	<p><u>Content:</u> Volleyball</p> <p><u>Skills:</u> passing, setting, underhand serve, spiking, rallying with a partner and in groups</p>	<p><u>Content:</u> Soccer</p> <p><u>Skills:</u> passing (give-and-go), shooting with non-dominant foot</p>	<p><u>Content:</u> Swimming</p> <p><u>Skills:</u> mastering breaststroke, executing handstands and somersaults</p>