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| **Q1** | **Core Standard Expectations** | **PreK-Kindergarten** |
| Week 1 | Management Organization | Rules, Procedures, and Routines  Safety |
| Social Skills | Sharing, Cooperation, Kindness, Responsibility, Respect, Honesty and Caring |
| Movement Concepts | Spatial Awareness and Effort |
| Movement Skills | Locomotor Skills (Walk, run, hop, jump, skip, gallop, leap & slide) and Non-Locomotor Skills (Twisting, bending, swaying, stretching, turning, & swinging) |
| Fitness Skills | Physical Activity and Health (Bones, Muscles, and Organs) |
|  |  |  |
| Week 2 | Management Organization | Rules, Procedures and Routines  Safety |
| Social Skills | Sharing, Cooperation, Kindness, Responsibility, Respect, Honesty and Caring |
| Movement Concepts | Spatial Awareness and Effort |
| Movement Skills | Locomotor Skills (Walk, run, hop, jump, skip, gallop, leap & slide) and Non-Locomotor Skills (Twisting, bending, swaying, stretching, turning, & swinging) |
| Fitness Skills | Physical Activity and Health (Bones, Muscles, and Organs) |
|  |  |  |
| Week 3 | Management Organization | Rules, Procedures and Routines  Safety |
| Social Skills | Sharing, Cooperation, Kindness, Responsibility, Respect, Honesty and Caring |
| Movement Concepts | Spatial Awareness and Effort in Travel  Move in personal space during designated activities |
| Movement Skills | Locomotor Skills (Walk, run, hop, jump, skip, gallop, leap & slide) and Non-Locomotor Skills (Twisting, bending, swaying, stretching, turning, & swinging) |
| Fitness Skills | Physical Activity and Health (Bones, Muscles, and Organs) |
|  |  |  |
| Week 4 | Management Organization | Rules, Procedures and Routines  Safety |
| Social Skills | Sharing, Cooperation, Kindness, Responsibility, Respect, Honesty and Caring |
| Movement Concepts | Spatial Awareness and Effort  Move in personal space during designated activities  Use various body parts to demonstrate an understanding of body awareness |
| Movement Skills | Locomotor Skills (Walk, run, hop, jump, skip, gallop, leap & slide) and Non-Locomotor Skills (Twisting, bending, swaying, stretching, turning, & swinging) |
| Fitness Skills | Physical Activity and Health (Bones, Muscles, and Organs) |
|  |  |  |
| Week 5 | Management Organization | Rules, Procedures, and Routines  Safety |
| Social Skills | Sharing, Cooperation, Kindness, Responsibility, Respect, Honesty and Caring |
| Movement Concepts | Spatial Awareness and Effort  Travel in general space without touching anyone or anything during designated activities  Use various body parts to demonstrate an understanding of body awareness  Travel using different directions in general space  Demonstrate different levels  Create pathways in general space |
| Movement Skills | Locomotor Skills (Walk, run, hop, jump, skip, gallop, leap & slide) and Non-Locomotor Skills (Twisting, bending, swaying, stretching, turning, & swinging) |
| Fitness Skills | Physical Activity and Health (Bones, Muscles, and Organs) |
|  |  |  |
| Week 6 | Management Organization | Rules, Procedures, and Routines  Safety |
| Social Skills | Sharing, Cooperation, Kindness, Responsibility, Respect, Honesty and Caring |
| Movement Concepts | Travel in general space without touching anyone or anything during designated activities  Use various body parts to demonstrate an understanding of body awareness  Travel using different directions in general space  Demonstrate different levels  Create pathways in general space |
| Movement Skills | Locomotor Skills (Walk, run, hop, jump, skip, gallop, leap & slide) and Non-Locomotor Skills (Twisting, bending, swaying, stretching, turning, & swinging) |
| Fitness Skills | Physical Activity and Health (Bones, Muscles, and Organs) |
|  |  |  |
| Week 7 | Management Organization | Rules, Procedures, and Routines  Safety |
| Social Skills | Sharing, Cooperation, Kindness, Responsibility, Respect, Honesty and Caring |
| Movement Concepts | Travel in general space without touching anyone or anything during designated activities  Use various body parts to demonstrate an understanding of body awareness  Travel using different directions in general space  Demonstrate different levels  Create pathways in general space |
| Movement Skills | Locomotor Skills (Walk, run, hop, jump, skip, gallop, leap & slide) and Non-Locomotor Skills (Twisting, bending, swaying, stretching, turning, & swinging) |
| Fitness Skills | Physical Activity and Health (Bones, Muscles, and Organs) |
|  |  |  |
| Week 8 | Management Organization | Rules, Procedures, and Routines  Safety |
| Social Skills | Sharing, Cooperation, Kindness, Responsibility, Respect, Honesty and Caring |
| Movement Concepts | Travel in general space without touching anyone or anything during designated activities  Use various body parts to demonstrate an understanding of body awareness  Travel using different directions in general space  Demonstrate different levels  Create pathways in general space |
