

Hurst-Euless Bedford ISD
Physical Education Year at a Glance Grades Pre-Kindergarten - Grade 6
 Approximately 15 days per Six Weeks
 Updated April 17, 2023

	PK & K	Grades 1 & 2	Grades 3 & 4	Grades 5 & 6
1st Six Weeks: Introductory Games	Motor Development Brain Based Learning Rhythms Locomotor & Non-Locomotor Eye-Hand Coordination Spatial Awareness Stretching Body Parts Identification Class & Playground Safety Personal Responsibility Social Interaction/Conflict Resolution Health - Body Part Identification & Goals Pre-K & Kinder: No Assessment on Report Card	Motor Development Brain Based Learning Rhythms Locomotor & Non-Locomotor Eye-Hand Coordination Spatial Awareness Stretching Body Identification Eye-Hand Coordination Class & Playground Safety Personal Responsibility Social Interaction/Conflict Resolution Health - Goals Grade 1: Cross Crawl Behind Grade 2: Cross Crawl Hop	Introductory Games Locomotor & Non-Locomotor Rhythms Stretching Eye-Hand Coordination Spatial Awareness Gym & Game Safety Personal Responsibility Social Interaction/Conflict Resolution Health - Goals Grades 3 & 4 Fitnessgram Testing: PACER, Curl-Ups, Shoulder Stretch, Push-Ups, Trunk Lift, BMI	Introductory Games Locomotor & Non-Locomotor Stretching Eye-Hand Coordination Spatial Awareness Gym & Game Safety Personal Responsibility Social Interaction/Conflict Resolution Health - Goals Grades 5 & 6: Fitnessgram Testing: PACER, Curl-Ups, Shoulder Stretch, Push-Ups, Trunk Lift, BMI
2nd 6 Weeks: Soccer/Football	Motor Development Brain Based Learning Rhythms Locomotor & Non-Locomotor Eye-Hand Coordination Balance & Balance Beam Bicycle & Pedestrian Safety Health - Hygiene Pre-K: Balance on one leg 3 seconds Kinder: Walking forward on Balance Beam or balance on one leg on a line for 5 seconds Optional Fall Field Days	Motor Development Brain Based Learning Rhythms Locomotor & Non-Locomotor Eye-Hand Coordination Eye-Foot Coordination Kicking Foot Dribbling & Trapping Balance & Balance Beams Bicycle & Pedestrian Safety Health - Hygiene Grade 1: Walk Backwards on BB or balance on one leg on a line for 6 seconds Grade 2: Soccer Dribble & Trap w Both Feet Optional Fall Field Days	Soccer Football Eye-Hand Coordination Eye-Foot Coordination Kicking/Punting Foot Dribbling, Passing & Trapping Rhythms Bicycle & Pedestrian Safety Health - Hygiene Grade 3: Soccer Kick to Target Grade 4: Dribbling a Soccer Ball Optional Fall Field Days	Soccer Football Eye-Hand Coordination Eye-Foot Coordination Kicking/Punting Foot Dribbling, Passing & Trapping Rhythms Bicycle & Pedestrian Safety Health - Hygiene Grade 5: Soccer Partner Passing Grade 6: Punting Optional Fall Field Days
3rd Six Weeks: Jump Rope & Special Unit	Motor Development Brain Based Learning Rhythms Eye-Hand Coordination Eye-Foot Coordination Jump Rope Eye-Hand Coordination Fitness Goals & Data Health - Lungs Pre-K: Galloping Kinder: Galloping Optional: Special Unit	Motor Development Brain Based Learning Rhythms Eye-Hand Coordination Eye-Foot Coordination Jump Rope Fitness Goals & Data Health - Lungs Grade 1: Hopping Forward Grade 2: Jump Rope Forward or Backwards Optional: Special Unit	Jump Rope Rhythms Eye-Hand Coordination Eye-Foot Coordination Fitness Goals & Data Health - Lungs Heart Rate Zones Grade 3: Entering & Existing a Long Jump Rope Grade 4: Jump Rope Forward & Backward Optional: Special Unit	Jump Rope Rhythms Eye-Hand Coordination Eye-Foot Coordination Fitness Goals & Data Health - Lungs Heart Rate Zones Grade 5: Jump Rope Skiers Grade 6: Jump Rope Scissors Optional: Special Unit
