

## PE Scope and Sequence K – 1<sup>st</sup> Grade

### (Boys and Girls)

### 2<sup>nd</sup> Semester

This year, our K & 1<sup>st</sup> grade students will be participating in various skills such as catching, throwing, bouncing, shooting, kicking, rolling, jumping, physical fitness and sportsmanship. The following is a list of activities for the second semester:

<b>Week 1 and 2</b>	<b>Circuit Training / Aerobic Conditioning</b>
<b>Week 3 and 4</b>	<b>Jump Ropes / Rings</b>
<b>Week 5 and 6</b>	<b>Listening &amp; Organizational Games</b>
<b>Week 7 and 8</b>	<b>Hula Hoops</b>
<b>Week 9 and 10</b>	<b>Relay Activities</b>
<b>Week 11 and 12</b>	<b>Dodging, Fleeing, Chasing Games</b>
<b>Week 13 and 14</b>	<b>Ball Activities</b>
<b>Week 15 and 16</b>	<b>Scooter Activities</b>
<b>Week 17 and 18</b>	<b>Recreational Activities</b>

