

Physical Education

Appendix D: Sequence of Activities

Grade →	3	4	5	6
Basketball				
Rules Explained		X	X	X
Strategy Discussed			X	X
Dribble	X	X	X	X
Passes	X	X	X	X
Shooting		X	X	X
Defense		X	X	X
Cooperative Skills				
Personal Space, Respect for Others	X	X	X	X
Respect for Different Ability Levels	X	X	X	X
Cooperative vs. Competitive Activities		X	X	X
Partner Stunts/Activities		X	X	X
Small and Large Group Activities			X	X
Movement Exploration	X	X	X	X
Crab Soccer				
Rules	X	X	X	X
Strategy	X	X	X	X
Passing	X	X	X	X
Scoring	X	X	X	X
Dribbling	X	X	X	X
Dance and Rhythms				
Movement Exploration	X	X	X	X
Movement Combinations to Rhythm	X	X	X	X
Multicultural Dances		X	X	X
Lummi Sticks, Tinkling			X	X
Create Dances Alone and With a Partner			X	X
Line, Folk, Aerobic Dances				X
Flag/Touch Football				
Passing		X	X	X
Catching		X	X	X
Running/Dodging		X	X	X
Rules		X	X	X
Strategy		X	X	X
Floor Hockey				
Dribble		X	X	X
Forehand Pass		X	X	X
Backhand Pass		X	X	X
Shot on Goal		X	X	X
Goalie Play		X	X	X
Strategy		X	X	X
Frisbee				
Stationary Forehand Throw			X	X
Stationary Backhand Throw			X	X
Stationary Catch			X	X
Moving Throws			X	X
Moving Catches			X	X
Strategy			X	X

Grade →	3	4	5	6
Gymnastics				
Balance	X	X	X	X
Nature of the Activity	X	X	X	X
Rules	X	X	X	X
Fundamentals	X	X	X	X
Forward Roll	X	X	X	X
Backward Roll	X	X	X	X
Cartwheel	X	X	X	X
Dive Roll	X	X	X	X
Juggling				
Scarves	X	X	X	
Beanbags		X	X	X
Balls, Other Implements			X	X
Kickball				
Rules	X	X	X	X
Strategy	X	X	X	X
Kicking	X	X	X	X
Catching	X	X	X	X
Pitching	X	X	X	X
Running Bases	X	X	X	X
Manipulative Skills				
Catching with Implements	X	X	X	X
Volley with Hands and Feet		X	X	X
Dribble with Hands and Feet		X	X	X
Use Body to Protect Objects			X	X
Throw Objects for Distance/Accuracy			X	X
Movement Skills				
Review Walk, Run, Start, Stop	X	X		
Review Jump, Hop, Skip, Slide	X	X		
Review Gallop, Leap, Chase, Dodge	X	X		
Shuffle	X	X		
Weight Transfer During Movement		X	X	X
Non-Movement Skills				
Review Turn, Twist, Swing, Sway	X	X		
Review Stretch, Balance, Push-Pull	X	X		
Review Weight Transfer, Balance	X	X		
Review Over, Under, Far, Near	X	X		
Mirror		X	X	
Nutrition				
Proteins, Fats, Carbohydrates	X	X	X	X
Importance of Hydration	X	X	X	X
Calories In/Calories Out Principle	X	X	X	X
Food Pyramid- Balanced Diet	X	X	X	X
Key Vitamins/Minerals		X	X	X
Differing Individual Growth Patterns		X	X	X
Benefits of Proper Nutrition/Exercise		X	X	X
Energy Levels and Body Composition			X	X
Obesity-Related Diseases			X	X
Personal Eating/Activity Plans				X
Weight Management				X

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Parachute Games				
Rapid Up-and-Down Movements	X	X	X	X
Lift Overhead and Back to Floor	X	X	X	X
Launch Objects	X	X	X	X
Merry-Go-Round, Slow to Fast	X	X	X	X
Team Tug-O-War	X	X	X	X
Physical Fitness				
Fitness Walk/Run	X	X	X	X
Curl-Ups	X	X	X	X
Mile Run		X	X	X
Push-Ups	X	X	X	X
Shuttle Run		X	X	X
Stretching for Flexibility	X	X	X	X
Obstacle Course	X	X	X	X
Pacer Test			X	X
Pull-Ups		X	X	X
Locate/Monitor Heart Rate			X	X
Circuit Training		X	X	X
Responsible Behavior				
Sportsmanship	X	X	X	X
Consequences of Conflict	X	X	X	X
Accept Individual Differences	X	X	X	X
Personal Responsibility for Actions	X	X	X	X
Show Support for Others		X	X	X
Strategies for Conflict Resolution		X	X	X
Appropriate Cooperative Behaviors			X	X
Celebrate Successes - Self and Others			X	X
Ability to Lead and Follow				X
Time Management				X
Consider Feelings of all Participants				X
Work as a Team to Meet Goals				X
Rope Jumping				
Basic Technique	X	X		
By Self and With Others		X	X	X
Create and Refine Jumping Routines			X	X
Jump to Music Individually/With Others				X
Soccer				
Dribbling	X	X	X	X
Passing		X	X	X
Trapping		X	X	X
Throw-ins		X	X	X
Rules of the Game		X	X	X
Strategy of the Game			X	X
Line Soccer (lead up game)	X	X	X	X
Diagonal Soccer (lead up game)	X	X	X	X

Grade →	3	4	5	6
Softball				
Catching (flies)	X	X	X	X
Catching (grounders)	X	X	X	X
Throwing	X	X	X	X
Hitting	X	X	X	X
Rules		X	X	X
Strategy			X	X
Sun Protection				
Sunscreen and Protective Clothing	X	X	X	X
Number Ratings for Sunscreens			X	X
Melanoma - Preventative Measures				X
Tee-Ball				
Catching (flies)	X			
Catching (grounders)	X			
Throwing	X			
Hitting (batting off a tee)	X			
Rules	X			
Strategy	X			
Tennis				
Racket				X
Grips				X
Strokes				X
Service Stroke				X
Volley				X
Playing Strategy				X
Singles & Doubles				X
Rules				X
Playing Courtesies				X
Volleyball				
Bump		X	X	X
Set		X	X	X
Dig		X	X	X
Spike				X
Newcomb (lead up game)		X	X	X
Rules		X	X	X
Strategy			X	X
Serve		X	X	X
Throwing	X	X		
Catching	X	X		