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| **Q1**  | **Core Standard Expectations** | **PreK-Kindergarten** |
| Week 1 | Management Organization  | Rules, Procedures, and RoutinesSafety  |
| 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 TravelMove 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 EffortMove in personal space during designated activitiesUse 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 RoutinesSafety |
| Social Skills  | Sharing, Cooperation, Kindness, Responsibility, Respect, Honesty and Caring |
| Movement Concepts  | Spatial Awareness and EffortTravel in general space without touching anyone or anything during designated activitiesUse various body parts to demonstrate an understanding of body awarenessTravel 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 RoutinesSafety  |
| Social Skills  | Sharing, Cooperation, Kindness, Responsibility, Respect, Honesty and Caring |
| Movement Concepts  | Travel in general space without touching anyone or anything during designated activitiesUse various body parts to demonstrate an understanding of body awarenessTravel 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 RoutinesSafety |
| Social Skills  | Sharing, Cooperation, Kindness, Responsibility, Respect, Honesty and Caring |
| Movement Concepts  | Travel in general space without touching anyone or anything during designated activitiesUse various body parts to demonstrate an understanding of body awarenessTravel 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 RoutinesSafety  |
| Social Skills  | Sharing, Cooperation, Kindness, Responsibility, Respect, Honesty and Caring |
| Movement Concepts  | Travel in general space without touching anyone or anything during designated activitiesUse various body parts to demonstrate an understanding of body awarenessTravel 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 – HandsCollect/catch a variety of objects using force absorption and weight transferThrow/pass a variety of small objects using various speed and levelsThrow 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 RoutinesSafety |
| Social Skills  | Sharing, Cooperation, Kindness, Responsibility, Respect, Honesty and Caring |
| Movement Concepts  | Travel in general space without touching anyone or anything during designated activitiesUse various body parts to demonstrate an understanding of body awarenessTravel 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 – HandsCollect/catch a variety of objects using force absorption and weight transferThrow/pass a variety of small objects using various speed and levelsThrow 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 activitiesMove in personal space during designated activitiesUse various body parts to demonstrate an understanding of body awarenessTravel using different directions in general spaceDemonstrate different levels Create pathways in general space Travel using different speed in general spaceDemonstrate 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 – HandsCollect/catch a variety of objects using force absorption and weight transferThrow/pass a variety of small objects using various speed and levelsThrow 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 activitiesMove in personal space during designated activitiesUse various body parts to demonstrate an understanding of body awarenessTravel using different directions in general spaceDemonstrate different levels Create pathways in general space Travel using different speed in general spaceDemonstrate 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 – HandsCollect/catch a variety of objects using force absorption and weight transferThrow/pass a variety of small objects using various speed and levelsThrow 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 RoutinesSafety |
|  | Social Skills  | Sharing, Cooperation, Sportsmanship and Caring |
|  | Movement Concepts  | Travel in general space without touching anyone or anything during designated activitiesMove in personal space during designated activitiesUse various body parts to demonstrate an understanding of body awarenessTravel using different directions in general spaceDemonstrate different levels Create pathways in general space Travel using different speed in general spaceDemonstrate 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 – HandsCollect/catch a variety of objects using force absorption and weight transferThrow/pass a variety of small objects using various speed and levelsThrow 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 RoutinesSafety |
|  | Social Skills  | Sharing, Cooperation, Sportsmanship and Caring |
|  | Movement Concepts  | Speeds, Levels, Formations, Transitions, Spatial AwarenessTravel in general space without touching anyone or anything during designated activitiesMove in personal space during designated activitiesUse various body parts to demonstrate an understanding of body awarenessTravel using different directions in general spaceDemonstrate different levels Create pathways in general space Travel using different speed in general spaceDemonstrate 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 – HandsCollect/catch a variety of objects using force absorption and weight transferThrow/pass a variety of small objects using various speed and levelsThrow 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 RoutinesSafety |
|  | Social Skills  | Sharing, Cooperation, Sportsmanship and Caring |
|  | Movement Concepts  | Travel in general space without touching anyone or anything during designated activitiesMove in personal space during designated activitiesUse various body parts to demonstrate an understanding of body awarenessTravel using different directions in general spaceDemonstrate different levels Create pathways in general space Travel using different speed in general spaceDemonstrate 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 – HandsCollect/catch a variety of objects using force absorption and weight transferThrow/pass a variety of small objects using various speed and levelsThrow 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 RoutinesSafety |
|  | Social Skills  | Sharing, Cooperation, Sportsmanship and Caring |
