



AAC Physical Education Scope and Sequence

The AAC Physical Education curriculum is based on the California standards, which divide learning into two areas: Team sports and Individual sports. Our Project-based Learning approach is supported by units which develop the whole child. This is done not only in the classroom (intellectually and socially) but on the athletic field as well (physically and socially). Through daily Physical Education classes, students learn to play together while developing skills and exercise habits that can be useful throughout their lives.

<u>Quarter 1</u>	<u>Quarter 2</u>	<u>Quarter 3</u>	<u>Quarter 4</u>
<u>Grade 11/12</u>			
<p>Individual Sports</p> <ul style="list-style-type: none"> - Evaluate the quality of their movements and be conscious about their body tension - Perform more complex movements in longer and more complex sequences <p>Team Sports</p> <ul style="list-style-type: none"> - Play simplified versions of official and standard sport activities, show engagement in games - Develop tactics in team games and refine creativity in group performances - Feel comfortable in tournaments and competitive games 	<p>Individual Sports</p> <p>Evaluate the quality of their movements and be conscious about their body tension</p> <p>Perform more complex movements in longer and more complex sequences</p> <p>Team Sports</p> <p>Play simplified versions of official and standard sport activities, show engagement in games</p> <p>Develop tactics in team games and refine creativity in group performances</p> <p>Feel comfortable in tournaments and competitive games</p>	<p>Individual Sports</p> <ul style="list-style-type: none"> - Evaluate the quality of their movements and be conscious about their body tension - Perform more complex movements in longer and more complex sequences <p>Team Sports</p> <ul style="list-style-type: none"> - Play simplified versions of official and standard sport activities, show engagement in games - Develop tactics in team games and refine creativity in group performances - Feel comfortable in tournaments and competitive games 	<p>Individual Sports</p> <ul style="list-style-type: none"> - Evaluate the quality of their movements and be conscious about their body tension - Perform more complex movements in longer and more complex sequences <p>Team Sports</p> <ul style="list-style-type: none"> - Play simplified versions of official and standard sport activities, show engagement in games - Develop tactics in team games and refine creativity in group performances - Feel comfortable in tournaments and competitive games
<u>Grade 10</u>			
<p>Individual Sports</p> <ul style="list-style-type: none"> - Combine complex movements and participate consciously in more advanced activities - Perform more specialised exercises - Engage in movements with and without materials and small apparatus e.g. ropes and balls but also alternative materials 	<p>Team Sports</p> <ul style="list-style-type: none"> - Use the right technique to perform complex versions of sport activities, games and dances - Develop tactics in team games and refine creativity in group performances - Engage as a team player, encourage others and respect their different skills and levels 	<p>Individual Sports</p> <ul style="list-style-type: none"> - Combine complex movements and participate consciously in more advanced activities - Perform more specialised exercises - Engage in movements with and without materials and small apparatus e.g. ropes and balls but also alternative materials 	<p>Team Sports</p> <ul style="list-style-type: none"> - Use the right technique to perform complex versions of sport activities, games and dances - Develop tactics in team games and refine creativity in group performances - Engage as a team player, encourage others and respect their different skills and levels
<u>Grade 9</u>			
<p>Individual Sports</p> <ul style="list-style-type: none"> - Combine complex movements and participate consciously in more advanced activities - Perform more specialised exercises 	<p>Team Sports</p> <ul style="list-style-type: none"> - Use the right technique to perform complex versions of sport activities, games and dances - Develop tactics in team 	<p>Individual Sports</p> <ul style="list-style-type: none"> - Combine complex movements and participate consciously in more advanced activities - Perform more specialised 	<p>Team Sports</p> <ul style="list-style-type: none"> - Use the right technique to perform complex versions of sport activities, games and dances - Develop tactics in team

