

**PE Scope and Sequence 4<sup>th</sup> – 8<sup>th</sup> Grade**

**(Boys and Girls)**

**2<sup>nd</sup> Semester**

This year, our 4<sup>th</sup> thru 8<sup>th</sup> grade students will be participating in various units during the second semester. Each unit will be sport related and teach various skills such as catching, throwing, shooting, kicking, physical fitness and sportsmanship. The following is a list of activities for the second semester:

**Boys 3<sup>rd</sup> 9 Weeks**

Week 1 - 3 Circuit Training

Week 4 - 6 Pres. Fitness Training/Testing

Week 7 - 9 Floor Hockey

**Girls 3<sup>rd</sup> 9 Weeks**

Week 1 - 3 Circuit Training

Week 4 - 6 Same as Boys

Week 7 - 9 Soccer

**Boys 4<sup>th</sup> 9 Weeks**

Week 10 - 12 Track

Week 13 - 14 Track

Week 15 - 16 Wiffle Ball

Week 17 - 18 Crab Soccer

**Girls 4<sup>th</sup> 9 Weeks**

Week 10 - 12 Track

Week 13 - 14 Track

Week 16 - 18 Wiffle Ball

Week 17 - 18 Ultimate Frisbee

