



Kindergarten

Transdisciplinary Unit	POI Theme & Concept Focus	Integrated PE Skill & Movement Focus
Who We Are Aug 31-Oct 9	Observing forces, movement of objects, body awareness	Locomotor Basics & Body Control: Walking, running, hopping, skipping, jumping; spatial awareness and personal space bubble games.
How We Organize Ourselves (Oct 12- Nov 20)	Classroom rules, routines, shared spaces, roles	Cooperative Games & Group Rules: Following game rules, tag games with safe zones, taking turns, relay races, organizing group lines.
How We Express Ourselves Nov 30 to Jan 22	Creative arts, celebrations, music, movement	Rhythmic Movement & Dance: Simple animal movements, beat-matching, creative movement with scarves/ribbons, traditional dance steps.

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K-5th PE Scope and Sequence



How the World Works Jan 25 to Mar 5	Pushes, pulls, gravity, properties of materials	Object Control & Forces: Pushing, pulling, rolling, and tossing lightweight objects (beanbags, yarn balls, large playground balls).
Sharing Our Planet Mar 8- April 23	Living organisms, basic needs, plant growth	Fitness Play & Endurance: Active outdoor play, nature-inspired movement courses (crawling, climbing, balance beams), tracking energy/breathing.
Where We Are in Place and Time April 26- June 4	Maps, directional terms, navigating space	Spatial Pathways & Directionality: Moving along straight, curved, and zigzag pathways; understanding positional cues (over, under, around).



Grade 1

Transdisciplinary Unit	POI Theme & Concept Focus	Integrated PE Skill & Movement Focus
Who We Are	Forces affecting speed, direction, balance, simple machines	Balance & Physical Forces: Dynamic and static balance (one-foot stands, balance boards), changing speed and direction quickly.
How We Organize Ourselves	Community systems, roles, teamwork	Partner Play & Passing: Underhand throwing and catching with a partner, cooperative partner relays, passing objects in a group.
How We Express Ourselves	Storytelling, artistic traditions, cultural heritage	Expressive Movement & Folk Dances: Expressing emotions through physical movement, learning traditional community and folk dances.
How the World Works	Forces, speed, direction, balance	Manipulative Skills (Kicking & Striking): Kicking stationary and moving balls, basic foot-eye coordination, dribbling with feet.

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K-5th PE Scope and Sequence



Sharing Our Planet	Environmental responsibility, community action	Tag Games & Active Cleanups: "Recycling" tag games, obstacle courses simulating environmental restoration, outdoor endurance.
Where We Are in Place and Time	Migration, travel, geographical journeys	Orientation & Course Navigation: Navigating simple obstacle maps/courses, target throwing over varying distances.

Grade 2

Transdisciplinary Unit	POI Theme & Concept Focus	Integrated PE Skill & Movement Focus
Who We Are	Body systems, choices, habits, physical responses (heart rate)	Fitness Concepts & Physiology: Measuring heart rate before/after exercise, understanding major muscle groups during movement, healthy habit tracking.

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K-5th PE Scope and Sequence



How We Organize Ourselves	Community systems, collaboration, Native American games	Traditional & Native American Games: Playing traditional group games (e.g., ring and pin, hoop rolling), consensus building in team strategies.
How We Express Ourselves	Winter celebrations, light, instruments, cultural identity	Cultural Dance & Movement Construction: Learning Latin American and global dances (baile folklórico, salsa), rhythmic gymnastics with props.
How the World Works	Motion, balance, simple machines, African American inventors	Simple Mechanics & Striking: Striking objects with implements (paddles, bats), understanding trajectory, force, and rebound angles.
Sharing Our Planet	Life cycles, spring growth, Earth Day	Outdoor Active Play & Agility: Ladder drills, cone courses, environmental stewardship active challenges (trail walks/runs).
Where We Are in Place and Time	Historical navigation, local maps, movement over time	Orienteering & Relays: Map-reading movement games, relay courses following grid pathways and compass directions.



Grade 3

Transdisciplinary Unit	POI Theme & Concept Focus	Integrated PE Skill & Movement Focus
Who We Are	Skeletal/muscular systems, biomechanics, human vs. animal capabilities	Biomechanics & Anatomy: Analyzing joint movements (levers, flexors/extensors), comparing movement mechanics, adaptive sports awareness (para-sports).
How We Organize Ourselves	Water and climate systems, emergency response, disaster management	Team Strategy & Emergency Tactics: Cooperative rescue games, team flag football/capture the flag, group problem-solving under time limits.
How We Express Ourselves	Environmental influences on seasonal celebrations, global winter traditions	Global Dance & Performance: Choreographing small group dances reflecting geographic regions, rhythmic movement routines.