- Engage in movements with and without materials and small apparatus e.g. ropes and balls but also alternative materials	games and refine creativity in group performances - Engage as a team player, encourage others and respect their different skills and levels	exercises - Engage in movements with and without materials and small apparatus e.g. ropes and balls but also alternative materials	games and refine creativity in group performances - Engage as a team player, encourage others and respect their different skills and levels
Quarter 1	Quarter 2	Quarter 3	Quarter 4

Grade 8

<p>Individual Sports</p> <ul style="list-style-type: none"> - Combine movements and handle more complex exercises - Engage in movements with and without materials and small apparatus e.g. ropes and balls but also alternative materials like newspaper <p>Team Sports</p> <ul style="list-style-type: none"> - Make decisions according to rules in order to progress in sport activities, games and dances - Cooperate and understand team strategies to experience different playing positions in a team - Experience team strategies and understand the benefit of different playing positions in a team 	<p>Individual Sports</p> <ul style="list-style-type: none"> - Combine movements and handle more complex exercises - Engage in movements with and without materials and small apparatus e.g. ropes and balls but also alternative materials like newspaper <p>Team Sports</p> <ul style="list-style-type: none"> - Make decisions according to rules in order to progress in sport activities, games and dances - Cooperate and understand team strategies to experience different playing positions in a team - Experience team strategies and understand the benefit of different playing positions in a team 	<p>Individual Sports</p> <ul style="list-style-type: none"> - Run, jump and throw i.e. short and long distance runs, different styles of jumps, finding the right jump foot, throwing overhead and in the right direction - Move on an obstacle course <p>Team Sports</p> <ul style="list-style-type: none"> - Make decisions according to rules in order to progress in sport activities, games and dances - Cooperate and understand team strategies to experience different playing positions in a team - Experience team strategies and understand the benefit of different playing positions in a team 	<p>Individual Sports</p> <ul style="list-style-type: none"> - Run, jump and throw i.e. short and long distance runs, different styles of jumps, finding the right jump foot, throwing overhead and in the right direction - Move on an obstacle course <p>Team Sports</p> <ul style="list-style-type: none"> - Make decisions according to rules in order to progress in sport activities, games and dances - Cooperate and understand team strategies to experience different playing positions in a team - Experience team strategies and understand the benefit of different playing positions in a team
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Grade 7

<p>Individual Sports</p> <ul style="list-style-type: none"> - Complete basic movements e.g. rolling, balancing, swinging, climbing, hanging - Engage in movements with and without materials and small apparatus while performing exercises which include different ways of rolling, head/handstand, cartwheels, jumping over an obstacle and swinging between apparatus with help <p>Team Sports</p> <ul style="list-style-type: none"> - Understand and use simple rules in sport activities, games and dances - Cooperate with other team members in order to reach a common goal - manage emotions in win-lose situations 	<p>Individual Sports</p> <ul style="list-style-type: none"> - Complete basic movements e.g. rolling, balancing, swinging, climbing, hanging - Engage in movements with and without materials and small apparatus while performing exercises which include different ways of rolling, head/handstand, cartwheels, jumping over an obstacle and swinging between apparatus with help <p>Team Sports</p> <ul style="list-style-type: none"> - Understand and use simple rules in sport activities, games and dances - Cooperate with other team members in order to reach a common goal - manage emotions in win-lose situations 	<p>Individual Sports</p> <ul style="list-style-type: none"> - Run, jump and throw in order to perform a number of exercises i.e. sprint games, differentiation of running styles, jumping over obstacles, bouncing and catching a ball and throwing various objects - Move on an obstacle course <p>Team Sports</p> <ul style="list-style-type: none"> - Understand and use simple rules in sport activities, games and dances - Cooperate with other team members in order to reach a common goal - manage emotions in win-lose situations 	<p>Individual Sports</p> <ul style="list-style-type: none"> - Run, jump and throw in order to perform a number of exercises i.e. sprint games, differentiation of running styles, jumping over obstacles, bouncing and catching a ball and throwing various objects - Move on an obstacle course <p>Team Sports</p> <ul style="list-style-type: none"> - Understand and use simple rules in sport activities, games and dances - Cooperate with other team members in order to reach a common goal - manage emotions in win-lose situations
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Grade 6

