

# PE Scope and Sequence

4-8 Grade  
1<sup>st</sup> semester



This year, our 4<sup>th</sup> thru 8<sup>th</sup> grade students will be participating in various units during the first semester. Each unit will be sport related and teach various skills such as catching, throwing, shooting, kicking, physical fitness and sportsmanship. Class results for each unit will be posted when the unit is complete.

phillipmartin.info

**The following is a list of activities for the first semester:**

## Boys 1<sup>st</sup> 9 Weeks

Week 1 thru 3 Flag Football

Week 4 thru 6 Volleyball

Week 7 thru 9 Ultimate Frisbee

## 2<sup>nd</sup> 9 Weeks

Week 10 thru 12 Soccer

Week 13 thru 15 Kickball

Week 16 thru 18 Basketball

## Girls 1<sup>st</sup> 9 Weeks

Week 1 thru 3 Volleyball

Week 4 thru 6 Soccer

Week 7 thru 9 Scooter Relays

## 2<sup>nd</sup> 9 Weeks

Week 10 thru 12 Floor Hockey

Week 13 thru 15 Kickball

Week 16 thru 18 Basketball

The second semester activities will be posted before we return from Christmas break.