

Special Area Subject: P.E.

	KT – K5	1st and 2nd Grades	3rd and 4th Grades
Q U A R T E R 1	<p>Introduction to P.E.: proper clothing, safety rules, etc.</p> <p>Introduction to healthy & active life: importance of physical education</p> <p>Space Awareness: alertness, games, signals</p> <p>Introduction to equipment</p>	<p>Introduction to P.E.: proper clothing, safety rules, etc.</p> <p>Introduction to PPFT</p> <p>Practice, train, & complete PPFT</p> <p>Importance of healthy, active life</p> <p>Space Awareness: alertness, games, signals</p>	<p>Introduction to P.E.: proper clothing, safety rules, etc.</p> <p>Practice, train, & complete PPFT</p> <p>Importance of healthy, active life</p> <p>Proper equipment usage</p>
Q U A R T E R 2	<p>Tag-Type games</p> <p>Basic ball skills: bouncing, throwing, passing, kicking, etc.</p> <p>Motor skills: station work and movement awareness</p>	<p>Motor skills</p> <p>Body skills & coordination</p> <p>Complex ball skills</p> <p>Play gymnastics: supporting, balancing, rotating, landing</p>	<p>Complex motor skills</p> <p>Body skills & coordination</p> <p>Complex ball skills</p> <p>Callisthenic skills (exercises): conditioning, stretches, push-ups, sit-ups, jumping jacks</p>
Q U A R T E R 3	<p>Play gymnastics: supporting, balancing, rotating, landing</p> <p>Game skills: beanbags, balls, wands, hoops, etc.</p> <p>Fitness & aerobic activities</p>	<p>Basic sports skills: relays, basketball</p> <p>Various fitness & aerobic activities</p>	<p>Sports skills: relays, basketball, volleyball</p> <p>Fitness & aerobic activities</p>
Q U A R T E R 4	<p>Low-organized games</p> <p>Rhythms & dance</p> <p>Fitness & aerobic activities</p>	<p>Basic sports skills: softball, soccer</p> <p>Rhythms & dance</p> <p>Various fitness & aerobic activities</p> <p>Field Day events</p>	<p>Sports skills: softball, soccer</p> <p>Rhythms & dance</p> <p>Fitness & aerobic activities</p> <p>Field Day events</p>

