

CFISD Physical Education Scope and Sequence: Second

Lessons in the curriculum will include:

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

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

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

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