

K-5 Physical Education Curriculum -Pacing

Grade	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16	Week 17	Week 18
K	Space and Body Awareness Unit 1			Fitness 1 Unit 1			Locomotor Non Locomotor Unit 1			Toss and Catch Unit 1			Kicking Unit 2		Rhythm and Dance Unit 2			
1	Space and Body Awareness Unit 1			Fitness 1 Unit 1			Locomotor Non Locomotor Unit 1			Throwing and Catching Unit 1			Kicking Unit 2		Rhythm and Dance Unit 2			
2	Fitness 1 Unit 1				Chasing Fleeing Dodging Unit 1			Throwing and Catching Unit 1					Kicking Unit 2		Rhythm and Dance Unit 2			
3	Fitness 1 Unit 1				Chasing Fleeing Dodging Unit 1			Throwing and Catching Unit 1					Kicking Unit 2		Rhythm and Dance Unit 2			
4	Fitness 1 Unit 1				Chasing Fleeing Dodging Unit 1				Throwing and Catching Unit 1				Kicking Unit 2		Rhythm and Dance Unit 2			
5	Fitness 1 Unit 1				Chasing Fleeing Dodging Unit 1				Throwing and Catching Unit 1				Kicking Unit 2		Rhythm and Dance Unit 2			

Grade	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24	Week 25	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	Week 32	Week 33	Week 34	Week 35	Week 36
K	Rhythm and Dance Unit 2		Striking Unit 2				Educational Gymnastics Unit 3			Fitness 2 Unit 3					Cooperative Games Unit 3			
1	Rhythm and Dance Unit 2		Striking Unit 2				Weight Transfer Unit 3		Fitness 2 Unit 3					Cooperative Games Unit 3				
2	Striking Unit 2						Weight Transfer Unit 3			Fitness 2 Unit 3			Cooperative Games Unit 3					
3	Striking Unit 2						Weight Transfer Unit 3			Fitness 2 Unit 3			Cooperative Games Unit 3					
4	Striking Unit 2						Weight Transfer Unit 3				Fitness 2 Unit 3				Team Building Unit 3			
5	Overhead Striking Unit 2						Weight Transfer Unit 3				Fitness 2 Unit 3				Team Building Unit 3			

The order of activities can be adjusted **with in each unit.

Example: Unit 1 - Grade 4: striking, rhythms and dance, kicking can be taught in any order.