

	September	October	November	December	January	February	March	April	May/June
K P.E.	General Space/Self Space	Traveling in game like situations	Beginning Jump Rope skills	Beginning body awareness	Basic Throwing skills. Basic Kicking skills.	Striking balloons in the air. Striking with different body parts. Bouncing a ball down and catching it.	Cont'd dribbling and striking.	Beginning Cupstacking skills.	Basic move of Tininkling. Review of years main themes.
First Grade P.E.	Spatial awareness Fitness testing	Fleeing a chaser	Jump Rope skills for beginners/ Partner jumping	Beginning Tumbling skills	Throwing overhand and underhand. Throwing to targets at different levels. Catching at different levels. Kicking at large targets.	Striking a ball to the wall. Bouncing a ball down continuously. Dribbling at different heights.	Cont'd dribbling Striking with a long handled implement.	Cupstacking for coordination.	Review of basic move of Tininkling and beginning of expanded steps. Review of years main themes.
Second Grade P.E.	Small group activities Fitness testing	Dodging stationary/ semi stationary objects	Intermediate jump roping skills	Understanding your body concepts/ balancing	Throwing different objects Catching with a partner. Kicking for distance.	Striking to large targets. Dribbling and looking. Dribbling and traveling.	Cont'd dribbling Striking with a long handled implement to a target.	Beginning fitness stacking.	Expanded steps of Tininkling. Review of years main themes.

Third Grade P.E.	Partner Activities Fitness testing	Continual fleeing and chasing in a large group	Jump rope skills intermediate and partner jump roping	Tumbling and understanding body muscles/bones	Throwing a ball off the wall and catching it off the rebound. Throwing for distance. Kicking to a partner.	Volleying with the hand and foot against a wall. Dribbling and changing speed.	Cont'd dribbling Striking with a long handled implement to a partner.	Cupstacking in game like situations.	Performance Tininkling. Review of years main themes.
	Fourth Grade P.E.	Large group team building activities Fitness Testing	Chasing and fleeing in an invasion game like situation	Advanced Jump rope skills Tumbling with routines Balancing on objects	Throwing and catching while traveling. Throwing for accuracy. Kicking a rolling ball from a stationary position.	Striking to the wall at different levels of force and body position. Mirroring and Matching while dribbling.	Striking with a long handled implement for distance. Striking with a long handled implement while changing pathways.	Cupstacking for speed	Performance Tininkling. Beginning of call dances. Review of years main themes.
5th Grade P.E.	Team Building/ Partner Activities Fitness Testing	Chasing and dodging simultaneously	Continuous jump rope skills	Extended routines and intermediate skills of Tumbling.	Catching and throwing quickly to a target/partner Throwing multiple objects. Kicking to a partner from various angles. Kicking to small targets.	One bounce volleyball. Striking over a line on the wall. Dribbling against an opponent one on one. Dribbling against an opponent in group	Cont'd dribbling Striking with a long handled implement for distance and small targets.	Advanced Cupstacking. Team Cupstacking.	Performance Tininkling. Second level call dances. Review of years main themes.

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