

# CFISD Physical Education Scope and Sequence: First

## Lessons in the curriculum will include:

Movement, spatial awareness, performance strategies, health, fitness, social skills, and lifetime wellness.

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|-----------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>First Nine Weeks</b><br>(Aug 12 - Oct 8)   |                                                                                                                                                                 |
| <b>Performance Strategies</b>                 | classroom procedures, appropriate attire, equipment safety, cooperative games                                                                                   |
| <b>Locomotor Skills</b>                       | proper foot patterns, walk, hop, gallop, etc.                                                                                                                   |
| <b>Non-Locomotor Skills</b>                   | balance, stretch, bend, etc.                                                                                                                                    |
| <b>Manipulative Skills</b>                    | tossing, throwing, catching                                                                                                                                     |
| <b>Spatial Awareness</b>                      | personal/general space, pathways, shapes, levels, speed, direction, force                                                                                       |
| <b>Health</b>                                 | five senses, physical health and hygiene                                                                                                                        |
| <b>Social Skills</b>                          | personal responsibility, self-management, resolving conflict, social interaction, emotional health, perseverance, accepting and providing constructive feedback |
| <b>Second Nine Weeks</b><br>(Oct 19 - Dec 18) | <i>Review all previously learned skills</i>                                                                                                                     |
| <b>Performance Strategies</b>                 | chase, flee, tag, dodge, combine skills                                                                                                                         |
| <b>Locomotor Skills</b>                       | spin, roll at different levels, speeds, and positions                                                                                                           |
| <b>Non-Locomotor Skills</b>                   | swaying maintaining balance                                                                                                                                     |
| <b>Manipulative Skills</b>                    | striking with hand, kicking                                                                                                                                     |
| <b>Spatial Awareness</b>                      | personal/general space, pathways, shapes, levels, speed, direction, force                                                                                       |
| <b>Fitness</b>                                | cardiovascular                                                                                                                                                  |

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|-------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Health</b>                                   | nutrition, physical activity                                                                                                                                    |
| <b>Social Skills</b>                            | personal responsibility, self-management, resolving conflict, social interaction, emotional health, perseverance, accepting and providing constructive feedback |
| <b>Third Nine Weeks</b><br>(Jan 5 - March 11)   | <i>Review all previously learned skills</i>                                                                                                                     |
| <b>Performance Strategies</b>                   | review classroom procedures, appropriate attire, equipment safety                                                                                               |
| <b>Locomotor Skills</b>                         | visual tracking, tracing, cross-lateralization, sequence of skills                                                                                              |
| <b>Non-Locomotor Skills</b>                     | balance on different bases of support                                                                                                                           |
| <b>Manipulative Skills</b>                      | ball handling, dribble, jump rope                                                                                                                               |
| <b>Spatial Awareness</b>                        | personal/general space, pathways, shapes, levels, speed, direction, force                                                                                       |
| <b>Fitness</b>                                  | cardiovascular                                                                                                                                                  |
| <b>Health</b>                                   | nutrition, physical activity                                                                                                                                    |
| <b>Social Skills</b>                            | personal responsibility, self-management, resolving conflict, social interaction, emotional health, perseverance, accepting and providing constructive feedback |
| <b>Rhythmic Activities</b>                      | rhythmic activities, combinations                                                                                                                               |
| <b>Fourth Nine Weeks</b><br>(March 22 - May 27) | <i>Review all previously learned skills</i>                                                                                                                     |
| <b>Performance Strategies</b>                   | activities to enhance motor development                                                                                                                         |
| <b>Locomotor Skills</b>                         | combinations during activities                                                                                                                                  |
| <b>Non-Locomotor Skills</b>                     | combinations during activities                                                                                                                                  |

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|----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Manipulative Skills</b> | striking with implement, volleying, ball handling with foot, dribble                                                                                            |
| <b>Spatial Awareness</b>   | personal/general space, pathways, shapes, levels, speed, direction, force                                                                                       |
| <b>Fitness</b>             | cardiovascular                                                                                                                                                  |
| <b>Health</b>              | safety skills and prevention                                                                                                                                    |
| <b>Social Skills</b>       | personal responsibility, self-management, resolving conflict, social interaction, emotional health, perseverance, accepting and providing constructive feedback |
| <b>Lifetime Wellness</b>   | indoor/outdoor recreational activities                                                                                                                          |
| <b>Safety Practices</b>    | pedestrian, water, sun, cycling, scooter, skating                                                                                                               |