

At A Glance PE Yearly Pacing Guide Kindergarten

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
<p style="text-align: center;">Quarter 1</p> <p>SOL's: K.1a, K.1b, K.1c, K.1d, K.1f, K.1g, K.1h, K.1i, K.2, K.2a, K.2d K.3, K.3a, K.3b, K.3c, K.4, K.4a, K.4b, K.4c,</p>	<p>Five components of Fitness (Five For Life Basic (5FL-B) pp.1.1-1.13)</p> <p>Cardiorespiratory Endurance (Heart Health K-3), 5FL-B pp. 1.14-1.23</p> <p>Muscular Strength and Muscular Endurance</p> <ul style="list-style-type: none"> ● Muscle Fitness Essentials K-3 (5FL-B)pp. 1.42-1.49 <p>Flexibility (5FL-B) pp. 1.65-1.78</p>	<p>Fitness Activities (5FL-B) pp. 4.96-4.109</p> <ul style="list-style-type: none"> ● Practice jogging / modified pacer ● Practice holding a push-up position ● Practice Curl-ups ● Practice Back Saver Sit-n-Reach ● Practice Trunk Lift 	<p>Locomotor Skills: walk, run, hop, gallop, jump</p> <p>Non-Locomotor Skills: bend, push, pull, turn</p> <p>Manipulative Skills:</p> <ul style="list-style-type: none"> ● Striking w/ Feet ● Kicking <p>Complex Skills:</p> <ul style="list-style-type: none"> ● Spatial Awareness and Relationships 	<p>Cooperative Games Classroom Protocol Sportsmanship Swedish gym / recess safety protocol</p>
<p style="text-align: center;">Quarter 2</p> <p>SOL's: K.1a, K.1b, K.1c, K.1d, K.1e, K.2d K.3a, K.3b, K.3c, K.4a, K.4b, K.4c, K.5a, K.5b, K.5</p>	<p>Body Composition K-3 (5FL-B) pp. 1.79-1.87</p> <p>Nutrition: Healthy Food, Healthy Balance (5FL-B) pp. 2.1-2.16</p>	<p>Continue Fitness Activities</p> <ul style="list-style-type: none"> ● Practice jogging / modified pacer ● Practice holding a push-up position ● Practice Curl-ups ● Practice Back Saver Sit-n-Reach ● Practice Trunk Lift 	<p>Locomotor Skills: gallop, skip, slide</p> <p>Non-Locomotor Skills: bend, push, pull, turn, balance on one foot</p> <p>Manipulative Skills:</p> <ul style="list-style-type: none"> ● Underhand Roll ● Dance and Rhythm ● Striking w/ Hands <p>Complex Skills:</p> <ul style="list-style-type: none"> ● Spatial Awareness and Relationships 	<p>Cooperative Games Sportsmanship</p>

<p style="text-align: center;">Quarter 3</p> <p>SOL's: K.1a, K.1b, K.1c, K.1f, K.1g, K.1i, K.1j, K.1k, K.2a, K.2b, K.2c, K.2d, K.3, K.4a, K.4b</p>	<p>Skeletal System: Bone Health (5FL-B) pp. 3.1-3.14 Muscular System: Muscle Motion (5FL-B) pp. 3.15-3.29</p>	<p>Mid-Year Fitness Measurements Practice (5FL-B) pp. 4.96-4.109 Fitness Measurement (protocol from Fitnessgram Manual)</p> <ul style="list-style-type: none"> ● Practice Pacer ● Practice Modified Push-ups ● Practice Curl-ups ● Practice Back Saver Sit-n-Reach ● Practice Trunk Lift 	<p>Locomotor Skills: leap Non-Locomotor Skills: balance on various body parts</p> <p>Manipulative Skills:</p> <ul style="list-style-type: none"> ● Gymnastic Skills ● Long and short jump rope ● Self toss and catch ● Underhand toss <p>Complex Skills:</p> <ul style="list-style-type: none"> ● Spatial Awareness and Relationships 	<p>Cooperative Games</p> <p>Sportsmanship</p>
<p style="text-align: center;">Quarter 4</p> <p>SOL's: K.1a, K.1b, K.1c, K.1d, K.2a, K.2c K.3b, K.3c, K.4a, K.4b, K.5</p>	<p>Review Five Components of Fitness Concepts (5FL-B) pp.1.6-1.13)</p>	<p>End of Year Fitness Measurements (5FL-B) pp. 4.96-4.109</p> <p>Fitness Measurement (protocol from Fitnessgram Manual)</p> <ul style="list-style-type: none"> ● Practice Pacer ● Practice Modified Push-ups ● Practice Curl-ups ● Practice Back Saver Sit-n-Reach ● Practice Trunk Lift <p>Heart Health Pyramid (5FL-B) pp. 4.51-4.68</p>	<p>Locomotor Skills: review (gallop, skip, slide, hop, jump, leap)</p> <p>Non-Locomotor Skills: balance</p> <p>Manipulative Skills:</p> <ul style="list-style-type: none"> ● Overhand Throw ● Catching ● Throwing Sidearm (Frisbee) <p>Complex Skills:</p> <ul style="list-style-type: none"> ● Manipulative skills while moving 	<p>Cooperative Games</p> <p>Sportsmanship</p>

