



Cannon Road Physical Education

Kindergarten



Topics/Units	Assessments
Quarter 1	
Personal Space	Observation: Moving in space safely
Stopping/Starting	
Locomotor Skills <small>(walk, run, jump, hop, gallop, slide)</small>	Observation: Do skills when called
Cooperation, Responsibility, and Respect	Observation: Follow rules of stations Verbal Response - To questions
Chasing and Fleeing	
Quarter 2	
Effects of Exercise <small>(the heart beats faster, we breathe faster, and sweat)</small>	Paper and pencil - Circle response
Healthy Choices	
Catching	Observation: Self-catch
Underhand Toss	Observation: Self-toss
Relationships-Body Parts/Objects <small>(on, off, in, out, over, under, through, alongside, around)</small>	
Quarter 3	
Promotion of Fitness <small>(cardio and muscular strength)</small>	Paper and pencil - Circle response
Jumping and Landing <small>(two feet and one foot patterns)</small>	Observation: Do skills when called
Balance - Static	Observation: Holding still
Sideways Rolls	Observation: Pencil Roll
Quarter 4	
Underhand Strike	Observation: Balloon in space



Kicking	Observation: To a target
Improvement and Effort	Paper and Pencil - Circle response

Cannon Road Physical Education

Grade 1

Topics/Units	Assessments
Quarter 1	
Personal Space	Paper and pencil - Circle response
Personal/Social Responsibility	Observation: Working safely
Locomotor Skills <small>(walk, run, jump, hop, gallop, slide, skip, leap)</small>	Observation: Do skills when called
Levels/Directions	Observation: Do skills when called Paper and pencil - Circle response
Quarter 2	
Effects of Exercise <small>(the heart beats faster, we breathe faster, and sweat)</small>	Paper and pencil - Circle response
Healthy Choices	Paper and pencil - Circle response
Catching	Observation: Catch from partner
Underhand Toss	Observation: Toss to partner
Body Shapes <small>(wide, narrow, round, twisted, symmetrical)</small>	Observation: Do skills when called
Quarter 3	
Jumping and Landing <small>(two feet, one foot, and combination patterns)</small>	Observation: Do skills when called

Jumping Rope	
Fitness Components (cardio, muscular strength, and flexibility)	Paper and pencil - Circle response
Balance - Static and Dynamic	Observation: Holding with different bases of support
Sideways Rolls/Weight Transfer	Observation: Long and short rolls
Quarter 4	
Goal Setting	Paper and pencil - Circle response
Kicking	Observation: To a target
Volleying	Observation: Balloon with a pattern



Cannon Road Physical Education

Grade 2



Topics/Units	Assessments
Quarter 1	
Personal/Social Responsibility	Observation: Working safely Paper and pencil - Circle response
Locomotor Skills (walk, run, jump, hop, gallop, slide, skip, leap)	Observation: Do skills when called
Pathways	Observation: Do skills when called
Levels/Directions (right, left, clockwise)	Observation: Do skills when called
Relationship with Others (mirroring and matching)	Observation: Do skills when called
Quarter 2	
Effects of Exercise/Circulation	Paper and pencil - Circle response
Healthy Choices	Paper and pencil - Circle response
Catching	Observation: Catch from partner
Overhand Throw	Observation: Throw to partner
Quarter 3	
Muscles and Fitness	Paper and pencil - Circle response
Jumping Rope	Observation: Jump a self-turned rope
Balance - Static and Dynamic	Paper and pencil - Circle response
Weight Transfer	Observation: Weight over equipment
Quarter 4	
Effort and Persistence	Paper and pencil - Circle response
Kicking/Dribbling	Observation: Dribbling

Striking (with a short-handled implement)	Observation: Volley a balloon with a paddle
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Cannon Road Physical Education

Grade 3



Topics/Units	Assessments
Quarter 1	
Social Responsibility	
Dribbling with Hands	Observation: Dribbling
Dribbling with Feet	Observation: Dribbling
Finding Heart Rate	Paper and pencil - Circle response
Fitness Components <small>(cardio, muscular endurance, muscular strength, and flexibility)</small>	Paper and pencil - Circle/match response
Quarter 2	
Catching	Observation: Catch from partner
Overhand Throw	Observation: Throw to partner Paper and pencil - write response
Goal setting	Paper and pencil - Circle/write response
Forearm Pass (Volley)	Observation: Pass to partner
Quarter 3	
Rules for Social Movement	Observation: Movement with others Paper and pencil - Circle response
Movements in Sequence	Observation: Line Dance
Balance, Rolling, and Weight Transfer	Observation: Gymnastics Routine
Quarter 4	



FITT Principles (frequency, intensity, time, and type)	Paper and pencil - Circle/match response
Forehand Stroke	Observation: To a target
Striking (with a long-handled implement)	Observation: Batting off a Tee

Cannon Road Physical Education

Grade 4

Topics/Units	Assessments
Quarter 1	
Social Responsibility	
Bounce Pass	Observation: Pass to partner
Push Pass (Feet)	Observation: Pass to partner
Fitness Components (cardio, muscular endurance, muscular strength, and flexibility)	Paper and pencil - Circle/write response
Heart Rate and Muscles	Paper and pencil - Circle response
Quarter 2	
Catching	Observation: Catching leading throw

Leading Throw	Observation: Throw to partner Paper and pencil - write response
Goal Setting	Paper and pencil - Circle/write response
Overhead Pass and Serve (Volley)	Observation: Pass to partner
Quarter 3	
Rules for Social Movement	Observation: Movement with others Paper and pencil - Circle response
Movements in Sequence	Observation: Partner Dance
Balance, Rolling, and Weight Transfer	Observation: Gymnastics Routine
Quarter 4	
FITT and Relationships	Paper and pencil - Circle/write response
Batting	Observation: Use different directions
Backhand Stroke	Observation: To a target



Cannon Road Physical Education

Grade 5



Topics/Units	Assessments
Quarter 1	
Social Responsibility	
Shooting a Ball (Hands)	Observation: Shooting on a basket
Shooting a Ball (Feet)	Observation: Shooting on a goal
Fitness Components (cardio, muscular endurance, muscular strength, and flexibility)	Paper and pencil - Circle/write response
Heart Rate/Muscles/Stretching	Paper and pencil - Circle response
Quarter 2	
Catching	Observation: Catching OTS throw
Over-the-Shoulder Throw	Observation: Throw to partner Paper and pencil - write response
Goal Setting and Plans	Paper and pencil - Circle/write response
Volleying and Serving	Observation: Volley with others
Quarter 3	
Conflict Resolution	Observation: Movement with others Paper and pencil - Circle response
Creative Dance	Observation: Group Dance
Balance, Rolling, and Weight Transfer	Observation: Group Routine
Quarter 4	
FITT and Planning Goals	Paper and pencil - Circle/write response
Rally	Observation: Tennis with partner
Golfing	Observation: To a target

