

	QUARTER 1	QUARTER 2	QUARTER 3	QUARTER 4
K	Locomotor (Walk, Run, Hop, Travel w/Control) Location (Personal Space, General Space, Levels) Directions (Up/Down, Forward/Backward) Pathways (Straight, Curved) Speed (Slow/Fast) Foot Manipulative (Kicking, Dribbling)	Balance/Gymnastics (Balance Beam, Pencil Roll, Twisting, Stretching, Crabwalk) Boundaries Shapes (Large/Small, Narrow/Wide) Relationships	Hand Manipulative (Catch Self-tossed Ball, Throw Overhand, Throw Underhand, Roll, Bounce-Catch) Jump Rope Location (Personal Space, General Space)	Volleying w/ Hand Striking w/ Short Handle Implement Review Locomotor Movements Review Location and Speeds Summer Safety (Activity, Swimming, Hydration, Heat)
1	Locomotor (Hop, Skip, Gallop, Slide, Chase/Flee/Dodge, Travel w/Control) Location (Personal Space, General Space, Levels) Directions (Up/Down, Forward/backward) Pathways (Straight, Curved, Zigzag) Foot Manipulative (kicking, dribbling)	Balance/Gymnastics (Balance Beam, Donkey Kick, Twisting, Symmetric, Asymmetric) Jumping (1 and 2 Foot Take-off) Rhythm (Travel w/ Rhythm, Change Speed & Direction)	Hand Manipulative (Catch, Throw Overhand, Throw Underhand, Roll, Bounce-Catch Sequence) Jump Rope Location (Travel w/ Control)	Volleying w/ Hand Striking w/ Short Handle Implement Striking w/ Bat Review Locomotor Movements Review Location and Speeds Summer Safety (Activity, Swimming, Hydration, Heat)
2	Locomotor (Skip, Gallop, Slide, Leap, Chase/Flee/Dodge, Travel w/ Control) Location (Personal Space, General Space, Levels, Travel Backwards) Directions (Up/Down, Forward/Backward) Pathways (Straight, Curved Zigzag) Foot Manipulative (Kicking, Dribbling)	Balance/Gymnastics (Balance Beam, Donkey Kick, Forward Roll, Symmetric, Asymmetric) Jumping (1 and 2 Foot Take-off) Rhythm (Travel w/ Rhythm, Change Speed & Direction)	Hand Manipulative (Catch, Throw Overhand, Throw Underhand, Roll, Bounce-Catch Sequence, Dribbling) Jump Rope Location (Travel w/ Control)	Volleying w/ Hand Striking w/ Short Handle Implement Striking w/ Bat Review Locomotor Movements Review Location and Speeds Summer Safety (Activity, Swimming, Hydration, Heat)
3	Locomotor (Chase/Flee/Dodge, Travel w/ Control) Fitness (Aerobic Endurance, Flexibility, Muscular Fitness) Foot Manipulative (Kicking, Dribbling)	Balance/Gymnastics (Balance Beam, Balance Apparatus, Forward Roll, Backward Roll, Cartwheel) Rhythm (Sequence and Mirroring)	Hand Manipulative (Catch, Throw Overhand, Throw Underhand, Roll) Jump Rope Basketball Manipulative (Dribbling, Bounce Pass, Chest Pass, Overhead Pass, Set Shot)	Fitness (Aerobic Endurance, Flexibility, Muscular Fitness) Volleying Striking (Short Handle Implement, Bat, Hockey Stick, Putter)
4	Fitness (Aerobic Endurance, Flexibility, Muscular Fitness) CT Physical Fitness Assessment* Foot Manipulative (Kicking, Dribbling)	Balance/Gymnastics (Group Balance, Balance Beam, Balance Apparatus, Forward Roll, Backward Roll, Cartwheel) Rhythm (Sequence and Combinations)	Hand Manipulative (Catch, Throw Overhand, Throw Underhand, Roll) Jump Rope Basketball Manipulative (Dribbling, Bounce Pass, Chest Pass, Overhead Pass, Set Shot)	Fitness (Aerobic Endurance, Flexibility, Muscular Fitness) Striking (Short Handle Implement, Bat, Hockey Stick, Putter)