How the World Works	Global climate patterns, resource availability, human adaptation	Overhand Throwing & Projectile Mechanics: Overhand throw for distance and accuracy, mechanics of throwing/launching objects across target zones.
Sharing Our Planet	Water stewardship, eco-initiatives, personal agency	Endurance & Hydration Awareness: Long-distance running/pacing skills, tracking personal hydration and stamina during physical exertion.
Where We Are in Place and Time	Historical trade routes, exploration, geography	Geographic Orienteering: Compass-based course navigation, team endurance challenges across simulated historical routes.

Grade 4

Transdisciplinary Unit	POI Theme & Concept Focus	Integrated PE Skill & Movement Focus
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K-5th PE Scope and Sequence



Who We Are	Human nervous system, sensory reflexes, personal health choices	Reflexes & Agility: Reaction time training, hand-eye coordination drills, agility ladders, mindfulness and somatic body awareness.
How We Organize Ourselves	Civic infrastructure, trade networks, economic collaboration	Invasion Games (Offense/Defense): Basketball/soccer fundamentals—spacing, transition play, offensive and defensive roles within a team.
How We Express Ourselves	Architectural expressions, media, spatial symmetry	Gymnastics & Spatial Form: Tumbling basics, routines focusing on symmetry, balance, pyramids, and geometric body formations.
How the World Works	Energy transformations, natural forces, Earth dynamics	Net/Wall Games: Volleyball/tennis basics—transferring energy through serve, volley, and rebound mechanics.

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Sharing Our Planet	Ecosystem dynamics, human ecological impact, sustainability	Outdoor Education & Stewardship: Outdoor survival skills, hiking, environmental stewardship games, leave-no-trace movement principles.
Where We Are in Place and Time	Historical migrations, exploration, global navigation	Cross-Country & Pacing: Long-distance pacing, tracking personal stamina over varied terrain, navigation runs.

Grade 5

Transdisciplinary Unit	POI Theme & Concept Focus	Integrated PE Skill & Movement Focus
Who We Are	Personal genetics, physical capabilities, lifelong health planning	Personalized Fitness Planning: Setting SMART fitness goals, evaluating components of health-related fitness (flexibility, strength, cardiorespiratory endurance).

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K-5th PE Scope and Sequence



How We Organize Ourselves	Global financial/trade networks, international governance	Sports Management & Officiating: Student-led game organization, understanding refereeing/rules enforcement, sportsmanship, tournament structures.
How We Express Ourselves	Cultural architecture, rhythm, visual art expressions	Creative Choreography & Aerobics: Creating student-designed rhythm/fitness routines combining dance, jump rope, or martial arts movement.
How the World Works	Forces of gravity, space exploration, aerodynamics	Track & Field Events: High jump, long jump, sprinting, shot put mechanics—exploring propulsion, flight angles, and gravitational force.
Sharing Our Planet	Renewable energy, waste management, sustainability models	Eco-Fitness Challenges: Plogging (picking up litter while jogging), eco-obstacle courses, outdoor fitness trail design.

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Where We Are in Place and Time	Historical civilizations, athletic legacies (e.g., Olympics)	Ancient/Historical Athletics: Exploring the origins of Olympic events, ancient Maya ballgame (tlachtli), and historical athletic traditions.
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Grade 6

Transdisciplinary Unit	POI Theme & Concept Focus	Integrated PE Skill & Movement Focus
Who We Are	Human psychology, adolescence, physical and emotional balance	Mindfulness & Strength Conditioning: Functional strength training (bodyweight), yoga, stress management, breathwork, and emotional regulation in sports.
How We Organize Ourselves	Global supply chains, tactical systems, macro-organization	Advanced Team Tactics: Complex tactical strategies in team sports (ultimate frisbee, lacrosse, soccer), playmaking, spatial control.



How We Express Ourselves	Media, non-verbal communication, performance arts	Performance & Martial Arts: Non-verbal communication through movement, capoeira, martial arts forms, martial performance.
How the World Works	Earth systems, physics of movement, energy transfer	Biomechanical Analysis: Peer video feedback to analyze form in throwing, running, or striking; physics of leverage and force generation.
Sharing Our Planet	Global climate justice, biodiversity, environmental endurance	Adventure Sports & Orienteering: Advanced map/compass navigation, outdoor cooperative survival challenges, sustainable outdoor recreation.
Where We Are in Place and Time	Deep time, athletic evolution across centuries	Evolution of Sport & Games: Comparing historical sports rules across centuries, adapting ancient games into modern variants.