

1st Quarter PE

Week TASS MT	"K" Collaboration Mvmt, PSR	1st Collaboration Mvmt, PSR	2nd Collaboration Mvmt, PSR	3rd Collaboration Mvmt, PSR	4th Collaboration Mvmt, PSR	5th Collaboration Mvmt, PSR
1	Routines, and Responsibility. Start/Stop signals	PSR-Rules, Routines, Procedures, Personal Responsibility. MS-Self Space, and General Space.	Rules and Routines. Working with others. Locomotor Skills.	Rules and Routines. Working with Others. Locomotor Patterns. Levels and pathways.	Dribbling with Hands. Bounce and Chest Pass to a Stationary Target.	Dribbling with Hands. Bounce and Chest Pass to a Stationary Target. Shooting with the Hands.
2	Special awareness General and Self Space	Rules, Routines, Procedures, Personal Responsibility, Self Space, and General Space.	Rules and Routines. Working with others. Locomotor Skills.Directions. Pathways.	Dribbling with Hands. Pathways and Levels. Goal Setting towards achievement.	Bounce and Chest Pass to a Moving Target.	Dribbling with Hands. Bounce and Chest Pass to a Stationary Target. Shooting with the Hands.
3	Spatial Awareness, Locomotor Skills. Non Locomotor Skills.	Rules, Routines, Procedures, Personal Responsibility, Self Space, and General Space. Locomotor Movements.	Locomotor Skills. Directions. Pathways. Effort. Skills develop through stages over time.	Combine Locomotor Skills while dribbling with hands, levels, speed, and space.	Passing with Feet to a Stationary Target.	Dribbling and Passing with Feet. Shooting with Feet (Instep).
4	Spatial Awareness, Locomotor Skills. Non Locomotor Skills.	Self Space, General Space, and Locomotor Movements. Levels and Directions.	Locomotor Skills. Directions. Pathways. Effort. Skills develop through stages over time.	Locomotor Skills with Dribbling with Feet. Goal Setting towards achievement.	Passing with Feet to a moving Target.	Dribbling and Passing with Feet. Shooting with Feet (Instep).
5	Locomotor Skills	Locomotor Movements, Levels, and Directions.	Locomotor Skills. Directions. Pathways. Effort. Skills develop through stages over time.	Locomotor Skills with Dribbling with Feet. Pathways and various speed. Goal setting towards achievement.	Passing with Feet to a Stationary and Moving Targets.	Dribbling and Passing with Feet. Shooting with Feet (Instep).
6	Locomotor Skills. Cooperation responsibility and respect	Locomotor Movements, Levels, and Directions.	Relationships with others. (Alone in a mass, solo, leading and following). Chasing and Fleeing.	Effects of Exercise, Response of Circulatory System. Fitness and Physical Activity. Heart Rate.	Fitness and Physical Activity. Cardiorespiratory Fitness. Heart Rate.	Effects of Exercise.Cardiorespiratory Endurance, Resting Phase, Warm Up, Aerobic Phase. Cool down.
7	Locomotor Skills. Cooperation responsibility and respect	Locomotor Movements, Levels, and Directions.	Relationships with others (Mirroring and Matching, Meeting and Parting). Chasing, Fleeing, and Dodging. .	Physical Activity, Fitness: Muscular Endurance vs Muscular Strength.	Fitness: Muscular Endurance and Strength. Anatomy of the Body: Biceps and Quads.	Fitness: Muscular Strength and Endurance. Anatomy: Major Muscles.
8	Locomotor Skills. Cooperation responsibility and respect	Locomotor Movements, Levels, and Directions.	Locomotor Skills, Directions, Pathways. Relationships with others in a community.	Physical Activity: Flexibility.	Fitness: Flexibility. Differentiation between Anaerobic and Aerobic.	Flexibility. Anaerobic vs Aerobic. Static vs Dynamic Stretching.
9	Locomotor Skills. Cooperation responsibility and respect	Locomotor Movements, Levels, and Directions.	Locomotor Skills, Directions, Pathways. Relationships with others in a community.	Physical Activity: Cardiorespiratory, Flexibility, Muscular Strength and Endurance.	Fitness: Muscular Strength and Endurance. Flexibility. Cardiorespiratory Fitness.	Cardiorespiratory. Muscular Strength and Endurance.