| Movement Skills | Locomotor Skills (Walk, run, hop, jump, skip, gallop, leap & slide) and Non-Locomotor Skills (Twisting, bending, swaying, stretching, turning, & swinging)  Manipulative Skills – Hands  Collect/catch a variety of objects using force absorption and weight transfer  Throw/pass a variety of small objects using various speed and levels  Throw small objects with an overhand motion  Participate in throwing/passing and collecting/catching activities with a partner |
| Fitness Skills | Physical Activity and Health (Bones, Muscles, and Organs) |
|  |  |  |
| Week 9 | Management Organization | Rules, Procedures, and Routines  Safety |
| Social Skills | Sharing, Cooperation, Kindness, Responsibility, Respect, Honesty and Caring |
| Movement Concepts | Travel in general space without touching anyone or anything during designated activities  Use various body parts to demonstrate an understanding of body awareness  Travel using different directions in general space  Demonstrate different levels  Create pathways in general space |
| Movement Skills | Locomotor Skills (Walk, run, hop, jump, skip, gallop, leap & slide) and Non-Locomotor Skills (Twisting, bending, swaying, stretching, turning, & swinging)  Manipulative Skills – Hands  Collect/catch a variety of objects using force absorption and weight transfer  Throw/pass a variety of small objects using various speed and levels  Throw small objects with an overhand motion  Participate in throwing/passing and collecting/catching activities with a partner |
| Fitness Skills | Physical Activity and Health (Bones, Muscles, and Organs) |
|  |  |  |
| **Q2** | **Core Standard Expectations** | **PreK-Kindergarten** |
|  |  |  |
| Week 1 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills | Sharing, Cooperation, Sportsmanship and Caring |
|  | Movement Concepts | Travel in general space without touching anyone or anything during designated activities  Move in personal space during designated activities  Use various body parts to demonstrate an understanding of body awareness  Travel using different directions in general space  Demonstrate different levels  Create pathways in general space  Travel using different speed in general space  Demonstrate how the body moves using effort (time, force, flow)  Move with objects and people  Demonstrate relationships of body parts |
|  | Movement Skills | Locomotor Skills (Walk, run, hop, jump, skip, gallop, leap, and slide) and Non-Locomotor Skills (Twisting, bending, swaying, stretching, turning, & swinging)  Manipulative Skills – Hands  Collect/catch a variety of objects using force absorption and weight transfer  Throw/pass a variety of small objects using various speed and levels  Throw small objects with an overhand motion  Participate in throwing/passing and collecting/catching activities with a partner |
|  | Fitness Skills | Physical Activity and Health Related Components of Fitness |
|  |  |  |
| Week 2 | Management Organization | Rules, Procedures and Routines  Safety |
|  | Social Skills | Sharing, Cooperation, Sportsmanship and Caring |
|  | Movement Concepts | Travel in general space without touching anyone or anything during designated activities  Move in personal space during designated activities  Use various body parts to demonstrate an understanding of body awareness  Travel using different directions in general space  Demonstrate different levels  Create pathways in general space  Travel using different speed in general space  Demonstrate how the body moves using effort (time, force, flow)  Move with objects and people  Demonstrate relationships of body parts |
|  | Movement Skills | Locomotor Skills (Walk, run, hop, jump, skip, gallop, leap, and slide) and Non-Locomotor Skills (Twisting, bending, swaying, stretching, turning, & swinging)  Manipulative Skills – Hands  Collect/catch a variety of objects using force absorption and weight transfer  Throw/pass a variety of small objects using various speed and levels  Throw small objects with an overhand motion  Participate in throwing/passing and collecting/catching activities with a partner |
|  | Fitness Skills | Physical Activity and Health Related Components of Fitness |
|  |  |  |
| Week 3 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills | Sharing, Cooperation, Sportsmanship and Caring |
|  | Movement Concepts | Travel in general space without touching anyone or anything during designated activities  Move in personal space during designated activities  Use various body parts to demonstrate an understanding of body awareness  Travel using different directions in general space  Demonstrate different levels  Create pathways in general space  Travel using different speed in general space  Demonstrate how the body moves using effort (time, force, flow)  Move with objects and people  Demonstrate relationships of body parts |
