

Curriculum Map: Elementary Physical Education

Essential Questions	Grade Level Scope and Sequence
<ol style="list-style-type: none"> 1. What different ways can the body move given a specific purpose? 2. How can we move effectively and efficiently? 3. What can we do to be physically active and why is this important? 4. Why is it important to be physically fit and how can we stay fit? 5. How do we interact with others during physical activity? 6. How will physical activity help us now and in the future? 	<p>Kindergarten:</p> <ol style="list-style-type: none"> 1. Follow teacher instruction 2. Fine motor skills 3. Demonstrates clear contrasts between slow and fast movements <p>1st Grade:</p> <ol style="list-style-type: none"> 1. Participates regularly in vigorous physical activity 2. Willingness to share space and equipment with others 3. Able to enjoy participation with others and alone 4. Follow instruction given to class for an all class activity <p>2nd Grade</p> <ol style="list-style-type: none"> 1. Exhibits the ability to adapt and adjust to teacher instructions 2. Demonstrate basic motor patterns during an activity 3. Demonstrates safety while participation in physical activity 4. Understands and identifies selected body parts, skills and movement concepts <p>3rd Grade</p> <ol style="list-style-type: none"> 1. Master the basic loco motor skills (run, walk, leap, skip etc.) 2. Master basic non loco mother skills (bending, stretching, twisting etc.) 3. Has a basic understanding of the body and it capability? <p>4th Grade:</p> <ol style="list-style-type: none"> 1. Acquire the beginning skills of basic selected sport activities 2. Understands the importance of practice and the learning it requires 3. Uses proper warm-up and cool-down techniques and understands the reason for using them