2nd Quarter PE

Week TASS MT	"K" Intellectual Risk Taking Mvmt, H & F	1st Intellectual Risk Taking Mvmt, H & F	2nd Metacognition Mvmt, H & F	3rd Metacognition Mvmt, PSR	4th Effort/Motivation/Persistence Mvmt, PSR	5th Metacognition Mvmt, PSR
1	Self thrown catch. Underhand throw	Effects of exercise on body: heart, lungs, and skin.	Effects of exercise: Circulatorysystem. Fitness and physical activity: examine components, relationship with nutrition.	Effort & improvement (relationship) Skill themes: overhand throw	Effort & improvement (relationship) Skill themes: overhand throw & catch	Effort & improvement (relationship) Skill themes: overhand throw & catch
2	Self thrown catch. Underhand throw	Effects of exercise on body: heart, lungs, and skin.	Effects of exercise: Circulatorysystem. Fitness and physical activity: examine components, relationship with nutrition.	Effort & improvement (relationship) Skill themes: overhand throw & catch with a partner Goal Setting: group	Effort & improvement (relationship) Skill themes: overhand throw & catch to a partner. Goal Setting: Group	Effort & improvement (relationship). Overhand throw to lead a partner & perform a catch Goal setting: group
3	Self thrown catch. Underhand throw	Effects of exercise on body: heart, lungs, and skin.	Effects of exercise: Circulatorysystem. Fitness and physical activity: examine components, relationship with nutrition.	Effort & improvement (relationship) Skill themes: overhand throw to stationary target & partner Perform a catch with a partner.	Effort & improvement (relationship) Skill themes: overhand throw & catch to a partner. Goal Setting: Group	Effort & improvement (relationship) Skill themes: overhand throw & catch
4	Self thrown catch. Underhand throw	Underhand throw and catch	Effects of exercise. Underhand, sidearm, and overhand throw. Monitor Practice.	Effort & improvement (relationship) Skill themes: overhand throw & catch while moving Goal Setting: individual	Effort & improvement (relationship) Skill themes: overhand throw & catch to a partner. Goal Setting: Individual	Effort & improvement (relationship). Overhand throw to lead a partner & perform a catch Goal setting: group
5	Self thrown catch. Underhand throw	Underhand throw and catch	Effects of exercise. Underhand, sidearm, and overhand throw. Monitor Practice.	Effort & improvement (relationship) Skill themes: overhand throw & catch while moving Goal Setting: group	Effort & improvement (relationship) Skill themes: overhand throw & catch to a partner. Goal Setting: Group	Effort & improvement (relationship) Skill themes: overhand throw & catch
6	Relationships with body parts and objects Exercise and Heart Rate	Underhand throw and catch	Underhand, sidearm, and overhand throw. Monitor Practice.	Skill themes: striking with body parts (forearm pass)	Skill themes: striking with body parts to a partner (forearm, overhead pass, underhand serve	Skill themes: striking with body parts (forearm pass to partner)
7	Relationships with body parts and objects Exercise and Heart Rate	Underhand throw and catch	Throwing to various distances. Catching a partner's throw. Feedback.	Skill themes: striking with body parts to a partner (forearm pass)	Skill themes: striking with body parts to a partner (forearm, overhead pass, underhand serve	Skill themes: striking with body parts (forearm & overhead pass, overhand serve to a partner)
8	Relationships with body parts and objects Exercise and Heart Rate	Non Locomotor Movements and Relationships with self.	Throwing to various distances. Catching a partner's throw. Feedback.	Skill themes: striking with body parts to a partner (forearm & overhand pass)	Skill themes: striking with body parts to a partner (forearm, overhead pass, underhand serve	Skill themes: striking with body parts (forearm & overhead pass, overhand serve to a partner)
9	Relationships with body parts and objects Exercise and Heart Rate	Non Locomotor Movements and Relationships with self.	Throwing to various distances. Catching a partner's throw. Feedback.	Skill themes: striking with body parts to a partner (forearm & overhand pass)	Skill themes: striking with body parts to a partner (forearm, overhead pass, underhand serve	Skill themes: striking with body parts (forearm & overhead pass, overhand serve to a partner)