|  | Movement Skills | Locomotor Skills (Walk, run, hop, jump, skip, gallop, leap, and slide) and Non-Locomotor Skills (Twisting, bending, swaying, stretching, turning, & swinging)  Manipulative Skills – Hands  Collect/catch a variety of objects using force absorption and weight transfer  Throw/pass a variety of small objects using various speed and levels  Throw small objects with an overhand motion  Participate in throwing/passing and collecting/catching activities with a partner |
|  | Fitness Skills | Physical Activity and Health Related Components of Fitness |
|  |  |  |
| Week 4 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills | Sharing, Cooperation, Sportsmanship and Caring |
|  | Movement Concepts | Speeds, Levels, Formations, Transitions, Spatial Awareness  Travel in general space without touching anyone or anything during designated activities  Move in personal space during designated activities  Use various body parts to demonstrate an understanding of body awareness  Travel using different directions in general space  Demonstrate different levels  Create pathways in general space  Travel using different speed in general space  Demonstrate how the body moves using effort (time, force, flow)  Move with objects and people  Demonstrate relationships of body parts |
|  | Movement Skills | Locomotor Skills (Walk, run, hop, jump, skip, gallop, leap, and slide) and Non-Locomotor Skills (Twisting, bending, swaying, stretching, turning, & swinging, balancing, transferring weight, jumping and landing)  Manipulative Skills – Hands  Collect/catch a variety of objects using force absorption and weight transfer  Throw/pass a variety of small objects using various speed and levels  Throw small objects with an overhand motion  Participate in throwing/passing and collecting/catching activities with a partner |
|  | Fitness Skills | Physical Activity and Health Related Components of Fitness |
|  |  |  |
| Week 5 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills | Sharing, Cooperation, Sportsmanship and Caring |
|  | Movement Concepts | Travel in general space without touching anyone or anything during designated activities  Move in personal space during designated activities  Use various body parts to demonstrate an understanding of body awareness  Travel using different directions in general space  Demonstrate different levels  Create pathways in general space  Travel using different speed in general space  Demonstrate how the body moves using effort (time, force, flow)  Move with objects and people  Demonstrate relationships of body parts |
|  | Movement Skills | Locomotor Skills (Walk, run, hop, jump, skip, gallop, leap, and slide) and Non-Locomotor Skills (Twisting, bending, swaying, stretching, turning, & swinging, balancing, transferring weight, jumping and landing)  Manipulative Skills – Hands  Collect/catch a variety of objects using force absorption and weight transfer  Throw/pass a variety of small objects using various speed and levels  Throw small objects with an overhand motion  Participate in throwing/passing and collecting/catching activities with a partner |
|  | Fitness Skills | Physical Activity and Health Related Components of Fitness |
|  |  |  |
| Week 6 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills | Sharing, Cooperation, Sportsmanship and Caring |
|  | Movement Concepts | Travel in general space without touching anyone or anything during designated activities  Move in personal space during designated activities  Use various body parts to demonstrate an understanding of body awareness  Travel using different directions in general space  Demonstrate different levels  Create pathways in general space  Travel using different speed in general space  Demonstrate how the body moves using effort (time, force, flow)  Move with objects and people  Demonstrate relationships of body parts |
|  | Movement Skills | Locomotor Skills (Walk, run, hop, jump, skip, gallop, leap, and slide) and Non-Locomotor Skills (Twisting, bending, swaying, stretching, turning, & swinging, balancing, transferring weight, jumping and landing)  Manipulative Skills – Hands  Collect/catch a variety of objects using force absorption and weight transfer  Throw/pass a variety of small objects using various speed and levels  Throw small objects with an overhand motion  Participate in throwing/passing and collecting/catching activities with a partner |
|  | Fitness Skills | Physical Activity and Health Related Components of Fitness |
|  |  |  |
| Week 7 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills | Sharing, Cooperation, Sportsmanship and Caring |
|  | Movement Concepts | Travel in general space without touching anyone or anything during designated activities  Move in personal space during designated activities  Use various body parts to demonstrate an understanding of body awareness  Travel using different directions in general space  Demonstrate different levels  Create pathways in general space  Travel using different speed in general space  Demonstrate how the body moves using effort (time, force, flow)  Move with objects and people  Demonstrate relationships of body parts |