|  | Movement Concepts  | Travel in general space without touching anyone or anything during designated activitiesMove in personal space during designated activitiesUse various body parts to demonstrate an understanding of body awarenessTravel using different directions in general spaceDemonstrate different levels Create pathways in general space Travel using different speed in general spaceDemonstrate 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 – HandsCollect/catch a variety of objects using force absorption and weight transferThrow/pass a variety of small objects using various speed and levelsThrow 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 RoutinesSafety |
|  | Social Skills  | Sharing, Cooperation, Sportsmanship and Caring |
|  | Movement Concepts  | Travel in general space without touching anyone or anything during designated activitiesMove in personal space during designated activitiesUse various body parts to demonstrate an understanding of body awarenessTravel using different directions in general spaceDemonstrate different levels Create pathways in general space Travel using different speed in general spaceDemonstrate 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 – HandsCollect/catch a variety of objects using force absorption and weight transferThrow/pass a variety of small objects using various speed and levelsThrow 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 RoutinesSafety |
|  | Social Skills  | Sharing, Cooperation, Sportsmanship and Caring |
|  | Movement Concepts  | Travel in general space without touching anyone or anything during designated activitiesMove in personal space during designated activitiesUse various body parts to demonstrate an understanding of body awarenessTravel using different directions in general spaceDemonstrate different levels Create pathways in general space Travel using different speed in general spaceDemonstrate 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 – HandsCollect/catch a variety of objects using force absorption and weight transferThrow/pass a variety of small objects using various speed and levelsThrow 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 RoutinesSafety |
|  | Social Skills  | Sharing, Cooperation, Sportsmanship and Caring |
|  | Movement Concepts  | Travel in general space without touching anyone or anything during designated activitiesMove in personal space during designated activitiesUse various body parts to demonstrate an understanding of body awarenessTravel using different directions in general spaceDemonstrate different levels Create pathways in general space Travel using different speed in general spaceDemonstrate 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 – HandsCollect/catch a variety of objects using force absorption and weight transferThrow/pass a variety of small objects using various speed and levelsThrow 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 downApply knowledge of spatial awareness to dribbling, kicking, trapping, and passingApply 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 footApproach and kick a moving ball with dominant and non-dominant footDemonstrate the correct method for trapping a ballMove and trap a passed ball Kick a ball toward various targets at different levels with dominant and non-dominant footParticipate 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 downApply knowledge of spatial awareness to dribbling, kicking, trapping, and passingApply 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 footApproach and kick a moving ball with dominant and non-dominant footDemonstrate the correct method for trapping a ballMove and trap a passed ball Kick a ball toward various targets at different levels with dominant and non-dominant footParticipate 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 downApply knowledge of spatial awareness to dribbling, kicking, trapping, and passingApply 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 footApproach and kick a moving ball with dominant and non-dominant footDemonstrate the correct method for trapping a ballMove and trap a passed ball Kick a ball toward various targets at different levels with dominant and non-dominant footParticipate 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 downApply knowledge of spatial awareness to dribbling, kicking, trapping, and passingApply 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 footApproach and kick a moving ball with dominant and non-dominant footDemonstrate the correct method for trapping a ballMove and trap a passed ball Kick a ball toward various targets at different levels with dominant and non-dominant footParticipate 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 downTravel in general space without touching anyone or anything during designated activitiesMove in personal space during designated activitiesUse various body parts to demonstrate an understanding of body awarenessTravel using different directions in general spaceDemonstrate different levels Create pathways in general space Travel using different speed in general spaceDemonstrate how the body moves using effortMove with objects and people Demonstrate relationships of body parts |
|  | Movement Skills  | Rhythms and DanceParticipate in rhythmic activities that involve locomotion, non-locomotive, and manipulative skillsMove independently in time to musicDemonstrate a variety of dance as directed by teacherExplain 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 downTravel in general space without touching anyone or anything during designated activitiesMove in personal space during designated activitiesUse various body parts to demonstrate an understanding of body awarenessTravel using different directions in general spaceDemonstrate different levels Create pathways in general space Travel using different speed in general spaceDemonstrate how the body moves using effortMove with objects and people Demonstrate relationships of body parts |
