

Physical Education K-4

1st Quarter

- Fitness testing
 - Push-ups, sit-ups, flexibility, shuttle run and Pacer test
- Loco-motor movements- (running, skipping, hopping, sliding)
 - Dragon Tail
 - Kickball
 - Follow the leader
 - Parachute activities
- Object control skills- (underhand and overhand throw, catch, hand dribble, foot dribble, kick and hit, scooters)
 - Basketball
 - Catch/Throw
 - Soccer
 - Kickball
- Understands the elements of basic movement patterns such as throwing
 - the ready position
 - arm movement
 - step with leg opposite the throwing arm
 - follow-through

2nd Quarter

- Non-locomotor skills
 - bending
 - twisting
 - stretching
 - turning
 - lifting
- Weight-bearing activities on a variety of body parts

- jumping and landing using combinations of one and two foot takeoffs and landings
- Space awareness and movement control with variety of basic skills
 - running while interacting with others
 - hopping while interacting with others
 - skipping while interacting with others
 - stuck in the mud
 - army crawl
 - crab walk
 - log roll
- Balance activities on a variety of body parts
 - one foot, one hand and one foot etc..

3rd Quarter

- Fitness testing
 - Push-ups, sit-ups, flexibility, shuttle run and Pacer test
- Travel activities on a variety of body parts
 - travels in backward direction and changes direction without falling
 - changes speeds and directions
 - scooters
- Understands a vocabulary of basic movement concepts
 - personal space
 - high/low levels
 - fast/slow speeds
 - light/heavy weights
 - balance
 - twist
- Understands terms that describe a variety of relationships with objects (over/under, behind)

4th Quarter

- Activities that cause increase heart rate (running, galloping, skipping, hopping etc...)
- Activities that require flexibility (stretching)
- Activities that involve hitting
 - Modified volleyball
 - Hitting off tee's
 - Hitting a thrown ball
- Understanding of basic rules for games (kickball, wiffleball, basketball etc...)
- Fitness testing
 - Push-ups, sit-ups, flexibility, shuttle run and Pacer test