|  | Movement Skills | Locomotor Skills (Walk, run, hop, jump, skip, gallop, leap, and slide) and Non-Locomotor Skills (Twisting, bending, swaying, stretching, turning, & swinging, balancing, transferring weight, jumping and landing)  Manipulative Skills – Hands  Collect/catch a variety of objects using force absorption and weight transfer  Throw/pass a variety of small objects using various speed and levels  Throw small objects with an overhand motion  Participate in throwing/passing and collecting/catching activities with a partner |
|  | Fitness Skills | Physical Activity and Health Related Components of Fitness |
|  |  |  |
| Week 8 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills | Sharing, Cooperation, Sportsmanship and Caring |
|  | Movement Concepts | Travel in general space without touching anyone or anything during designated activities  Move in personal space during designated activities  Use various body parts to demonstrate an understanding of body awareness  Travel using different directions in general space  Demonstrate different levels  Create pathways in general space  Travel using different speed in general space  Demonstrate how the body moves using effort (time, force, flow)  Move with objects and people  Demonstrate relationships of body parts |
|  | Movement Skills | Locomotor Skills (Walk, run, hop, jump, skip, gallop, leap, and slide) and Non-Locomotor Skills (Twisting, bending, swaying, stretching, turning, & swinging, balancing, transferring weight, jumping and landing)  Manipulative Skills – Hands  Collect/catch a variety of objects using force absorption and weight transfer  Throw/pass a variety of small objects using various speed and levels  Throw small objects with an overhand motion  Participate in throwing/passing and collecting/catching activities with a partner |
|  | Fitness Skills | Physical Activity and Health Related Components of Fitness |
|  |  |  |
| Week 9 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills | Sharing, Cooperation, Sportsmanship and Caring |
|  | Movement Concepts | Travel in general space without touching anyone or anything during designated activities  Move in personal space during designated activities  Use various body parts to demonstrate an understanding of body awareness  Travel using different directions in general space  Demonstrate different levels  Create pathways in general space  Travel using different speed in general space  Demonstrate how the body moves using effort (time, force, flow)  Move with objects and people  Demonstrate relationships of body parts |
|  | Movement Skills | Locomotor Skills (Walk, run, hop, jump, skip, gallop, leap, and slide) and Non-Locomotor Skills (Twisting, bending, swaying, stretching, turning, & swinging, balancing, transferring weight, jumping and landing)  Manipulative Skills – Hands  Collect/catch a variety of objects using force absorption and weight transfer  Throw/pass a variety of small objects using various speed and levels  Throw small objects with an overhand motion  Participate in throwing/passing and collecting/catching activities with a partner |
|  | Fitness Skills | Physical Activity and Health Related Components of Fitness |
|  |  |  |
| **Q3** | **Core Standard Expectations** | **PreK-Kindergarten** |
|  |  |  |
| Week 1 | Management Organization | Rules, Procedures, and Routines |
|  | Social Skills | Sharing, Cooperation, Kindness, Sportsmanship, Respect and Caring |
|  | Movement Concepts | Use concepts of personal and general space and movement control to purposely move in different ways in a large group without bumping into others and/or falling down  Apply knowledge of spatial awareness to dribbling, kicking, trapping, and passing  Apply knowledge of speed, time, and force in relation to dribbling, kicking, trapping, and passing |
|  | Movement Skills | Locomotor Skills including chasing, dodging and fleeing Non-Locomotor Skills including jump and land using a combination of one- and two-foot takeoffs and landings  Manipulative Skills – Feet  Dribble a ball continuously with dominant and non-dominant foot  Approach and kick a moving ball with dominant and non-dominant foot  Demonstrate the correct method for trapping a ball  Move and trap a passed ball  Kick a ball toward various targets at different levels with dominant and non-dominant foot  Participate in kicking, dribbling, trapping, and passing activities with a partner |
|  | Fitness Skills | Physical Activity and Personal Health |
|  |  |  |
| Week 2 | Management Organization | Rules, Procedures and Routines |
|  | Social Skills | Sharing, Cooperation, Kindness, Sportsmanship, Respect and Caring |
|  | Movement Concepts | Use concepts of personal and general space and movement control to purposely move in different ways in a large group without bumping into others and/or falling down  Apply knowledge of spatial awareness to dribbling, kicking, trapping, and passing  Apply knowledge of speed, time, and force in relation to dribbling, kicking, trapping, and passing |