<p>Individual Sports</p> <ul style="list-style-type: none"> - Experience basic movements e.g. rolling, balancing, swinging, climbing, hanging - Engage in movement with and without materials like: skip, toss, knot, build, carry etc. <p>Team Sports</p> <ul style="list-style-type: none"> - Experience basic movements e.g. rolling, balancing,,, - Engage in movement with and without materials like: skip, toss, knot, build, carry etc. 	<p>Individual Sports</p> <ul style="list-style-type: none"> - Experience basic movements e.g. rolling, balancing, swinging, climbing, hanging - Engage in movement with and without materials like: skip, toss, knot, build, carry etc. <p>Team Sports</p> <ul style="list-style-type: none"> - Experience basic movements e.g. rolling, balancing, - Engage in movement with and without materials like: skip, toss, knot, build, carry etc. 	<p>Individual Sports</p> <ul style="list-style-type: none"> - Engage in different activities which include running, jumping, throwing fast/slow, hard/soft, heavy/light, stressed/relaxed, strong/weak, tired/alert - Move through an obstacle course <p>Team Sports</p> <ul style="list-style-type: none"> - Engage in different activities which include running, jumping, throwing fast/slow, hard/soft, heavy/light, stressed/relaxed, strong/weak, tired/alert - Move through an obstacle course 	<p>Individual Sports</p> <ul style="list-style-type: none"> - Engage in different activities which include running, jumping, throwing fast/slow, hard/soft, heavy/light, stressed/relaxed, strong/weak, tired/alert - Move through an obstacle course <p>Team Sports</p> <ul style="list-style-type: none"> - Engage in different activities which include running, jumping, throwing fast/slow, hard/soft, heavy/light, stressed/relaxed, strong/weak, tired/alert - Move through an obstacle course
Quarter 1	Quarter 2	Quarter 3	Quarter 4

Grade 5

<p align="center">Individual Sports</p> <ul style="list-style-type: none"> -Explain the importance of open space in playing sport-related games. -Demonstrate how to warm up muscles and joints before running, jumping, kicking, throwing, and striking. -Sustain continuous movement for an increasing period of time while participating in moderate to vigorous physical activities. -Explain why dehydration impairs temperature regulation and physical and mental performance. -Explain the elements of warm-up and cool-down activities. -Determine the intensity of personal physical activity, using the concept of perceived exertion. -Improve the level of performance on one component of health-related physical fitness and one identified motor skill by participating in fitness and skill development activities outside school 	<p align="center">Team Sports</p> <ul style="list-style-type: none"> -Throw and catch an object underhand and overhand while avoiding an opponent -Strike a dropped ball, with a racket or paddle, toward a target by using the forehand movement pattern. -Hit a softly tossed ball backhanded with a paddle or racket. -Strike a tossed ball, with different implements, from a side orientation -Explain how to adjust body position to catch a ball thrown off-center -Identify the following phases for striking a ball: preparation, application of force, follow-through, and recovery.- -Explain the benefits of having strong arm, chest, and back muscles. -Appreciate physical games and activities reflecting diverse heritages. 	<p align="center">Individual Sports</p> <ul style="list-style-type: none"> -Demonstrate how to warm up muscles and joints before running, jumping, kicking, throwing, and striking. -Sustain continuous movement for an increasing period of time while participating in moderate to vigorous physical activities. -Determine the intensity of personal physical activity, using the concept of perceived exertion. -Explain the benefits of stretching after warm-up activities -Work toward a long-term physical activity goal and record data on one's progress -Understanding the concept of swinging arms and lifting knees vigorously -Perform flexibility exercises that will stretch particular muscle areas for given physical activities. 	<p align="center">Team Sports Unit 2</p> <ul style="list-style-type: none"> -Dribble a ball (by hand or foot) while preventing another person from stealing the ball. -Pass a ball back and forth with a partner, using a chest pass and bounce pass. -Explain the importance of open space in playing sport-related games. -Explain how to adjust body position to catch a ball thrown off-center. -Explain why dehydration impairs temperature regulation and physical and mental performance. -Contribute ideas and listen to the ideas of others in cooperative problem-solving activities -Acknowledge orally the contributions and strengths of others
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Grade 4