5	Cooperative Games Fitness (Aerobic Endurance, Flexibility, Muscular Fitness) Flag Football (Throwing, Catching, Punting) Soccer (Kicking Dribbling, Passing)	Team Building & Cooperative Games Racquet Sports (Forehand, Backhand, Underhand Serve) Floor Hockey (Passing, Dribbling)	Basketball (Chest Pass, Bounce Pass, Dribbling) Volleyball (Forearm Pass, Overhand Serve, Underhand Serve, Setting) Golf (Putting, Driving) Track & Field (Shot-put, Long Jump, Sprint, Baton Pass)	Softball (Groundball, Batting, Throwing, Catching) Ultimate Frisbee (Backhand Throw, Pancake Catch) Team Handball (Catching, Throwing) Fitness (Aerobic Endurance, Flexibility, Muscular Fitness)
6	Cooperative Games Fitness (Aerobic Endurance, Flexibility, Muscular Fitness) CT Physical Fitness Assessment* Flag Football (Throwing, Catching, Punting) Soccer (Kicking, Dribbling, Passing)	Team Building & Cooperative Games Racquet Sports (Forehand, Backhand, Serve) Floor Hockey (Passing, Dribbling, Shooting)	Basketball (Chest Pass, Bounce Pass, Dribbling) Volleyball (Forearm Pass, Overhand Serve, Underhand Serve, Setting) Golf (Putting, Driving) Track & Field (Shot-put, Long Jump, Sprint, Baton Pass)	Softball (Groundball, Batting, Throwing, Catching) Ultimate Frisbee (Backhand Throw, Pancake Catch) Team Handball (Catching, Throwing) Fitness (Aerobic Endurance, Flexibility, Muscular Fitness)

7	Cooperative Games Fitness (Aerobic Endurance, Flexibility, Muscular Fitness) Flag Football (Throwing, Catching, Punting) Soccer (Kicking, Dribbling, Passing)	Team Building & Cooperative Games Racquet Sports (Forehand, Backhand, Serve) Floor Hockey (Passing, Dribbling, Shooting)	Basketball (Chest Pass, Bounce Pass, Dribbling) Volleyball (Forearm Pass, Overhand Serve, Underhand Serve, Setting) Golf (Putting, Driving) Track & Field (Shot-put, Long Jump, Sprint, Baton Pass)	Softball (Groundball, Batting, Throwing, Catching) Ultimate Frisbee (Backhand Throw, Catch) Team Handball (Catching, Throwing) Fitness (Aerobic Endurance, Flexibility, Muscular Fitness)
8	Cooperative Games Fitness (Aerobic Endurance, Flexibility, Muscular Fitness) CT Physical Fitness Assessment* Flag Football (Throwing, Catching, Punting) Soccer (Kicking, Dribbling, Passing)	Team Building & Cooperative Games Racquet Sports (Forehand, Backhand, Serve) Floor Hockey (Passing, Dribbling, Shooting)	Basketball (Chest Pass, Bounce Pass, Dribbling) Volleyball (Forearm Pass, Overhand Serve, Underhand Serve, Setting) Golf (Putting, Driving) Track & Field (Shot-put, Long Jump, Sprint, Baton Pass)	Softball (Groundball, Batting, Throwing, Catching) Ultimate Frisbee (Backhand Throw, Catch) Team Handball (Catching, Throwing) Fitness (Aerobic Endurance, Flexibility, Muscular Fitness)
H.S.	Fitness (Aerobic Endurance, Flexibility, Muscular Fitness)* <i>Note: State Assessment for 10th grade only</i> Flag Football Soccer	Team Handball Ultimate Frisbee Rugby (Optional) Weight Training (Optional) Mid Terms	Volleyball Basketball Floor Hockey Fitness (Midyear Assessment)	Wiffle Ball/Softball Racquet Sports Fitness (Aerobic Endurance, Flexibility, Muscular Fitness) Cooperative Games Review Final Exam