|  | Movement Skills | Locomotor Skills including chasing, dodging and fleeing Non-Locomotor Skills including jump and land using a combination of one- and two-foot takeoffs and landings  Manipulative Skills – Feet  Dribble a ball continuously with dominant and non-dominant foot  Approach and kick a moving ball with dominant and non-dominant foot  Demonstrate the correct method for trapping a ball  Move and trap a passed ball  Kick a ball toward various targets at different levels with dominant and non-dominant foot  Participate in kicking, dribbling, trapping, and passing activities with a partner |
|  | Fitness Skills | Physical Activity and Personal Health |
|  |  |  |
| Week 3 | Management Organization | Rules, Procedures, and Routines |
|  | Social Skills | Sharing, Cooperation, Kindness, Sportsmanship, Respect and Caring |
|  | Movement Concepts | Use concepts of personal and general space and movement control to purposely move in different ways in a large group without bumping into others and/or falling down  Apply knowledge of spatial awareness to dribbling, kicking, trapping, and passing  Apply knowledge of speed, time, and force in relation to dribbling, kicking, trapping, and passing |
|  | Movement Skills | Locomotor Skills including chasing, dodging and fleeing Non-Locomotor Skills including jump and land using a combination of one- and two-foot takeoffs and landings  Manipulative Skills – Feet  Dribble a ball continuously with dominant and non-dominant foot  Approach and kick a moving ball with dominant and non-dominant foot  Demonstrate the correct method for trapping a ball  Move and trap a passed ball  Kick a ball toward various targets at different levels with dominant and non-dominant foot  Participate in kicking, dribbling, trapping, and passing activities with a partner |
|  | Fitness Skills | Physical Activity and Personal Health |
|  |  |  |
| Week 4 | Management Organization | Rules, Procedures, and Routines |
|  | Social Skills | Sharing, Cooperation, Kindness, Sportsmanship, Respect and Caring |
|  | Movement Concepts | Use concepts of personal and general space and movement control to purposely move in different ways in a large group without bumping into others and/or falling down  Apply knowledge of spatial awareness to dribbling, kicking, trapping, and passing  Apply knowledge of speed, time, and force in relation to dribbling, kicking, trapping, and passing |
|  | Movement Skills | Locomotor Skills including chasing, dodging and fleeing Non-Locomotor Skills including jump and land using a combination of one- and two-foot takeoffs and landings  Manipulative Skills – Feet  Dribble a ball continuously with dominant and non-dominant foot  Approach and kick a moving ball with dominant and non-dominant foot  Demonstrate the correct method for trapping a ball  Move and trap a passed ball  Kick a ball toward various targets at different levels with dominant and non-dominant foot  Participate in kicking, dribbling, trapping, and passing activities with a partner |
|  | Fitness Skills | Physical Activity and Personal Health |
|  |  |  |
| Week 5 | Management Organization | Rules, Procedures, and Routines |
|  | Social Skills | Sharing, Cooperation, Kindness, Sportsmanship, Respect and Caring |
|  | Movement Concepts | Use concepts of personal and general space and movement control to purposely move in different ways in a large group without bumping into others and/or falling down  Travel in general space without touching anyone or anything during designated activities  Move in personal space during designated activities  Use various body parts to demonstrate an understanding of body awareness  Travel using different directions in general space  Demonstrate different levels  Create pathways in general space  Travel using different speed in general space  Demonstrate how the body moves using effort  Move with objects and people  Demonstrate relationships of body parts |
|  | Movement Skills | Rhythms and Dance  Participate in rhythmic activities that involve locomotion, non-locomotive, and manipulative skills  Move independently in time to music  Demonstrate a variety of dance as directed by teacher  Explain the relationships between body movements, rhythmic accompaniment, and expression of feelings and ideas |
|  | Fitness Skills | Physical Activity and Personal Health |
|  |  |  |
| Week 6 | Management Organization | Rules, Procedures, and Routines |
|  | Social Skills | Sharing, Cooperation, Kindness, Sportsmanship, Respect and Caring |
|  | Movement Concepts | Use concepts of personal and general space and movement control to purposely move in different ways in a large group without bumping into others and/or falling down  Travel in general space without touching anyone or anything during designated activities  Move in personal space during designated activities  Use various body parts to demonstrate an understanding of body awareness  Travel using different directions in general space  Demonstrate different levels  Create pathways in general space  Travel using different speed in general space  Demonstrate how the body moves using effort  Move with objects and people  Demonstrate relationships of body parts |