|  | Movement Skills  | Rhythms and DanceParticipate in rhythmic activities that involve locomotion, non-locomotive, and manipulative skillsMove independently in time to musicDemonstrate a variety of dance as directed by teacherExplain 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 downApply 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 SkillsNonmanipulative SkillsJump and land using a combination of one- and two-foot takeoffs and landings Manipulative Skills – Feet and Hands Jump a long ropeJump 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 downApply 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 SkillsNonmanipulative SkillsJump and land using a combination of one- and two-foot takeoffs and landings Manipulative Skills – Feet and Hands Jump a long ropeJump a self-turned rope and count the number of successive jumps Create and show jump rope sequencesRoll a variety of objectsDribble a ball using one handDribble a ball alternating handsCatch a variety of objects using force absorption and weight transferThrow/pass a variety of objects using various speed and levelsThrow 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 downApply 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 SkillsNonmanipulative SkillsJump and land using a combination of one- and two-foot takeoffs and landings Manipulative Skills – Feet and Hands Jump a long ropeJump a self-turned rope and count the number of successive jumps Create and show jump rope sequencesRoll a variety of objectsDribble a ball using one handDribble a ball alternating handsCatch a variety of objects using force absorption and weight transferThrow/pass a variety of objects using various speed and levelsThrow 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 RoutinesSafety  |
|  | Social Skills | Cooperation, Sportsmanship, Recognizing Abilities and Caring |
|  | Movement Concepts  | Travel in general space without touching anyone or anything during designated activitiesMove in personal space during designated activitiesUse various body parts to demonstrate an understanding of body awarenessTravel using different directions in general spaceDemonstrate different levels Create pathways in general space Travel using different speed in general spaceDemonstrate how the body moves using effortMove with objects and people Demonstrate relationships of body parts |
|  | Movement Skills  | Locomotor and Non-Locomotor Skills Educational GymnasticsBalance to maintain momentary stillness bearing weight on a variety of body partsTravel in general spaceDemonstrate the concept of weight transfer at different levelsDisplay various flight movementsCreate 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 activitiesMove in personal space during designated activitiesUse various body parts to demonstrate an understanding of body awarenessTravel using different directions in general spaceDemonstrate different levels Create pathways in general space Travel using different speed in general spaceDemonstrate how the body moves using effortMove with objects and people Demonstrate relationships of body parts |
|  | Movement Skills  | Locomotor and Non-Locomotor Skills Educational GymnasticsBalance to maintain momentary stillness bearing weight on a variety of body partsTravel in general spaceDemonstrate the concept of weight transfer at different levelsDisplay various flight movementsCreate body shapes and movements |
|  | Fitness Skills  | Physical Activity and Health Related Components of Fitness |
|  |  |  |
| Week 3 | Management Organization  | Rules, Procedures, and RoutinesSafety |
|  | 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 downTravel in general space without touching anyone or anything during designated activitiesMove in personal space during designated activitiesUse various body parts to demonstrate an understanding of body awarenessTravel using different directions in general spaceDemonstrate different levels Create pathways in general space Travel using different speed in general spaceDemonstrate how the body moves using effortMove with objects and people Demonstrate relationships of body parts |
|  | Movement Skills  | Locomotor and Non-Locomotor Skills Educational GymnasticsBalance to maintain momentary stillness bearing weight on a variety of body partsTravel in general spaceDemonstrate the concept of weight transfer at different levelsDisplay various flight movementsCreate body shapes and movementsCombine 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 downTravel in general space without touching anyone or anything during designated activitiesMove in personal space during designated activitiesUse various body parts to demonstrate an understanding of body awarenessTravel using different directions in general spaceDemonstrate different levels Create pathways in general space Travel using different speed in general spaceDemonstrate how the body moves using effortMove with objects and people Demonstrate relationships of body parts |
|  | Movement Skills  | Locomotor and Non-Locomotor Skills Educational GymnasticsBalance to maintain momentary stillness bearing weight on a variety of body partsTravel in general spaceDemonstrate the concept of weight transfer at different levelsDisplay various flight movementsCreate body shapes and movementsCombine 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 RoutinesSafety  |
|  | 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 downApply knowledge of spatial awareness to throwing/passing, catching, and strikingApply 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 objectsUse 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 RoutinesSafety |
|  | 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 downApply knowledge of spatial awareness to throwing/passing, catching, and strikingApply 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 objectsUse 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 RoutinesSafety |
|  | 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 downApply knowledge of spatial awareness to throwing/passing, catching, and strikingApply 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 objectsUse 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 RoutinesSafety |
|  | 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 downApply knowledge of spatial awareness to throwing/passing, catching, and strikingApply 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 objectsUse 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 downApply knowledge of spatial awareness to throwing/passing, catching, and strikingApply 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 objectsUse 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 |