

**LCCS  
Lower School  
PE Curriculum Overview**

Month	Unit
September-October	Unit 1: Fundamental Movement Skills
October-November	Unit 2: Locomotor Skills & Movement Concepts
November-December	Unit 3: Object Manipulation & Coordination
January-February	Unit 4: Teamwork & Cooperative Games
February-March	Unit 5: Fitness & Personal Health
March-April	Unit 6: Sports Skills Introduction
May	Unit 7: Rhythm & Dance / Creative Movement
June	Unit 8: Review & Showcase / End-of-Year Activities

**Unit 1:**

**At a Glance:**

Focus on developing basic motor skills such as running, jumping, hopping, and balancing. Activities should be engaging and developmentally appropriate.

**Timeline:**

September - October

**Unit 2:**

**At a Glance:**

Emphasize movement patterns, spatial awareness, and basic body control.

**Timeline:**

October-November

**Unit 3:**

**At a Glance:**

Introduce throwing, catching, kicking, dribbling, and striking with various equipment.

**Timeline:**

November – December

**Unit 4:**

**At a Glance:**

Focus on teamwork, communication, and cooperative movement.

**Timeline:**

January-February

**Unit 5:**

**At a Glance:**

Introduce basic fitness concepts: cardiovascular endurance, strength, flexibility, and healthy habits.

**Timeline:**

February-March

**Unit 6:**

**At a Glance:**

Introduce basic skills for popular sports: soccer, basketball, volleyball, and baseball/softball.

**Timeline:**

March-April

**Unit 7:**

**At a Glance:**

Encourage creativity, rhythm, and expression through dance and movement activities.

**Timeline:**

May

**Unit 8:**

**At a Glance:**

Review skills learned throughout the year and celebrate achievements.

**Timeline:**

June