|  | Movement Skills | Rhythms and Dance  Participate in rhythmic activities that involve locomotion, non-locomotive, and manipulative skills  Move independently in time to music  Demonstrate a variety of dance as directed by teacher  Explain the relationships between body movements, rhythmic accompaniment, and expression of feelings and ideas |
|  | Fitness Skills | Physical Activity and Personal Health |
|  |  |  |
| Week 7 | Management Organization | Rules, Procedures, and Routines |
|  | Social Skills | Sharing, Cooperation, Kindness, Sportsmanship, Respect and Caring |
|  | Movement Concepts | Use concepts of personal and general space and movement control to purposely move in different ways in large groups without bumping into others and/or falling down  Apply knowledge of spatial awareness to jumping rope, dribbling, catching, and throwing  Apply knowledge of time, force, and relationships with objects and people to jumping rope, dribbling, catching, and throwing |
|  | Movement Skills | Locomotor Skills  Nonmanipulative Skills  Jump and land using a combination of one- and two-foot takeoffs and landings  Manipulative Skills – Feet and Hands  Jump a long rope  Jump a self-turned rope and count the number of successive jumps  Create and show jump rope sequences |
|  | Fitness Skills | Physical Activity and Personal Health |
|  |  |  |
| Week 8 | Management Organization | Rules, Procedures, and Routines |
|  | Social Skills | Sharing, Cooperation, Kindness, Sportsmanship, Respect and Caring |
|  | Movement Concepts | Use concepts of personal and general space and movement control to purposely move in different ways in large groups without bumping into others and/or falling down  Apply knowledge of spatial awareness to jumping rope, dribbling, catching, and throwing  Apply knowledge of time, force, and relationships with objects and people to jumping rope, dribbling, catching, and throwing |
|  | Movement Skills | Locomotor Skills  Nonmanipulative Skills  Jump and land using a combination of one- and two-foot takeoffs and landings  Manipulative Skills – Feet and Hands  Jump a long rope  Jump a self-turned rope and count the number of successive jumps  Create and show jump rope sequences  Roll a variety of objects  Dribble a ball using one hand  Dribble a ball alternating hands  Catch a variety of objects using force absorption and weight transfer  Throw/pass a variety of objects using various speed and levels  Throw small objects with an overhand motion  Participate in jump rope, dribbling, catching, and throwing/passing activities with a partner |
|  | Fitness Skills | Physical Activity and Personal Health |
|  |  |  |
| Week 9 | Management Organization | Rules, Procedures, and Routines |
|  | Social Skills | Sharing, Cooperation, Kindness, Sportsmanship, Respect and Caring |
|  | Movement Concepts | Use concepts of personal and general space and movement control to purposely move in different ways in large groups without bumping into others and/or falling down  Apply knowledge of spatial awareness to jumping rope, dribbling, catching, and throwing  Apply knowledge of time, force, and relationships with objects and people to jumping rope, dribbling, catching, and throwing |
|  | Movement Skills | Locomotor Skills  Nonmanipulative Skills  Jump and land using a combination of one- and two-foot takeoffs and landings  Manipulative Skills – Feet and Hands  Jump a long rope  Jump a self-turned rope and count the number of successive jumps  Create and show jump rope sequences  Roll a variety of objects  Dribble a ball using one hand  Dribble a ball alternating hands  Catch a variety of objects using force absorption and weight transfer  Throw/pass a variety of objects using various speed and levels  Throw small objects with an overhand motion  Participate in jump rope, dribbling, catching, and throwing/passing activities with a partner |
|  | Fitness Skills | Physical Activity and Personal Health |
|  |  |  |
| **Q4** | **Core Standard Expectations** | **PreK-Kindergarten** |
|  |  |  |
| Week 1 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills | Cooperation, Sportsmanship, Recognizing Abilities and Caring |
|  | Movement Concepts | Travel in general space without touching anyone or anything during designated activities  Move in personal space during designated activities  Use various body parts to demonstrate an understanding of body awareness  Travel using different directions in general space  Demonstrate different levels  Create pathways in general space  Travel using different speed in general space  Demonstrate how the body moves using effort  Move with objects and people  Demonstrate relationships of body parts |