3rd Quarter PE

Week TASS MT	"K" Effort/Motivation/Persistence Mvmt, H & F	1st Effort/Motivation/Persistence Mvmt, H & F	2nd Intellectual Risk Taking Mvmt, H & F	3rd Intellectual Risk Taking Mvmt, PSR	4th Metacognition Mvmt, PSR	5th Intellectual Risk Taking Mvmt, PSR
1	Effects of exercise Activities to promote fitness	Jumping and Landing (5 patterns). Goal Setting. Creative Mvmt Exercise effects on comp. of fitness	Effects of exercise: Muscles and Skeleton. Heart Rate. Jumping rope.	Demonstrate movements accurately in sequence. Importance of rules in social movement setting	(Dance): demonstrate movements accurately in sequence importance of rules in social movement setting.	Perform a creative dance while moving in rhythm with music. Identify four conflict resolution strategies
2	Effects of exercise Activities to promote fitness	Jumping and Landing. 5 Patterns, Height, and Distance. Exercise effects on comp. of fitness	Effects of exercise: Muscles and Skeleton. Heart Rate. Jumping rope.	Demonstrate movements accurately in sequence. Importance of rules in social movement setting	(Dance): demonstrate movements accurately in sequence importance of rules in social movement setting.	Perform a creative dance while moving in rhythm with music. Identify four conflict resolution strategies
3	Effects of exercise Activities to promote fitness Fundamental jumping and landing patterns	Jumping and Landing: over low obstacles. Rhythmic jumping. Exercise effects on comp. of fitness	Effects of exercise: Muscles and Skeleton. Heart Rate. Jumping rope.	Demonstrate movements accurately in sequence. Importance of rules in social movement setting	(Dance): demonstrate movements accurately in sequence importance of rules in social movement setting.	Perform a creative dance while moving in rhythm with music. Identify four conflict resolution strategies
4	Fundamental jumping and landing patterns	rhythmical jumping Jumping over a self turned rope. Exercise effects on comp. of fitness	Fitness from prior weeks. Balance: Base of Support and Center of Gravity. Static vs Dynamic.	Demonstrate movements accurately in sequence. Importance of rules in social movement setting	(Dance): demonstrate movements accurately in sequence importance of rules in social movement setting.	Perform a creative dance while moving in rhythm with music. Identify four conflict resolution strategies
5	Fundamental jumping and landing patterns	Balance: base of support, static vs. dynamic.	Fitness from prior weeks. Balance: Base of Support and Center of Gravity. Static vs Dynamic.	demonstrate movements accurately in sequence importance of rules in social movement setting	(Dance): demonstrate movements accurately in sequence importance of rules in social movement setting.	Perform a creative dance while moving in rhythm with music. Identify four conflict resolution strategies
6	Balance (static)	Balance: Shapes, on low equipment. Weight Transfer. Creative Movement.	Fitness from prior weeks. Balance: Base of Support and Center of Gravity. Static vs Dynamic. Hands to Feet and back.	balance, rolling, weight transfer importance of rules in social movement setting	SI balance, rolling, weight transfer, balance: static & dynamic movement patterns importance of rules in social movement setting	Balance, rolling, weight transfer: static & dynamic movement patterns. Importance to solve conflicts in social movement setting.
7	Balance Weight transfer Sideways Roll	Weight Transfer: Feet to Hands and back. Rolling: sideways, narrow, long, and curled.	Fitness from prior weeks. Balance: Base of Support and Center of Gravity. Static vs Dynamic. Movement Poem.	balance, rolling, weight transfer importance of rules in social movement setting	SI balance, rolling, weight transfer, balance: static & dynamic movement patterns importance of rules in social movement setting	Balance, rolling, weight transfer: static & dynamic movement patterns. Importance to solve conflicts in social movement setting.
8	Balance Weight transfer Sideways Roll	Balance : static and dynamic Weight transfer: on and across low equipment Rolling: sideways Creative movement	Fitness from prior weeks. Balance: Base of Support and Center of Gravity. Static vs Dynamic. Symmetrical vs Non Symmetrical.	balance, rolling, weight transfer importance of rules in social movement setting	SI balance, rolling, weight transfer, balance: static & dynamic movement patterns importance of rules in social movement setting	Balance, rolling, weight transfer: static & dynamic movement patterns. Importance to solve conflicts in social movement setting.
9	Balance Weight transfer Sideways Roll	Balance : static and dynamic Weight transfer: on and across low equipment Rolling: sideways Creative movement	Fitness from prior weeks. Balance: Base of Support and Center of Gravity. Static vs Dynamic. Symmetrical vs Non Symmetrical.	balance, rolling, weight transfer importance of rules in social movement setting	SI balance, rolling, weight transfer, balance: static & dynamic movement patterns importance of rules in social movement setting	Balance, rolling, weight transfer: static & dynamic movement patterns. Importance to solve conflicts in social movement setting.