<p>Individual Sports</p> <ul style="list-style-type: none">-Participate in appropriate warm-up and cool-down exercises for particular physical activities.-Demonstrate basic stretches using proper alignment for hamstrings, quadriceps, hip flexors, triceps, back, shoulders, hip adductors, hip abductors, and calves.-Sustain continuous movement for increasing periods of time while participating in moderate to vigorous physical activity.-Explain why the body needs water before, during, and after physical activity.-Explain the purpose of warm-up and cool-down periods-Include others in physical activities and respect individual differences in skill and motivation	<p>Team Sports Unit</p> <ul style="list-style-type: none">-Determine the spacing between offensive and defensive players based on the speed of the players-Throw and catch an object with a partner while both partners are moving.-Throw overhand at increasingly smaller targets, using proper follow-through-Strike, with a paddle or racket, a lightweight object that has been tossed by a partner.-Strike a gently tossed ball with a bat, using a side orientation-Describe the appropriate body orientation to strike a ball, using the forehand movement pattern	<p>Learning Experiences in Games</p> <ul style="list-style-type: none">-Change direction quickly to maintain the spacing between two players.-Change direction quickly to increase the spacing between two players.-Participate three to four days each week, for increasing periods of time, in continuous moderate to vigorous physical activities at the appropriate intensity to increase aerobic capacity.-Sustain continuous movement for increasing periods of time while participating in moderate to vigorous physical activity.-Explain the principles of physical fitness: frequency, intensity, time, and type.	<p>Team Sports Unit 2</p> <ul style="list-style-type: none">-Change direction quickly to maintain the spacing between two players-Change direction quickly to increase the spacing between two players-Determine the spacing between offensive and defensive players based on the speed of the players.-Throw and catch an object with a partner while both partners are moving.-Explain the difference between offense and defense-Describe ways to create more space between an offensive player and a defensive player-Compare and contrast dribbling a ball without a defender and with a defender
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Grade 3

