

YEARLY PACING GUIDE: KINDERGARTEN, FIRST, SECOND (K-2)

TIMEFRAME:	HEALTH & FITNESS ACADEMIC CONTENT <i>Academic concepts that students will learn</i>	FITNESS <i>Activities that intentionally improve the fitness of students</i>	MOTOR SKILLS <i>Physical activities to teach movement patterns</i>	SOCIAL, EMOTIONAL & SAFETY <i>Learning to promote safety and mental wellness</i>
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<u>Quarter 4</u> SOL's: K.1a, K.1b, K.1c, K.1d, K.2a, K.2c K.3b, K.3c, K.4a, K.4b, K.5	Review Five Components of Fitness Concepts (5FL-B) pp.1.6-1.13)	End of Year Fitness Measurements (5FL-B) pp. 4.96-4.109 Fitness Measurement (protocol from Fitnessgram Manual) - Practice Pacer - Practice Modified Push-ups - Practice Curl-ups - Practice Back Saver Sit-n-Reach - Practice Trunk Lift Heart Health Pyramid (5FL-B) pp. 4.51-4.68	Locomotor Skills: review (gallop, skip, slide, hop, jump, leap) Non-Locomotor Skills: balance Manipulative Skills: - Overhand Throw - Catching - Throwing Sidearm (Frisbee) Complex Skills: - Manipulative skills while moving	Cooperative Games Sportsmanship
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Quarter 4 SOL's: 1.1c, 1.1d, 1.1h, 1.1i, 1.21.2c, 1.2d, 1.3b, 1.4a, 1.4b, 1.4c, 1.4d 2.1a, 2.1f, 2.1h 2.2b, 2.2g, 2.3d, 2.3f, 2.3g, 2.4c, 2.4d	Review Five Components of Fitness Concepts (5FL-B) pp.1.6-1.13)	End of Year Fitness Measurements (5FL-B) pp. 4.96-4.109 Fitness Measurement (protocol from Fitnessgram Manual) • Practice Pacer • Practice Push-ups • Practice Curl-ups • Practice Back Saver Sit-n-Reach • Practice Trunk Lift Heart Health Pyramid (5FL-B) pp. 4.51-4.68	Manipulative Skills: • Striking w/ Implements • Throwing Sidearm (Frisbee) Complex Skills: • Manipulative skills while moving	Cooperative Games Sportsmanship