

## Bethany Lutheran School –Scope and Sequence-Physical Education

Grade	Physical Fitness	Motor Development	Rhythms and Dance
<b>K-1</b>	<ul style="list-style-type: none"> <li>-Participates in daily exercises</li> <li>-Climbs, jumps, and hangs from overhead apparatus</li> <li>-Demonstrates speed and coordination</li> <li>-Travel hand over hand along horizontal bar</li> </ul>	<ul style="list-style-type: none"> <li>-Identifies ten body parts</li> <li>-Performs locomotor movements</li> <li>-Performs non-locomotor movements</li> <li>-Identifies personal space</li> <li>-Performs posture and body mechanics</li> </ul>	<ul style="list-style-type: none"> <li>-Follow directions or cues to music</li> <li>-Demonstrates fundamental and creative rhythms</li> </ul>
<b>2</b>	<ul style="list-style-type: none"> <li>-Participates in fitness activities</li> <li>-Pulls up and hangs from overhead apparatus</li> <li>-Participates in relays and running games</li> <li>-Measure improvements in individual fitness levels</li> </ul>	<ul style="list-style-type: none"> <li>-Performs body mechanics skills</li> <li>-Performs all locomotor movements</li> <li>-Performs all non-locomotor movements</li> <li>-Executes a combination of movements</li> </ul>	<ul style="list-style-type: none"> <li>-Responds to moods in music</li> <li>-Changes steps and partners to music</li> <li>-Creates simple dance patterns</li> <li>-Participates in musical and rhythmic activities</li> </ul>
<b>3</b>	<ul style="list-style-type: none"> <li>-Practices proper fitness techniques (warm-up/cool down) exercises</li> <li>-Performs daily fitness activities</li> <li>-Performs skills on a fitness test</li> </ul>	<ul style="list-style-type: none"> <li>-Develops body awareness through movement</li> <li>-Participates in movements using balance, agility, and flexibility</li> <li>-Establishes continuity of locomotor and non-locomotor movement</li> <li>-Solves movement exploration problems</li> </ul>	<ul style="list-style-type: none"> <li>-Practices movements to musical accompaniment</li> <li>-Performs folk dances and square dances</li> <li>-Performs line dances and circle dances</li> <li>-Participates in aerobic activities to music</li> </ul>
<b>4</b>	<ul style="list-style-type: none"> <li>-Exercises a variety of fitness activities</li> <li>-Participates in aerobic exercises</li> <li>-Practices to increase muscular strength</li> <li>Presidential Fitness test                             <ul style="list-style-type: none"> <li>• Flexibility</li> <li>• Muscular strength</li> <li>• Cardiovascular endurance</li> <li>• Body composition</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>-Demonstrates an understanding of qualities of movement</li> <li>-Performs creative and expressive movements</li> <li>-Moves freely upon command</li> <li>-Uses equipment while moving through guided activities</li> </ul>	<ul style="list-style-type: none"> <li>-Executes five basic dance steps</li> <li>-Senses musical phrasing</li> <li>-Performs movements while changing                             <ul style="list-style-type: none"> <li>• Mood</li> <li>• Tempo</li> <li>• Accents</li> <li>• Rhythmic beats</li> </ul> </li> <li>-Participates in rhythmic activities using hand apparatus</li> </ul>
<b>5</b>	<ul style="list-style-type: none"> <li>-Participates in daily fitness activities</li> <li>-Explains meaning of physical fitness</li> <li>-Performs at average level on Fitness Test</li> <li>-Demonstrates knowledge of activities to improve personal fitness</li> <li>-Presidential Fitness Test</li> </ul>	<ul style="list-style-type: none"> <li>-Demonstrates body awareness and body management</li> <li>-Solves movement problems</li> <li>-Performs individual and group exploration activities</li> </ul>	<ul style="list-style-type: none"> <li>-Performs modern and folk dances</li> <li>-Executes various dance steps                             <ul style="list-style-type: none"> <li>• Two-step</li> <li>• Waltz step</li> <li>• Tinikling</li> </ul> </li> <li>-Creates movement sequences and interpretive dances to music</li> </ul>

