

LIZA JACKSON PREPARATORY SCHOOL  
**Physical Education Curriculum**  
**Scope and Sequence**  
**K-5 Elementary**

**OVERVIEW**

Our PE classes will focus on the four components of physical fitness, known as the **F.I.T.T. principle** **F**requency (how often), **I**ntensity (how hard), **T**ime (how long), and **T**ype (what kind). In addition, in 2009-2010, we began incorporating Florida's newly revised Physical Education Next Generation Sunshine State Standards (NGSSS). These standards continue to be aligned with the National Physical Fitness Standards; however, Florida exceeded the National Standards by developing grade specific standards versus grade clusters. These Physical Education NGSSS are organized into four content strands:

**Movement Competency**

- Demonstrate competency in many and proficiency in a few movement forms from a variety of categories (locomotor, non-locomotor, manipulative, non-manipulative, educational gymnastics and dance, aquatics)

**Cognitive Abilities**

- Identify, analyze, and evaluate movement concepts, mechanical principles, safety considerations, and strategies/tactics regarding movement performance in a variety of physical activities.

**Lifetime Fitness**

- Participate regularly in physical activity
- Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of physical fitness

**Responsible Behaviors and Values**

- Exhibit responsible personal and social behavior that respects self and others in physical activity settings
- Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

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**Content**      **Physical Education**  
**Grade**        **K thru 5th Grades**

NOTE:            Each daily lesson may begin with a locomotor / non-locomotor skill component and a fitness warm-up component that will, preferably, be specific to the activities of each lesson

NOTE:            The following lesson format should be used in the primary levels:

1. Warm – up / Fitness Component
2. Locomotor / Non-locomotor Skill Component
3. Lesson Focus
  - a. Skill
  - b. Lead-up Game if applicable
4. Cool Down

The following skills should be introduced during the locomotor / non-locomotor component on these grade levels:

- |           |             |              |
|-----------|-------------|--------------|
| - walking | - hopping   | - swinging   |
| - jogging | - skipping  | - bending    |
| - running | - galloping | - stretching |
| - leaping | - sliding   | - twisting   |
| - jumping | - stopping  | - turning    |
|           | - dodging   | - pushing    |
|           |             | - pulling    |

The following components of physical fitness should be introduced during the fitness warm-up component on these grade levels:

- |                      |                            |
|----------------------|----------------------------|
| - muscular strength  | - cardiovascular endurance |
| - muscular endurance | - flexibility              |

\*\*\*Activities on the following pages are included, but not limited to those listed.

\*\*\*Age appropriate levels of expectations for all subjective areas.

## Scope and Sequence PE Activities

	<u>K</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
<b><i>Basic Movement Skills</i></b>						
Locomotor	X	X	X	X	X	X
Non - locomotor	X	X	X	X	X	X
<b><i>Rhythmics / Equipment Manipulation</i></b>						
Marching	X	X	X			
Beanbags	X	X	X	X		
Jump Ropes	X	X	X	X	X	X
Hula Hoops	X	X	X	X	X	X
*Ribbons			X	X		
Parachute	X	X	X	X	X	
*Juggling				X	X	X
*Tinkling				x	x	x
Dance / aerobics	X	X	X	X	X	X
Balls	X	X	X	X	X	X
Scoters	X	X	X	X	X	X
<b><i>Stunts and Tumbling</i></b>						
Animal Walks	X	X	X			
Forward Roll and Variations	X	X	X	X	X	X
Backward Roll	X	X	X	X	X	X
Tripod	X	X	X	X	X	X
*Headstand			X	X	X	X
*Handstand					X	X
Cartwheel			X	X	X	X
Pyramids					x	x
Partner Stunts	X	X	X	X	X	X
Balance Beam / Balance drills	X	X	X	X	X	X
Aerobics / Gymnastics	X	X	X	X	X	X
<b><i>Athletic Skills / Team Sports</i></b>						
*Frisbee		X	X	X	X	X
Soccer	X	X	X	X	X	X
Basketball		X	X	X	X	X
*Football / Speedball				X	X	X
Hockey				x	x	x
Volleyball				X	X	X
Softball / Wiffle Ball			X	X	X	X
4 Square	X	X	X	X	X	X
Kickball	X	X	X	X	X	X

<b><i>Individual / Dual Sports</i></b>						
Golf						X
Bowling	X	X	X	X	X	X
Tennis					x	x
Archery				x	x	x
Swimming (non movement skills)	x	x	x	x	x	x
Tether Ball	X	X	X	X	X	X
Bicycling (non movement skills)	x	x	x	x	x	x
<b><i>Low Organized Games</i></b>						
Tagging	X	X	X	X	X	X
Dodging	X	X	X	X	X	X
Chasing	X	X	X	X	X	X
Fleeing	X	X	X	X	X	X
Lead Up Activities				X	X	X
<b><i>Track and Field</i></b>						
Dashes	X	X	X	X	X	X
Relays	X	X	X	X	X	X
*Hurdles	X	X	X	X	X	X
Long Jump	X	X	X	X	X	X
Object Throw	X	X	X	X	X	X
<b><i>Physical Fitness</i></b>						
Warm-ups and basic calisthenics	X	X	X	X	X	X
Stretching / Flexibility	X	X	X	X	X	X
Aerobics	X	X	X	X	X	X
Running / Cardiovascular Activities	X	X	X	X	X	X
Upper Body Strength		X	X	X	X	X
Chin up Bars		X	X	X	X	X
Muscular Endurance	X	X	X	X	X	X
Ropes	X	X	X	X	X	X
Physical Fitness Evaluation Assessment		X	X	X	X	X

x -- If equipment were available

### **ADAPTED AND SPECIAL NEEDS CHILDREN**

Physical education skills and goals will be modified or adapted to meet the needs of children with short-term disabilities (i.e. fractured limbs) as well as children with permanent disabilities.