



Kindergarten

Unit / Timeframe	Core PE Skills	POI Link (if applicable)
Unit 1 (Sep–Oct)	Locomotor basics – walk, run, hop, skip, slide, jump; spatial awareness; cooperative play	Who We Are – teamwork and community games
Unit 2 (Oct–Nov)	Non-locomotor skills – balance, bend, twist, stretch; intro to object control (beanbags, large balls)	How We Organize Ourselves – group relays
Unit 3 (Nov–Jan)	Rhythmic movement – simple dances, clapping games; underhand throwing	How We Express Ourselves – cultural dances
Unit 4 (Jan–Feb)	Pathways & direction changes; rolling and kicking	How the World Works – moving like planets/forces
Unit 5 (Mar–Apr)	Fitness play – endurance games, flexibility exercises	Sharing the Planet – water relay for conservation
Unit 6 (Apr–May)	Combining locomotor & manipulative skills in sequences	Where We Are in Place & Time – journey relays



Grade 1

Unit / Timeframe	Core PE Skills	POI Link (if applicable)
Unit 1 (Sep–Oct)	Refine locomotor skills; introduce overhand throw; catching medium balls	Who We Are – games promoting healthy choices
Unit 2 (Oct–Nov)	Dribbling with hands and feet; passing in pairs	How We Organize Ourselves – leadership in games
Unit 3 (Nov–Jan)	Dance sequences; striking balloons with hands or paddles	How We Express Ourselves – celebration performances
Unit 4 (Jan–Feb)	Jumping and landing safely; navigating obstacles	How the World Works – Earth's layers obstacle course
Unit 5 (Mar–Apr)	Animal locomotion; chasing and fleeing games	Sharing the Planet – habitat games
Unit 6 (Apr–May)	Cooperative games; basic fitness circuits	Where We Are in Place & Time – movement maps



Grade 2

Unit / Timeframe	Core PE Skills	POI Link (if applicable)
Unit 1 (Sep–Oct)	Combine locomotor skills; overhand throw to moving target	Who We Are – hero-themed relays
Unit 2 (Oct–Nov)	Dribbling, passing, and receiving in motion	How We Organize Ourselves – activism “message delivery” games
Unit 3 (Nov–Jan)	Creative movement with props; jump rope basics	How We Express Ourselves – invention-themed routines
Unit 4 (Jan–Feb)	Kicking and trapping soccer balls; agility ladder	How the World Works – factory relay
Unit 5 (Mar–Apr)	Fitness stations (core, cardio, strength)	Sharing the Planet – recycling relay
Unit 6 (Apr–May)	Orienteering basics; movement routes	Where We Are in Place & Time – map-based games



Grade 3

Unit / Timeframe	Core PE Skills	POI Link (if applicable)
Unit 1 (Sep–Oct)	Introduction to sport skills – basketball dribble, soccer pass	Who We Are – community team sports
Unit 2 (Oct–Nov)	Striking with short-hand implements; partner rallies	How We Organize Ourselves – invention games
Unit 3 (Nov–Jan)	Choreographed movement routines; reaction games	How We Express Ourselves – weather movement
Unit 4 (Jan–Feb)	Throwing for distance; basic defensive play	How the World Works – rock “transport” games
Unit 5 (Mar–Apr)	Circuit training; setting personal fitness goals	Sharing the Planet – renewable energy tag
Unit 6 (Apr–May)	Orienteering and teamwork challenges	Where We Are in Place & Time – exploration trails



Grade 4

Unit / Timeframe	Core PE Skills	POI Link (if applicable)
Unit 1 (Sep–Oct)	Game strategies; offense and defense roles	Who We Are – leadership rotations
Unit 2 (Oct–Nov)	Inclusion games; mixed skill group activities	How We Organize Ourselves – diversity in teams
Unit 3 (Nov–Jan)	Group choreography; synchronized movement	How We Express Ourselves – life stories in movement
Unit 4 (Jan–Feb)	Endurance running; pace setting	How the World Works – migration routes
Unit 5 (Mar–Apr)	Sport debates and fair play activities	Sharing the Planet – conflict resolution games
Unit 6 (Apr–May)	Rotational games with changing positions	Where We Are in Place & Time – cultural sports



Grade 5-6

Unit / Timeframe	Core PE Skills	POI Link (if applicable)
Unit 1 (Sep–Oct)	Leadership in sport; referee basics	Who We Are – rights and responsibilities
Unit 2 (Oct–Nov)	Tournament planning and execution	How We Organize Ourselves – community systems
Unit 3 (Nov–Jan)	Sport media analysis; performance recording	How We Express Ourselves – influence of media
Unit 4 (Jan–Feb)	Timed fitness circuits; agility challenges	How the World Works – evolution relay
Unit 5 (Mar–Apr)	Low-impact game design	Sharing the Planet – eco-sport creation
Unit 6 (Apr–May)	Cooperative building games; final showcase	Where We Are in Place & Time – civilization-building relays