4th Quarter PE

Week TASS MT	"K" Metacognition Mvmt, PSR	1st Metacognition Mvmt, PSR	2nd Effort/Motivation/Persistence Mvmt, PSR	3rd Effort/Motivation/Persistence Mvmt, H & F	4th Intellectual Risk Taking Mvmt, H & F	5th Effort/Motivation/Persistence Mvmt, H & F
1	Underhand Striking with Hand.	Strength, Aerobic Capacity, Flexibility. Stationary Kicking	Effort and Improvement, Rolling Ball Kicks	Short Striking, TFIT Principle	Short Striking, TFIT Principle	Short Striking, TFIT Principle
2	Underhand Striking with Hand.	Heart Rate. Stationary Kicking.	Effort and Improvement, Rolling Ball Kicks to Partner	Short Striking, TFIT Principle	Short Striking, TFIT Principle	Short Striking, TFIT Principle
3	Underhand Striking with Hand.	Heart Rate. Stationary Kicking. Dribbling with Feet.	Effort and Improvement, Rolling Ball Kicks to Dribbling with Feet	Short Striking, TFIT Principle	Short Striking, TFIT Principle	Short Striking, TFIT Principle
4	Kicking a Stationary Ball.	Heart Rate. Stationary Kicking. Dribbling with Feet.	Effort and Improvement, Rolling Ball Kicks to Dribbling with Feet	Short Striking, TFIT Principle	Short Striking, TFIT Principle	Short Striking, TFIT Principle
5	Kicking a Stationary Ball.	Volleying and Striking with various Body Parts. Practice over Time vs Prior Experience Goal Setting	Effort and Improvement, Rolling Ball Kicks to Dribbling with Feet	Short Striking, TFIT Principle	Short Striking, TFIT Principle	Short Striking, TFIT Principle
6	Kicking. Cooperation, Responsibility, and Respect. Relationship between effort, practice and improvement	Volleying and Striking with various Body Parts. Practice over Time vs Prior Experience Goal Setting	Effort and Improvement, Rolling Ball Kicks to Dribbling with Feet	Long Handled Striking	Long Handled Striking	TFIT
7	Kicking. Cooperation, Responsibility, and Respect. Relationship between effort, practice and improvement	Volleying and Striking with various Body Parts. Practice over Time vs Prior Experience Goal Setting	Effort and Improvement, Striking	Long Handled Striking	Long Handled Striking	Long Handled Striking
8	Kicking. Cooperation, Responsibility, and Respect. Relationship between effort, practice and improvement	Non continuous Skill Development. Kicking to a still Target. Volleying (underhand striking)	Effort and Improvement, Striking	Long Handled Striking	Long Handled Striking	Long Handled Striking
9	Kicking. Cooperation, Responsibility, and Respect. Relationship between effort, practice and improvement	Non continuous Skill Development. Kicking to a still Target. Dribbling with feet. Volleying (underhand Striking)	Striking with Long and Short Implements	Forehand/Backhand off a Cone/Tee, TFIT	Forehand/Backhand off a Cone/Tee, TFIT	Long Handled Striking