|  | Movement Skills | Locomotor and Non-Locomotor Skills  Educational Gymnastics  Balance to maintain momentary stillness bearing weight on a variety of body parts  Travel in general space  Demonstrate the concept of weight transfer at different levels  Display various flight movements  Create body shapes and movements |
|  | Fitness Skills | Physical Activity and Health Related Components of Fitness |
|  |  |  |
| Week 2 | Management Organization | Rules, Procedures and Routines  Safety |
|  | Social Skills | Cooperation, Sportsmanship, Recognizing Abilities and Caring |
|  | Movement Concepts | Travel in general space without touching anyone or anything during designated activities  Move in personal space during designated activities  Use various body parts to demonstrate an understanding of body awareness  Travel using different directions in general space  Demonstrate different levels  Create pathways in general space  Travel using different speed in general space  Demonstrate how the body moves using effort  Move with objects and people  Demonstrate relationships of body parts |
|  | Movement Skills | Locomotor and Non-Locomotor Skills  Educational Gymnastics  Balance to maintain momentary stillness bearing weight on a variety of body parts  Travel in general space  Demonstrate the concept of weight transfer at different levels  Display various flight movements  Create body shapes and movements |
|  | Fitness Skills | Physical Activity and Health Related Components of Fitness |
|  |  |  |
| Week 3 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills | Cooperation, Sportsmanship, Recognizing Abilities and Caring |
|  | Movement Concepts | Use concepts of personal and general space and movement control to purposely move in different ways in a large group without bumping into others and/or falling down  Travel in general space without touching anyone or anything during designated activities  Move in personal space during designated activities  Use various body parts to demonstrate an understanding of body awareness  Travel using different directions in general space  Demonstrate different levels  Create pathways in general space  Travel using different speed in general space  Demonstrate how the body moves using effort  Move with objects and people  Demonstrate relationships of body parts |
|  | Movement Skills | Locomotor and Non-Locomotor Skills  Educational Gymnastics  Balance to maintain momentary stillness bearing weight on a variety of body parts  Travel in general space  Demonstrate the concept of weight transfer at different levels  Display various flight movements  Create body shapes and movements  Combine skills of balancing and weight transfer to perform a movement sequence using a variety of body parts |
|  | Fitness Skills | Physical Activity and Health Related Components of Fitness |
|  |  |  |
| Week 4 | Management Organization | Rules, Procedures, and Routines |
|  | Social Skills | Cooperation, Sportsmanship, Recognizing Abilities and Caring |
|  | Movement Concepts | Use concepts of personal and general space and movement control to purposely move in different ways in a large group without bumping into others and/or falling down  Travel in general space without touching anyone or anything during designated activities  Move in personal space during designated activities  Use various body parts to demonstrate an understanding of body awareness  Travel using different directions in general space  Demonstrate different levels  Create pathways in general space  Travel using different speed in general space  Demonstrate how the body moves using effort  Move with objects and people  Demonstrate relationships of body parts |
|  | Movement Skills | Locomotor and Non-Locomotor Skills  Educational Gymnastics  Balance to maintain momentary stillness bearing weight on a variety of body parts  Travel in general space  Demonstrate the concept of weight transfer at different levels  Display various flight movements  Create body shapes and movements  Combine skills of balancing and weight transfer to perform a movement sequence using a variety of body parts |
|  | Fitness Skills | Physical Activity and Health Related Components of Fitness |
|  |  |  |
| Week 5 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills | Cooperation, Sportsmanship, Recognizing Abilities and Caring |
|  | Movement Concepts | Use concepts of personal and general space and movement control to purposely move in different ways in a large group without bumping into others and/or falling down  Apply knowledge of spatial awareness to throwing/passing, catching, and striking  Apply knowledge of time, force, and speed in relation to throwing/passing, catching, and striking |
|  | Movement Skills | Locomotor and Non-Locomotor Skills  Manipulative Skills – Hands  Use short handled implements (hands, paddles, rackets) to strike stationary objects  Use short handled implements (hands, paddles, rackets) to strike moving objects  Volley moving objects  Use a long handled implement (bat) to strike an object (ball) from a tee  Demonstrate the proper stance for striking from a tee  Demonstrate the proper grip for holding the bat  Demonstrate the proper swing for striking from a tee  Strike a large pitched ball  Strike a small pitched ball |
