



Curriculum Scope and Sequence

Grade: 1st and 2nd Subject: PE

<i>Major Concepts or Topics Covered</i>	<i>Major Skills Developed</i>	<i>Benchmark Activities, Projects or Products</i>	<i>Texts and Major Resources</i>
<p>The child as a unique person. Movement exploration that emphasizes each child's progress rather than comparing that child to another student.</p> <p>Perceptual-Motor Development (fundamental and/or basic movement patterns)</p> <p>Develop (self-awareness and an awareness of what the body can do within its environment)</p> <p>Improve muscular strength, endurance, flexibility, and agility.</p> <p>Basic safety</p> <p>Develop simple concept about physical activity.</p> <p>Develop positive attitudes toward activity and others.</p> <p>Locomotor Skills</p>	<p>Striking and volleying Walking, running, chasing, fleeing. Hopping, jumping, skipping, galloping, sliding, leaping, and dodging.</p>	<p>Large-muscle and creative movement rhythmic activities.</p> <p>Stunts, tumbling, self-testing activities, and apparatus.</p> <p>Fundamental Skills</p> <p>Low-organized games</p> <p>Physical fitness by participation in a variety of activities.</p>	<p>Physical Education for Elementary School Children 12th edition Allyn Bacon</p>

Object Control	Catching, throwing, trapping, dribbling (hand-foot), and ball rolling.		
Core Skills	Body Control- curling, stretching, turning, and twisting. Rolling, balancing, landing, and transfer of weight.		
Movement Concepts	Direction, pathways, levels, location, extensions, relationships/objects, relationships/people, time, force, and flow.		
Individual and Dual Skills	Tumbling		
Basic Fitness	Warm-up, cool-down, benefits of fitness, flexibility, muscular strength, muscular endurance, and cardiovascular endurance.		