

# South Kitsap Physical Education Elementary Scope and Sequence

Revised 92017

## District Learning Targets

### Primary K-2:

- I can show skills in movement, balance and rhythm.
- I can recognize fitness vocabulary.
- I can identify food groups.
- I can identify the purpose of bones.
- I can identify the purpose of muscles.
- I can follow directions and demonstrate sportsmanship and safety

### Intermediate 3-5:

- I can show skills that include movement, balance, rhythm, and use of equipment.
- I can understand my fitness measurement and set a goal to improve.
- I can identify the five components of fitness and an activity that relates to each.
- I can identify the nutrients in food.
- I can identify major bones and muscles and their use in movement.
- I can follow directions and demonstrate sportsmanship and safety.

### Priority Standards: K-2

- Students will demonstrate competency in a variety of motor skills and movement patterns.  
Motor Skills (1.1-1.15)
- Students will apply knowledge of concepts, strategies, and tactics related to movement and performance.  
Space (2.1)
- Students will demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.  
Engagement in Physical Activity (3.2)
- Students will exhibit responsible personal and social behavior that respects self and others.  
Working with Others (4.4), Safety (4.5)
- Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction  
Social Interaction (5.3)

### Priority Standards: 3-5

- Students will demonstrate competency in a variety of motor skills and movement patterns.  
Motor Skills (1.1-1.15)
- Students will demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.  
Engagement in Physical and Fitness Activity (3.2, 3.6)  
Health Related Fitness (3.3)  
Body Systems (3.7)  
Nutrition (3.8)
- Students will exhibit responsible personal and social behavior that respects self and others.  
Working with Others (4.4)  
Safety (4.5)
- Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.  
Social Interaction (5.3)

## Academic Content

### Trimester One Big Idea: Five Components of Fitness

#### Cardio-respiratory Endurance

**Key Vocabulary:**

- endurance
- heart
- oxygen
- energy
- lungs
- pacing
- blood
- intensity
- heart disease
- heart rate-resting, working, target zone

**Lessons to support:**

- K-5 2-5 minute run 📖 1.8, 1.27
- K-3 Heart Health Relay 📖 1.19
- 4-5 Oxygen Transport 📖 1.28
- 4-5 Oxygen Express 📖 1.29
- Risk Factor 4 Square 📖 1.29a, 1.29b
- Respiration Relay

#### Muscular Strength and Muscular Endurance

**Key Vocabulary:**

- muscles
- strength
- endurance

**Lessons to support:**

- K-3 Muscle Check up 📖 1.38
- 4-5 Muscle Check up 📖 1.45
- 4-5 Curl-up Check 📖 1.48
- 4-5 Muscle Strength/Endurance Tag 📖 1.50

#### Flexibility

**Key Vocabulary:**

- cool down
- flex
- warm-up
- extend
- ligament
- range of motion
- flexibility
- tendon
- joint

**Lessons to support:**

- K-5 All-Star Stretches 📖 1.59

#### Body Composition

**Key Vocabulary:**

- balance
- fat-free mass
- body composition
- fat mass
- energy

**Lessons to support:**

- K-5 Muscle Snatchers 📖 1.69, 1.79
- K-5 Energy in/Energy Out 📖 1.70, 1.80
- 4-5 Healthy Body Card Game 📖 1.77
- 4-5 Balance the Fat 📖 1.81

**Assessment:** Formative: Utilize exit questions -Cardio Respiratory Student Assessment 📖 1.30; Muscular Strength, Muscular Endurance Student Assessment 📖 1.51; Flexibility: Student Assessment 📖 1.6.1-1.6.2; Body Composition: Student Assessment 📖 1.82  
Summative: Five Components of Fitness 📖 1.9-1.10

### Trimester Two Big Idea: Nutrition

**Key Vocabulary:**

- carbohydrates
- fats
- protein
- calories
- My Plate
- healthy eating: variety and amounts

**Lessons to support:**

- K-5 Food Group Warm-up 📖 2.5
- K-5 Food Group Pyramid Game 📖 2.6
- K-5 Calorie Burner 📖 2.9
- K-5 Calorie Counter 📖 2.10
- K-5 Food Group Speedway 📖 2.11
- K-5 Food Identify 📖 2.21

**Assessment:** Formative: Utilize exit questions; Summative 📖 2.31

## Trimester Three Big Idea: Bones and Muscles

### Bones

Key Vocabulary:

- |             |           |          |
|-------------|-----------|----------|
| • clavicle  | • femur   | • fibula |
| • cranium   | • humerus | • pelvis |
| • scapula   | • sternum | • ribs   |
| • vertebrae | • tibia   | • ulna   |
| • patella   | • radius  |          |

Lessons to support:

- K-5 Bone Health Tag 📖 3.6
- K-5 Bone Building Relay 📖 3.7

**Assessment:** Formative: Utilize exit questions; Summative 📖 3.8-3.9 and 3.12

### Muscles

Key Vocabulary:

- |                    |              |             |
|--------------------|--------------|-------------|
| • abdominals       | • biceps     | • gluteals  |
| • deltoids         | • hamstrings | • muscles   |
| • triceps          | • quadriceps | • pectorals |
| • latissimus dorsi |              |             |

Lessons to support:

- K-5 Notion of Muscle Motion 📖 3.19
- K-5 Build your Muscles 📖 3.20

**Assessment:** Formative: Utilize exit questions; Summative: 📖 3.21-3.22 and 3.25

## Fitness Measurements

1. Pacer Test
2. Backsaver Sit and Reach (L and R)
3. Cadence Curl-ups
4. Height and Weight
5. Cadence Push-ups

**Assessment:**

**Formative:** Pre-Test- administer by end of October

**Goal Setting:** Quality Lesson "Activity Centers" and 📖 4.92

**Summative:** Post-Test- administer by end of May

## Motor Skills and Movement Patterns

### Demonstrating and Applying

Loco-motor	Non-Loco-motor	Manipulative Skills	Rhythm Skills
<ul style="list-style-type: none"> <li>• walk</li> <li>• jog</li> <li>• run</li> <li>• sprint</li> <li>• hop</li> <li>• leap</li> <li>• jump</li> <li>• gallop</li> <li>• skip</li> <li>• slide</li> <li>• traverse climb</li> </ul>	<ul style="list-style-type: none"> <li>• bend</li> <li>• twist</li> <li>• stretch</li> <li>• rock</li> <li>• sway</li> <li>• push</li> <li>• pull</li> <li>• turn</li> <li>• swing</li> </ul> <p><b>Balance Skills</b></p> <ul style="list-style-type: none"> <li>• balance</li> <li>• weight transfer</li> </ul>	<ul style="list-style-type: none"> <li>• bounce</li> <li>• roll</li> <li>• catch</li> <li>• underhand/overhand</li> <li>• throw</li> <li>• foot pass/kick/trap/dribble</li> <li>• strike w/ hand, or short/long implement</li> <li>• hand dribble</li> </ul>	<ul style="list-style-type: none"> <li>• dance</li> <li>• skip</li> <li>• march</li> <li>• jump rope</li> <li>• hula hoop</li> <li>• rhythm wands</li> <li>• step box</li> <li>• aerobics</li> </ul>