4th Six Weeks: Basketball	Motor Development Brain Based Learning Rhythms Eye-Hand Coordination Hand Dribbling Health - Muscles Pre-K: Hopping on Dominant Foot Kinder: Hopping on Each Foot	Motor Development Brain Based Learning Rhythms Eye-Hand Coordination Hand Dribbling Health - Muscles Grade 1: Dribble with each hand Grade 2: Crossover Dribble	Basketball Rhythms Eye-Hand Coordination Health - Muscles Heart Rate Zones Grade 3: Dribble a Basketball while moving Grade 4: Change speed & direction while dribbling a Basketball	Basketball Eye-Hand Coordination Health - Muscles Heart Rate Zones Grade 5: Shooting a Lay-Up Grade 6: Pass, Catch & Shoot
5th Six Weeks: Net Unit	Motor Development Brain Based Learning Rhythms Playground Safety* Kicking Health - Heart Pre-K: Cross Crawl Front Kinder: Cross Crawl Behind	Motor Development Brain Based Learning Rhythms Playground Safety Kicking & Punting Health - Heart Grade 1: Skipping Grade 2: Leaping	Volleyball Health -Heart Heart Rate Zones Social Interaction/Conflict Resolution Grades 3 & 4 Fitnessgram Testing: PACER, Curl-Ups, Shoulder Stretch, Push-Ups, Trunk Lift, BMI	Volleyball Health - Heart Heart Rate Zones Social Interaction/Conflict Resolution Grades 5 & 6 Fitnessgram Testing: PACER, Curl-Ups, Shoulder Stretch, Push-Ups, Trunk Lift, BMI
6th Six Weeks: Base Game/Yearly Review Unit	Motor Development Brain Based Learning Rhythms Eye-Hand Coordination Eye-Foot Coordination Racquet Activities Kicking Foot Dribbling Sun & Acquatic Safety Outdoor Education Values & Engages in Physical Activity Outside School Health - Nutrition, Hydration, Food & Energy, Sun & Acquatic Safety Pre-K: Underhand Throwing Kinder: Underhand Throwing to a Target Optional Spring Field Days	Motor Development Brain Based Learning Rhythms Eye-Hand Coordination Eye-Foot Coordination Racquet Activities Kicking Foot Dribbling Sun & Acquatic Safety Health - Nutrition, Hydration, Food & Energy, Sun & Acquatic Safety Outdoor Education Values & Engages in Physical Activity Outside School Grade 1: Self Toss & Catch Grade 2: Overhand Throwing Optional Spring Field Days	Tennis Wiffle Ball Eye-Hand Coordination Eye-Foot Coordination Sun & Acquatic Safety Outdoor Education Values & Engages in Physical Activity Activity Outside School Health - Nutrition, Hydration, Food & Energy, Sun & Acquatic Safety, Heart Rate Zones Grade 3: Overhand Throw to a Target Grade 4: Catch a Fly Ball while Moving Optional Spring Field Days	Tennis Wiffle Ball Eye-Hand Coordination Eye-Foot Coordination Sun & Acquatic Safety Outdoor Education Values & Engages in Physical Activity Outside School Health - Nutrition, Hydration, Food & Energy, Sun & Acquatic Safety, Heart Rate Zones Grade 5: Striking a ball using a bat or a racquet Grade 6: Proper Techniques for Heart Rate Zones Optional Spring Field Days

Red indicates assessments.
 Blue indicates Health.
 Motor Development skills include gross motor, locomotor, fine motor, balancing, coordination and sequencing skills.
 Brain-Based Learning includes tracking, balancing, crossing the mid-line and sequencing skills.
 *Always check with your Principal regarding playground usage by Pre-Kindergarten students. Playground signs specifically say the playgrounds are designated for 5-12 year olds. Only WLE and VRE have playgrounds designated for 3 & 4 year olds.