

2021-2022 Curriculum Map (3,4,5)

Sport/Activity	Skills	Rotation	Dates
Rules / Intro Games	Listening, Following Directions, Etc	C	August 16, 17, 18
Rules / Intro Games	Listening, Following Directions, Etc	A	Aug 23, 24, 25
Rules / Intro Games	Listening, Following Directions, Etc	B	Aug 30, 31, Sept 1
Running	Pacing, Cardio	C	Aug 19, 22, Sept 8
Running	Pacing, Cardio	A	Aug 26, 29, Sept 15
Running	Pacing, Cardio	B	Sept 2, Sept 7, Sept 22
Movement & Space	Guarding, Space, Levels, Direction, Speed	C	Sept 9, Sept 12, Sept 13
Movement & Space	Guarding, Space, Levels, Direction, Speed	A	Sept 16, Sept 19, Sept 20
Movement & Space	Guarding, Space, Levels, Direction, Speed	B	Sept 23, 26, 27
Soccer	Dribble (feet),Trap, Kick (distance), Kick (accuracy)	C	Sept 14, 29, 30
Soccer	Dribble (feet),Trap, Kick (distance), Kick (accuracy)	A	Sept 21, Oct 6, Oct 7
Soccer	Dribble (feet),Trap, Kick (distance), Kick (accuracy)	B	Sept 28, Oct 18, Oct 19
Football	Overhand Throw, Catch on the Move, Leading, Patterns, Plays	C	Oct 3, Oct 4, Oct 5
Football	Overhand Throw, Catch on the Move, Leading, Patterns, Plays	A	Oct 10, Oct 11, Oct 17
Football	Overhand Throw, Catch on the Move, Leading, Patterns, Plays	B	Oct 20, Oct 21, Oct 24
Basketball	Dribble (hand), Pass (chest & bounce), Shooting, Pivoting	C	Oct 25, Oct 26, Oct 27
Basketball	Dribble (hand), Pass (chest & bounce), Shooting, Pivoting	A	Nov 1, Nov 2, Nov 3
Basketball	Dribble (hand), Pass (chest & bounce), Shooting, Pivoting	B	Nov 8, Nov 9, Nov 10
Fitness	5 Components of Fitness, Body Systems, Calculate Heart Rate	C	Oct 28, Oct 31, Nov 16
Fitness	5 Components of Fitness, Body Systems, Calculate Heart Rate	A	Nov 4, Nov 7, Nov 30
Fitness	5 Components of Fitness, Body Systems, Calculate Heart Rate	B	Nov 15, Nov 15, Dec 7
Hockey	Slap Shot, Wrist Shot, Goalkeeping	C	Nov 17, Nov 18, Nov 28
Hockey	Slap Shot, Wrist Shot, Goalkeeping	A	Dec 1, Dec 2, Dec 5
Hockey	Slap Shot, Wrist Shot, Goalkeeping	B	Dec 8, Dec 9, Dec 12
Cooperative/ Brain*	Teamwork, Cooperation, Cross Lateralization	C	Nov 29, Dec 14, Dec 15
Cooperative/ Brain*	Teamwork, Cooperation, Cross Lateralization	A	Dec 6, Jan 6, Jan 9

Cooperative/ Brain*	Teamwork, Cooperation, Cross Lateralization	B	Dec 13, Jan 17, Jan 18
Volleyball	Serve (overhand & underhand), Bump Pass, Set, Rotation of Positions	C	Jan 3, Jan 4, Jan 5
Volleyball	Serve (overhand & underhand), Bump Pass, Set, Rotation of Positions	A	Jan 10, Jan 11, Jan 12
Volleyball	Serve (overhand & underhand), Bump Pass, Set, Rotation of Positions	B	Jan 19, Jan 20, Jan 23
Nutrition / Wellness	Food Groups, Food Choices, Healthy Habits	C	Jan 24, Jan 25, Jan 26
Nutrition / Wellness	Food Groups, Food Choices, Healthy Habits	A	Jan 31, Feb 1, Feb 2
Nutrition / Wellness	Food Groups, Food Choices, Healthy Habits	B	Feb 7, Feb 8, Feb 9
Cup Stacking	Eye Hand, Patterns, Relay Racing	C	Jan 27, Jan 30, Feb 14
Cup Stacking	Eye Hand, Patterns, Relay Racing	A	Jan 3, Jan 6, Feb 27
Cup Stacking	Eye Hand, Patterns, Relay Racing	B	Feb 10, Feb 13, Mar 6
Jump Roping	Long Ropes & Short Ropes, Rhythm, Sequences, Routines	C	Feb 21, Feb 22, Feb 23
Jump Roping	Long Ropes & Short Ropes, Rhythm, Sequences, Routines	A	Feb 28, Mar 1, Mar 2
Jump Roping	Long Ropes & Short Ropes, Rhythm, Sequences, Routines	B	Mar 7, Mar 8, Mar 9
Tennis / Pickleball	Forehand Strike, Backhand Strike, Move to Ball	C	Feb 24, Mar 13, Mar 14
Tennis / Pickleball	Forehand Strike, Backhand Strike, Move to Ball	A	Mar 3, Mar 28, Mar 29
Tennis / Pickleball	Forehand Strike, Backhand Strike, Move to Ball	B	Mar 10, April 4, April 5
Baseball / Softball	Overhand Throw, Underhand Throw, Catch, Hit	C	Mar 15, Mar 16, Mar 17
Baseball / Softball	Overhand Throw, Underhand Throw, Catch, Hit	A	Mar 30, Mar 31, April 3
Baseball / Softball	Overhand Throw, Underhand Throw, Catch, Hit	B	Apr 6, Apr 7, Apr 10
Gymnastics / Climbing Wall	Tumbling, Stunts, Balance, Flexibility	C	Apr 11, 12, 13, 14, 17
Gymnastics / Climbing Wall	Tumbling, Stunts, Balance, Flexibility	A	April 18, 19, 20, 21, 24
Gymnastics / Climbing Wall	Tumbling, Stunts, Balance, Flexibility	B	April 25, 26, 27, 28, May 1
Lacrosse or Golf	Strike (long handled implement), Space	C	May 2, May 3, May 4
Lacrosse or Golf	Strike (long handled implement), Space	A	May 10, May 11, May 15
Lacrosse or Golf	Strike (long handled implement), Space	B	May 18, May 19, May 22
Field Day Stations	FUN!!!! Previous skills!	C	May 8, May 9,
Field Day Stations	FUN!!!! Previous skills!	A	May 16, May 17
Field Day Stations	FUN!!!! Previous skills!	B	May 23, 24