<p>Running & coordination improvement by games</p> <ul style="list-style-type: none">-Chase, flee, and move away from others in a constantly changing environment.-Jump continuously a forward-turning rope and a backward-turning rope.-Describe how changing speed and changing direction can allow one person to move away from another.-Demonstrate warm-up and cool-down exercises-Measure and record improvement in individual fitness activities-Set a personal goal to improve a motor skill and work toward that goal in nonschool time.	<p>Agility & Balance improvement by games</p> <p>Balance while traveling and manipulating an object on a ground-level balance beam</p> <ul style="list-style-type: none">-Hold for an increasing period of time basic stretches for hips, shoulders, hamstrings, quadriceps, triceps, biceps, back, and neck-Measure and record improvement in individual fitness activities.-Identify which muscles are used in performing muscular endurance activities.-Name and locate the major muscles of the body.	<p>Accuracy & Precision improvement by games</p> <p>Catch, while traveling, an object thrown by a stationary partner.</p> <ul style="list-style-type: none">-Roll a ball for accuracy toward a target-Kick a ball to a stationary partner, using the inside of the foot-Strike a ball continuously upward, using a paddle or racket-Explain the difference between throwing to a stationary partner and throwing to a moving partner.-Describe the role of muscle strength and proper lifting in the prevention of back injuries.	<p>Team work spirit by games</p> <ul style="list-style-type: none">-Chase, flee, and move away from others in a constantly changing environment.-Describe how changing speed and changing direction can allow one person to move away from another-Sustain continuous movement for increasing periods of time while participating in moderate to vigorous physical activity-Explain the purpose of warming up before physical activity and cooling down after physical activity.-Work in pairs or small groups to achieve an agreed-upon goal.
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Grade 2			
<p>Team work spirit by games initiation</p> <p>-Move to open spaces within boundaries while traveling at increasing rates of speed. -Participate in enjoyable and challenging physical activities for increasing periods of time. Engage in moderate to vigorous physical activity for increasing periods of time. -Participate in a variety of group settings (e.g., partners, small groups, large groups) without interfering with others. Accept responsibility for one's own behavior in a group activity.</p>	<p>Health & Fitness</p> <p>-Roll a ball for distance, using proper form. -Throw a ball for distance, using proper form. -Kick a slowly rolling ball -Strike a balloon consistently in an upward or forward motion, using a short-handled paddle. -Strike a ball with a bat from a tee or cone, using correct grip and side orientation. -Explain key elements of throwing for distance. -Demonstrate the proper form for stretching the hamstrings, quadriceps, shoulders, biceps, and triceps.</p>	<p>Accuracy & Precision initiation by games (Softball)</p> <p>-Demonstrate balance on the ground and on objects, using bases of support other than both feet. -Jump for distance, landing on both feet and bending the hips, knees, and ankles to reduce the impact force. -Explain why one hand or foot is often preferred when practicing movement skills. -Traverse the overhead ladder one bar at a time. -Engage in moderate to vigorous physical activity for increasing periods of time. -Explain why it is safer to stretch a warm muscle rather than a cold muscle.</p>	<p>Running & coordination initiation by games</p> <p>-Move to open spaces within boundaries while traveling at increasing rates of speed. -Skip and leap, using proper form. -Jump a rope turned repeatedly. -Define open space. -Participate in enjoyable and challenging physical activities for increasing periods of time. -Explain the fuel requirements of the body during physical activity and inactivity. -Compare and contrast the function of the heart during rest and during physical activity.</p>
Grade 1			
<p>Learning Experiences in Gymnastics Forward Roll. Traveling on Different Body Parts. Rolling and Weight on Hands. Jumping Landing and Rolling. Traveling Into and Out of Balance.</p>	<p>Learning Experiences in Dance Making Shapes in our body. Traveling, Turning, and Body Shapes. Skipping, Pausing, and Changing Body Shapes and Levels. Body Shapes and Movement through Space. Traveling, Pausing, and Changing Speed.</p>	<p>Learning Experiences in Games 1 Rules in PE, Expectations and Community Agreements. Dribbling, Passing, Stopping a ball with the feet. Develop a forceful overhand throw with a ball. Traveling and stretching to catch a ball.</p>	<p>Learning Experiences in Games 2 Tapping a bouncing ball with the hand(s). Dribbling with either hand, changing directions, and stopping. Sharing self-selected throwing, striking, and kicking activities with others. Passing and trapping a soccer ball.</p>
Kindergarten			
<p>Body Parts: Dancing using body parts Identify body parts Balance : Balance beanbags in their body parts. Balance a tennis ball on the rocket Balance on one Foot</p>	<p>Space Awareness: General Space Changing Directions Personal Space Jumping: Jumping skills Jumping with jumping ball Jumping with a jumping bag Jumping the obstacles Jumping rope</p>	<p>Throwing overhand: Throwing a beanbag Throwing a small/big ball Throwing an object Throwing Underhand: Throwing a beanbag Throwing a small/big ball Throwing an object Observing the force with body</p>	<p>Running : Running Skills & Games Catching : Catching a beanbag Catching a ball Throw a ball underhand into the air and catch it Basketball : Shooting Dribbling</p>

Individual sports:

Badminton / Track and Field / Dance / Health and Fitness

Team Sports:

Soccer / Basketball / Kickball / Volleyball / Softball / Flag Football / Dodge ball