

FALMOUTH NAVIGATORS

SCHOOL: FES

Content Area: Physical Education

	Spiraling curriculum			
Grade K Course Details	Creative Games/Movement Concepts, Object motor skills Throwing, catching, kicking, striking. (Sept-June) Locomotor movements, running, walking, skipping, galloping, jumping, hopping, leaping, and side slide. (Sept-Jun) Creative Games utilizing concepts: directions, pathways, levels, force and time. (Oct, Dec, Jan, April) Cooperative games. (May)	Gymnastics Gymnastics Equipment twice yearly.(Oct & April) Concepts, directions, symmetrical, base of support, transfer weight. (Sept, Dec, March)	Health Concepts/Lifelong Activities Underhand roll (Sept) bowling(Dec) jumping single rope, striking with short and long handed implements.(Oct,May and june) Nature walk (Sept and May) My plate nutrition (March)	Dance Creative dance, concepts flow, pathways, locomotor movements. Sept, Nov, March) Visiting artist and performance. (May)
Grade 1 Course Details	Creative Games/Movement Concepts Object motor skills Throwing, catching, kicking, striking. (Sept-June) Locomotor movements, running, walking, skipping, galloping, jumping, hopping, leaping, and side slide. (Sept-June)	Gymnastics Gymnastics Equipment twice yearly. (Oct & April) Concepts,time, levels,directions, symmetrical, base of support, transfer weight (Sept, Dec, March)	Health Concepts/Lifelong Activities Underhand roll (Sept)bowling (Dec), jumping single rope, double rope(Feb & March) striking with short and long handed implements. (Oct, May,	Dance Creative dance, concepts flow, pathways, locomotor movements,levels, directions. (Sept, Feb, May) Dances from around the world,

	<p>Creative Games utilizing concepts:directions, pathways, levels, force and time. (Oct, Dec, Jan, April, June)</p> <p>Cooperative games. (June)</p>		<p>and June) My plate nutrition (March) Ice skating (Jan & Feb)</p>	
<p>Grade 2 Course Details</p>	<p>Creative Games/Movement Concepts Object motor skills Throwing, catching, kicking, striking.(Sept-June) Locomotor movements, running, walking, skipping, galloping, jumping, hopping, leaping, and side slide.(Sept-June) Creative Games utilizing concepts:directions, pathways, levels, force and time.(Oct, Dec, Jan, April, June)</p> <p>Cooperative games. (June)</p>	<p>Gymnastics Gymnastics Equipment twice yearly. (Oct & April) Concepts,time, levels,directions, symmetrical, unison and contrast, base of support, transfer weight. (Sept, Dec, March)</p>	<p>Health Concepts/Lifelong Activities Underhand roll(Sept) bowling (Oct), jumping single rope, double rope (Feb, March) striking with short and long handed (Oct, May, and June) implements. Muscle group identification. Heart rate monitoring and identifying the physical changes that accompany physical (Jan & Feb) activity. Snow shoeing. Jan & Feb) My plate nutrition (March)</p>	<p>Dance Creative dance, concepts flow, pathways, locomotor movements,levels, swing and sway. Directions. Sept Dec) Visiting artist and performance. (March & April)</p>
<p>Grade 3 Course Details</p>	<p>Movement Concepts/Cooperative Game Throwing, Catching, Kicking, Striking, Force, Locomotor Patterns. Cooperative games, Team Games, Creative Games.</p>	<p>Gymnastics Gymnastics Equipment, Mat Work, Body</p>	<p>Health Concepts/Lifelong Activities Heart Rate, Jump Rope, Racquet Sports, Bowling</p>	<p>Dance Types of Dance, Dance Creation,</p>

Grade 4 Course Details	Movement Concepts/Cooperative Game Throwing, Catching, Kicking, Striking, Force, Locomotor Patterns. Cooperative games, Team Games, Creative Games.	Gymnastics Gymnastics Equipment, Mat Work,	Health Concepts/Lifelong Activities Heart Rate, Jump Rope, Racquet Sports, Bowling	Dance Body Socks, Arts Night Dance Creation
Grade 5 Course Details	Movement Concepts/Cooperative Game Throwing, Catching, Kicking, Striking, Force, Locomotor Patterns. Cooperative games, Team games, Creative games.	Gymnastics Gymnastics Equipment, Mat Work	Health Concepts/Lifelong Activities Heart Rate, Jump Rope, Racquet Sports, Bowling	Dance Creative Dance, Coding, Film, Edit