

**Elizabethtown Area School District
Scope & Sequence - Quick Reference**



Department: Physical Education

Course: Elementary PE

Grade Level(s): 1st

<i>Unit Title</i>	<i>General Topic(s)</i>	<i>Pacing</i>
1. Principles of Movement	<ul style="list-style-type: none"> Self space, General space, Low Organized Games, left right, over, under- directionality, basic safety, body awareness, in bounds, out of bounds, general PE rules 	September
2. Locomotor Movements Perceptual Motor	<ul style="list-style-type: none"> Walking, running, jogging, hopping, skipping, galloping, sliding, backwards, forwards, animal walks, leaping and speed 	First ½ of October
3. Foot-eye Skills	<ul style="list-style-type: none"> trapping, dribbling, passing, kicking, safety, fitness 	Second ½ of October
4. Hand-eye skills	<ul style="list-style-type: none"> Dribbling, throwing, catching, rolling, bouncing, safety, balloons, playground balls, fitness 	November
5. Manipulatives Object Handling	<ul style="list-style-type: none"> Hula hoops, Paddleloons bean bags, equipment care, safety, Ogo sports, Lollipop rackets, DrumFit 	December
6. Cooperative Activities	<ul style="list-style-type: none"> Parachute, Games, balance activities, Low Organized games, sharing, teamwork 	January
7. Climbing Wall Perseverance Activities	<ul style="list-style-type: none"> Strength, perseverance, problem solving, coordination, safety, fitness, balance, basic stunts 	February
8. Jump Rope	<ul style="list-style-type: none"> Long ropes, Short ropes, how to turn the rope, fitness 	March
9. Striking skills/ Hand-eye Part 2	<ul style="list-style-type: none"> Safety, batting, Using batting Tee, Running the bases, throwing overhand, underhand 	April
10. Fitness	<ul style="list-style-type: none"> Tag games, core, strength, balance, stunts, fitness running/walking 	May
	Alot of the skills listed above are ongoing all year long.	