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<b>6</b>	<ul style="list-style-type: none"> <li>-Develops personal fitness and conditioning routines</li> <li>-Recognizes the importance of physical fitness</li> <li>-Demonstrates muscular strength and cardiovascular endurance</li> <li>-Presidential Fitness Test</li> <li>-Analyzes performance in Presidential Fitness Test</li> </ul>	<ul style="list-style-type: none"> <li>-Develops movement skills</li> <li>-Demonstrates manipulative and coordination skills                             <ul style="list-style-type: none"> <li>• Eye-hand</li> <li>• Eye-foot</li> </ul> </li> <li>-Performs combination of locomotor and non-locomotor movements</li> </ul>	<ul style="list-style-type: none"> <li>-Recognizes dance rhythms and dance terms</li> <li>-Executes folk and round dances</li> <li>-Practices dance skills by creating new dances</li> <li>-Demonstrates strength and endurance through aerobic dances                             <ul style="list-style-type: none"> <li>• Muscular</li> <li>• Cardiovascular</li> </ul> </li> </ul>
<b>7</b>	<ul style="list-style-type: none"> <li>-Participates in fitness and conditioning activities</li> <li>-Demonstrates knowledge of exercises for maintenance of fitness</li> <li>-Performs at average level on Presidential Fitness Test</li> </ul>	<ul style="list-style-type: none"> <li>-Performs combinations of locomotor and non-locomotor movements</li> <li>-Develops body mechanics through participation in physical activities</li> <li>-Improves eye-hand and eye-foot coordination</li> </ul>	<ul style="list-style-type: none"> <li>-Participates in rhythmic and musical activities</li> <li>Performs square and folk dances</li> <li>-Executes advanced dance steps and floor patterns</li> <li>-Creates original aerobic or dance routines</li> <li>-Identifies ways that rhythmic activities alleviate stress</li> </ul>
<b>8</b>	<ul style="list-style-type: none"> <li>-Participates in aerobic conditioning program</li> <li>-Determines exercises to maintain personal fitness</li> <li>-Improves muscular strength and cardiovascular endurance</li> <li>-Understands importance of life-long fitness</li> <li>-Performs at or above average on Presidential Fitness Test</li> </ul>	<ul style="list-style-type: none"> <li>-Improves movement and perceptual motor skills</li> <li>-Demonstrates muscle control and efficiency in movement</li> <li>-Performs movement to varied speeds, levels, forces, and combinations</li> </ul>	<ul style="list-style-type: none"> <li>-Executes advanced folk and square dances</li> <li>-Creates and teaches aerobic or contemporary dances</li> <li>-Participates in group, individual, and partner dance activities</li> </ul>

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<b>K-1</b>	<ul style="list-style-type: none"> <li>-Demonstrates ball-handling skills                             <ul style="list-style-type: none"> <li>• Throw and catch, overhead, underhand</li> <li>• Two-handed catch, self-tossed catch</li> <li>• Roll and kick</li> <li>• Toss and bounce</li> </ul> </li> <li>-Handles and jumps rope                             <ul style="list-style-type: none"> <li>• Long rope</li> <li>• Short rope</li> </ul> </li> <li>-Participates in running games and relays</li> </ul>	<ul style="list-style-type: none"> <li>-Recognizes basic tumbling terminology</li> <li>-Executes three tumbling skills                             <ul style="list-style-type: none"> <li>• Forward, backward, and log roll</li> </ul> </li> <li>-Walks low beam forward and backward</li> <li>-Performs individual and group stunts                             <ul style="list-style-type: none"> <li>• Stationary stunts</li> <li>• Moving stunts</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>-Displays positive attitudes toward group participation</li> <li>Demonstrates good sportsmanship                             <ul style="list-style-type: none"> <li>• Cooperation</li> <li>• Courtesy</li> <li>• Sharing and taking turns</li> </ul> </li> <li>-Follows directions, class rules, and safety procedures</li> </ul>
<b>2</b>	<ul style="list-style-type: none"> <li>-Plays low organizational games</li> <li>-Participates in rope jumping activities</li> <li>-Participates in team games and group activities</li> <li>-Practices ball-handling skills                             <ul style="list-style-type: none"> <li>• Throwing and catching</li> <li>• Hand dribble, foot dribble</li> <li>• kicking</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>-Performs two new tumbling skills</li> <li>-Demonstrates two new balancing skills</li> <li>-Travels and dismounts from overhead apparatus</li> <li>-Demonstrates safety practices while using gymnastic equipment</li> </ul>	<ul style="list-style-type: none"> <li>-Performs assigned tasks</li> <li>-Follows a sequence of directions</li> <li>-Demonstrates good sportsmanship</li> <li>-Demonstrates capability to work independently</li> <li>-Displays courtesy towards others</li> </ul>
<b>3</b>	<ul style="list-style-type: none"> <li>-Participates in lead-up games                             <ul style="list-style-type: none"> <li>• Net games</li> <li>• Softball</li> <li>• Soccer</li> <li>• Volleyball</li> </ul> </li> <li>-Participates in relay, track and field events</li> <li>-Participates in recreational and cooperative games</li> <li>-Learns rules and fundamentals of sports-related activities</li> </ul>	<ul style="list-style-type: none"> <li>-Executes five tumbling skills                             <ul style="list-style-type: none"> <li>• Forward, backward, and dive rolls</li> <li>• Cartwheel and roundoff</li> </ul> </li> <li>-Demonstrates five skills on gymnastic equipment</li> <li>-Performs individual, partner, and group stunts</li> </ul>	<ul style="list-style-type: none"> <li>-Displays self-control and cooperation</li> <li>-Demonstrates responsibility as a leader</li> <li>-Recognizes strengths and weaknesses in physical abilities</li> <li>-Uses safety procedures during class activities</li> <li>-Recognizes the importance of rules</li> </ul>
<b>4</b>	<ul style="list-style-type: none"> <li>-Participates in lead-up games and team sports(basketball, soccer, softball, volleyball, track and field events)</li> <li>-Practices techniques and skills common to sports</li> <li>-Demonstrates knowledge</li> </ul>	<ul style="list-style-type: none"> <li>-Executes ten tumbling skills</li> <li>-Performs stunt &amp; pyramid building</li> <li>-Demonstrates skills on gymnastic equipment</li> <li>-Demonstrates safety techniques while using gymnastic equipment</li> </ul>	<ul style="list-style-type: none"> <li>-Demonstrates courtesy and fair play</li> <li>-Cooperates in solution of common problems</li> <li>-Accepts decision made by person in authority</li> <li>- Recognizes consequences of misbehavior</li> </ul>