At A Glance PE Yearly Pacing Guide Grades 1st-2nd

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
<p style="text-align: center;">Quarter 1</p> <p>SOL's: 1.1a, 1.1b, 1.1c, 1.1d, 1.1h, 1.1i, 1.1j, 1.1k, 1.2, 1.2c, 1.2e, 1.3, 1.3a, 1.3b, 1.3c, 1.4, 1.4a, 1.4b, 1.4c, 1.4d,</p> <p>2.1a, 2.1d, 2.1e, 2.1h, 2.2a, 2.2b, 2.3a, 2.3b, 2.3c, 2.3d, 2.3g, 2.4a, 2.4b, 2.4c, 2.4d, 2.4e</p>	<p>Five components of Fitness (Five For Life Basic (5FL-B) pp.1.1-1.13)</p> <p>Intensity Levels (5FL-B) DVD and Resource CD</p> <p>Cardiorespiratory Endurance (Heart Health K-3), 5FL-B pp. 1.14-1.23</p> <p>Muscular Strength and Muscular Endurance</p> <ul style="list-style-type: none"> ● Muscle Fitness Essentials K-3 (5FL-B)pp. 1.42-1.49 <p>Flexibility (5FL-B) pp. 1.65-1.78</p>	<p>Pre-Year Fitness Measurements Practice (5FL-B) pp. 4.96-4.109</p> <p>Fitness Measurement (protocol from Fitnessgram Manual)</p> <ul style="list-style-type: none"> ● Practice Pacer ● Practice Push-ups ● Practice Curl-ups ● Practice Back Saver ● Sit-n-Reach ● Practice Trunk Lift 	<p>Locomotor Skills:</p> <p>Non-Locomotor Skills:</p> <p>Manipulative Skills:</p> <ul style="list-style-type: none"> ● Overhand Throw ● Underhand Throw ● Catching ● Striking w/ Feet ● Kicking <p>Complex Skills:</p> <ul style="list-style-type: none"> ● Spatial Awareness and Relationships 	<p>Cooperative Games</p> <p>Classroom Protocol</p> <p>Sportsmanship</p> <p>Swedish gym / recess safety protocol</p>

<p align="center">Quarter 2</p> <p>SOL's: 1.1a, 1.1b, 1.1c, 1.1d, 1.1f, 1.1g, 1.1h, 1.1i, 1.1j, 1.1k, 1.2e, 1.3a, 1.4a, 1.4b, 1.4c, 1.4d, 1.5a, 1.5b, 1.5c, 1.5d</p> <p>2.1a, 2.1c, 2.1f, 2.1h, 2.2a, 2.2b, 2.3a, 2.3e, 2.3f, 2.4a, 2.4b, 2.4c, 2.4d, 2.4e, 2.5a, 2.5b, 2.5c, 2.5d</p>	<p>Body Composition K-3 (5FL-B) pp. 1.79-1.87</p> <p>Nutrition: Healthy Food, Healthy Balance (5FL-B) pp. 2.1-2.16</p>	<p>Circuit Training (5FL-B) pp. 4.1-4.50</p>	<p>Manipulative Skills:</p> <ul style="list-style-type: none"> ● Underhand Roll ● Dance and Rhythm ● Striking w/ Hands <p>Complex Skills:</p> <ul style="list-style-type: none"> ● Spatial Awareness and Relationships 	<p>Cooperative Games</p> <p>Sportsmanship</p>
<p align="center">Quarter 3</p> <p>SOL's: 1.1b, 1.1c, 1.1d, 1.1e, 1.1h, 1.1i, 1.1l, 1.1m, 1.2a, 1.2b, 1.2d, 1.3, 1.4, 1.4a, 1.4b, 1.4c, 1.4d</p> <p>2.1a, 2.1b, 2.1f, 2.1h, 2.2c, 2.2d, 2.2e, 2.2f, 2.2g,, 2.3, 2.4c, 2.4d, , 2.5</p>	<p>Skeletal System: Bone Health (5FL-B) pp. 3.1-3.14</p> <p>Muscular System: Muscle Motion (5FL-B) pp. 3.15-3.29</p>	<p>Mid-Year Fitness Measurements Practice (5FL-B) pp. 4.96-4.109</p> <p>Fitness Measurement (protocol from Fitnessgram Manual)</p> <ul style="list-style-type: none"> ● Practice Pacer ● Practice Push-ups ● Practice Curl-ups ● Practice Back Saver Sit-n-Reach ● Practice Trunk Lift 	<p>Manipulative Skills:</p> <ul style="list-style-type: none"> ● Gymnastic Skills ● Striking w/ Implements ● Long and short jump rope <p>Complex Skills:</p> <ul style="list-style-type: none"> ● Spatial Awareness and Relationships 	<p>Cooperative Games</p> <p>Sportsmanship</p>

<p style="text-align: center;">Quarter 4</p> <p>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</p> <p>2.1a, 2.1f, 2.1h 2.2b, 2.2g, 2.3d, 2.3f, 2.3g, 2.4c, 2.4d</p>	<p>Review Five Components of Fitness Concepts (5FL-B) pp.1.6-1.13)</p>	<p>End of Year Fitness Measurements (5FL-B) pp. 4.96-4.109</p> <p>Fitness Measurement (protocol from Fitnessgram Manual)</p> <ul style="list-style-type: none"> ● Practice Pacer ● Practice Push-ups ● Practice Curl-ups ● Practice Back Saver Sit-n-Reach ● Practice Trunk Lift <p>Heart Health Pyramid (5FL-B) pp. 4.51-4.68</p>	<p>Manipulative Skills:</p> <ul style="list-style-type: none"> ● Striking w/ Implements ● Throwing Sidearm (Frisbee) <p>Complex Skills:</p> <ul style="list-style-type: none"> ● Manipulative skills while moving 	<p>Cooperative Games</p> <p>Sportsmanship</p>
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