



# BAYONNE PUBLIC SCHOOLS

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## PACING GUIDE

### K- 2

#### September

Introduction to Physical Education (1 Week)

- *Student Conduct*
- *P.E. Expectations*
- *Safety Routines & Ground Rules*
- *Grade Breakdown*
- *Warm-up Techniques/ "Do Now"*
- *Nutrition tip of the day*

#### September

Fitness Training and Flexibility (Approx. 3 Weeks)

- *Fitness Training Techniques*
- *Maintain healthy levels in aerobic capacity, flexibility and muscular endurance*

#### October- November

Fundamental Movements

- *Balance*
- *Creative Movements*
- *Gross and Fine Motor Skills*
- *Levels, Directions, Ranges, Pathways*
- *Locomotor /Non-Locomotor*
- *Spatial Awareness*
- *Time, Force, Flow*

#### December-January

Dance and Creative Movements

- *Creative Dances*
- *Line Dances*
- *Social Dances*
- *Understand Orientation/Personal Space*

- *Understand Tempos, Beat, Rhythm, Music Style, Genres*

### **January-February**

Low Organized Games and Activities

- *Body Management Skills*
- *Correct movement regarding feedback*
- *Decision Making*
- *Demonstrate skills in isolated and applied settings*
- *Tactics*
- *Strategies*

### **March-April**

Manipulative Skills (Hands/Feet/ Implements)

- *Bouncing*
- *Lead up Games*
- *Rolling*
- *Striking*
- *Throwing/Catching/Tossing*
- *Varying Speed & Trajectory*

### **May-June**

Cooperative Games

- *Chasing/Fleeing*
- *Collaboration/Communication*
- *Parachute*
- *Problem Solving Skills*
- *Sportsmanship*
- *Team Building Concepts*