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	<ul style="list-style-type: none"> <li>of rules and strategies of team sports</li> <li>-Performs scorekeeping and officiating duties</li> </ul>	<ul style="list-style-type: none"> <li>-Performs simple tumbling or floor exercise routine</li> </ul>	<ul style="list-style-type: none"> <li>-Recognizes that being active is more important than winning</li> </ul>
<b>5</b>	<ul style="list-style-type: none"> <li>-Demonstrates knowledge of team games, individual and team sports(rules, strategies, fundamentals, terminology, and scorekeeping)</li> <li>-Participates in leisure and recreational activities</li> <li>-Demonstrates knowledge of procedures for setting up sports equipment</li> </ul>	<ul style="list-style-type: none"> <li>-Executes floor exercises and tumbling routines</li> <li>-Performs simple routines on gymnastic equipment</li> <li>-Describes body mechanics and progressions in tumbling and gymnastics</li> <li>-Identifies terms, definitions, and safety factors of gymnastics</li> </ul>	<ul style="list-style-type: none"> <li>-Identifies individual strength and weaknesses</li> <li>-Shows respect for self and others</li> <li>-Accepts rules and decisions made by authority</li> <li>-Recognize contributions made by participants in group, game, and physical activities</li> </ul>

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<b>6</b>	<ul style="list-style-type: none"> <li>-Practices ball handling skills in football, soccer, softball, and volleyball</li> <li>-Improves body mechanics and body control</li> <li>-Contributes to team efforts</li> <li>-Understands rules and strategies of individual and team sports</li> <li>- Participates in team/group activities to improve skills common to sports</li> </ul>	<ul style="list-style-type: none"> <li>- Participates in complex stunts, tumbling, and gymnastic activities</li> <li>-Improves skills in tumbling and gymnastics routines</li> <li>-Uses safety procedures during tumbling and gymnastics activities</li> </ul>	<ul style="list-style-type: none"> <li>-Accepts victory and defeat with positive attitude and sportsmanship</li> <li>-Describes benefits of respect and fair play</li> <li>-Demonstrates tolerance in peer relationships</li> <li>-Identifies ways sports participation enhances self-concept</li> </ul>
<b>7</b>	<ul style="list-style-type: none"> <li>-Improves ball handling skills common to sports</li> <li>-Understands game strategies of individual and team sports                             <ul style="list-style-type: none"> <li>• Court and field markings</li> <li>• Player positions and responsibilities</li> <li>• Rules and terminology</li> </ul> </li> <li>-Participates in lifetime sports and recreational activities</li> </ul>	<ul style="list-style-type: none"> <li>-Improves ability level in stunts, tumbling, and gymnastic skills</li> <li>-Executes stunts, tumbling, and gymnastic routines                             <ul style="list-style-type: none"> <li>• Individual</li> <li>• Partner</li> <li>• Group</li> </ul> </li> <li>-Understands proper use and care of equipment</li> </ul>	<ul style="list-style-type: none"> <li>-Demonstrates high standards of conduct</li> <li>-Describes how individual differences affect sports</li> <li>-Understands benefits of lifetime and recreational activities</li> </ul>
<b>8</b>	<ul style="list-style-type: none"> <li>-Demonstrates improved skills in team and recreational sports</li> <li>-Participates at competitive level in team and individual sports</li> <li>-Explains game rules, safety precautions, and the role of officials in sports, games, and leisure activities</li> <li>-Learns offensive and defensive strategies for team and individual sports</li> <li>-Names ways team sports contribute to personal fitness</li> </ul>	<ul style="list-style-type: none"> <li>-Demonstrates complex skills in tumbling and gymnastics</li> <li>-Performs gymnastic routines on appropriate equipment</li> <li>-Performs efficiently in free floor exercises                             <ul style="list-style-type: none"> <li>• Individual</li> <li>• Partner</li> <li>• Group</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>-Explains value of physical activities to social interaction</li> <li>-Contributes to teamwork, team morale, and sportsmanship</li> <li>-Demonstrates ability to accept and share responsibility</li> </ul>