



## PE Curriculum Year at a Glance

K	General and Personal Space <i>Self-awareness</i>	Personal and Social Responsibility including Heart Health <i>Self-Control</i> <i>Respect</i>	Movement Concepts <i>Run</i> <i>Walk</i> <i>Skip</i>	Manipulative Skills <i>Throwing</i> <i>Kicking</i>	Simple Rhythmic Concepts <i>Jump Rope</i> <i>parachute</i>	Non-Loomotor Concepts <i>Stretching</i>	
1 <sup>st</sup>	General and Personal Space <i>Self-awareness</i>	Personal and Social Responsibility including Heart Health <i>Self-Control</i> <i>Respect</i>	Movement Concepts <i>Run</i> <i>Walk</i> <i>Skip</i>	Manipulative Skills <i>Throwing</i> <i>Kicking</i>	Simple Rhythmic Concepts <i>Jump Rope</i> <i>parachute</i>	Non-Loomotor Concepts <i>Stretching</i>	
2 <sup>nd</sup>	General and Personal Space	Personal and Social Responsibility	Movement Concepts	Manipulative Skills	Simple Rhythmic Concepts	Non-Loomotor Concepts <i>Heart Health</i> <i>Jump for Heart</i>	
3 <sup>rd</sup>	General and Personal Space	Personal and Social Responsibility including Heart Health	Movement Concepts	Manipulative Skills	Simple Rhythmic Concepts	Non-Loomotor Concepts	
4 <sup>th</sup> through 5 <sup>th</sup>	Fitness Principles <i>Types of exercise</i>	Personal and Social Responsibility <i>Cooperation</i>	Developmental Games <i>Strategy</i> <i>Problem-solving</i>	Skill Techniques <i>Hula hooping</i> <i>Paddle Strike</i>	Team and Individual Sports <i>Bowling</i>	Heart Health <i>Hoops for Heart</i>	Cooperative Skills Challenge <i>Balance Beam</i> <i>Throwing/Catching</i>
6 <sup>th</sup> through 7 <sup>th</sup>	Fitness Principles <i>Endurance</i>	Team Building <i>6<sup>th</sup> grade camp</i> <i>House system</i>	Heart Health <i>Hoops for Heart</i>	Cooperative Fitness Challenge <i>Mile Run</i> <i>Partner Planks</i>	Team and Individual Sports <i>Pickleball</i> <i>Volleyball</i>		
8 <sup>th</sup>	Fitness Principles <i>Endurance</i>	Team Building <i>6<sup>th</sup> grade camp</i> <i>House system</i>	Heart Health <i>Hoops for Heart</i>	Team and Individual Sports <i>Pickleball</i> <i>Volleyball</i>			