|  | Fitness Skills | Physical Activity and Health Related Components of Fitness |
|  |  |  |
| Week 6 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills | Cooperation, Sportsmanship, Recognizing Abilities and Caring |
|  | Movement Concepts | Use concepts of personal and general space and movement control to purposely move in different ways in a large group without bumping into others and/or falling down  Apply knowledge of spatial awareness to throwing/passing, catching, and striking  Apply knowledge of time, force, and speed in relation to throwing/passing, catching, and striking |
|  | Movement Skills | Locomotor and Non-Locomotor  Manipulative Skills – Hands  Use short handled implements (hands, paddles, rackets) to strike stationary objects  Use short handled implements (hands, paddles, rackets) to strike moving objects  Volley moving objects  Use a long handled implement (bat) to strike an object (ball) from a tee  Demonstrate the proper stance for striking from a tee  Demonstrate the proper grip for holding the bat  Demonstrate the proper swing for striking from a tee  Strike a large pitched ball  Strike a small pitched ball |
|  | Fitness Skills | Physical Activity and Health Related Components of Fitness |
|  |  |  |
| Week 7 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills | Cooperation, Sportsmanship, Recognizing Abilities and Caring |
|  | Movement Concepts | Use concepts of personal and general space and movement control to purposely move in different ways in a large group without bumping into others and/or falling down  Apply knowledge of spatial awareness to throwing/passing, catching, and striking  Apply knowledge of time, force, and speed in relation to throwing/passing, catching, and striking |
|  | Movement Skills | Locomotor and Non-Locomotor Skills  Manipulative Skills – Hands  Use short handled implements (hands, paddles, rackets) to strike stationary objects  Use short handled implements (hands, paddles, rackets) to strike moving objects  Volley moving objects  Use a long handled implement (bat) to strike an object (ball) from a tee  Demonstrate the proper stance for striking from a tee  Demonstrate the proper grip for holding the bat  Demonstrate the proper swing for striking from a tee  Strike a large pitched ball  Strike a small pitched ball |
|  | Fitness Skills | Physical Activity and Health Related Components of Fitness |
|  |  |  |
| Week 8 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills | Cooperation, Sportsmanship, Recognizing Abilities and Caring |
|  | Movement Concepts | Use concepts of personal and general space and movement control to purposely move in different ways in a large group without bumping into others and/or falling down  Apply knowledge of spatial awareness to throwing/passing, catching, and striking  Apply knowledge of time, force, and speed in relation to throwing/passing, catching, and striking |
|  | Movement Skills | Locomotor Skills and Non-Locomotor Skills  Manipulative Skills- Hands and Feet  Locomotor and Non-Locomotor Skills  Manipulative Skills – Hands  Use short handled implements (hands, paddles, rackets) to strike stationary objects  Use short handled implements (hands, paddles, rackets) to strike moving objects  Volley moving objects  Use a long handled implement (bat) to strike an object (ball) from a tee  Demonstrate the proper stance for striking from a tee  Demonstrate the proper grip for holding the bat  Demonstrate the proper swing for striking from a tee  Strike a large pitched ball  Strike a small pitched ball |
|  | Fitness Skills | Physical Activity and Health Related Components of Fitness |
|  |  |  |
| Week 9 | Management Organization | Rules, Procedures, and Routines |
|  | Social Skills | Cooperation, Sportsmanship, Recognizing Abilities and Caring |
|  | Movement Concepts | Use concepts of personal and general space and movement control to purposely move in different ways in a large group without bumping into others and/or falling down  Apply knowledge of spatial awareness to throwing/passing, catching, and striking  Apply knowledge of time, force, and speed in relation to throwing/passing, catching, and striking |
|  | Movement Skills | Locomotor and Non-Locomotor Skills  Manipulative Skills – Hands  Use short handled implements (hands, paddles, rackets) to strike stationary objects  Use short handled implements (hands, paddles, rackets) to strike moving objects  Volley moving objects  Use a long handled implement (bat) to strike an object (ball) from a tee  Demonstrate the proper stance for striking from a tee  Demonstrate the proper grip for holding the bat  Demonstrate the proper swing for striking from a tee  Strike a large pitched ball  Strike a small pitched ball |
|  | Fitness Skills | Physical Activity and Health Related Components of Fitness |