

PHYSICAL EDUCATION

Sport Based Units

Sport	Soccer	Basketball	Baseball	Football	Track/Field	Hockey	Paddle Sports	Lacrosse	Volleyball
K-2	Dribbling Passing Kicking	Dribble Pass Shoot	Underhand throwing Overhand throwing Catching Batting Fielding	N/A	Running at various speeds Jumping and landing Throwing for distance safely	Passing Stick Handling	Repeated contact between paddle and ball/birdie Aim Contact out of air Contact after bounce	Using Scoops: Throwing, Catching, Stick Handling Picking up ball off ground	Hit over Net Contact with ball Underhand Serve
3-4	Dribble Pass Shoot Goal-tending Modified game play	Dribble Pass Shoot Rebounding Defense Modified game play	Overhand throwing Catching Batting Fielding Base Running Modified game play	Throw Catch Moving to open areas Strategizing Flag removal	Long distance running Sprinting Jumping for height Jumping for distance Throwing various objects for distance safely	Stick Handling Passing Shooting Defense Goal-tending Modified game Play	Forehand Backhand Serving Volleying Aiming	Using Sticks: Passing, Catching, Shooting, Stick handling Scoop & Rake Passing & Catching Shooting	Underhand Serve Overhand Serve Bump Set Volley Modified game play
5-6	Skill review	Skill review	Skill review	Throw	Long	Skill review	Forehand	Using	Underhand

	Small-sided skill based games Introductory game play	Small-sided skill based games Introductory game play	Small-sided skill based games Introductory game play	Catch Route running Team strategizing Cooperative game play Introductory game play	distance running Sprinting Jumping for height Jumping for distance Throwing various objects for distance safely Choice competitions	Small-sided skill based games Introductory game play	Backhand Serving Game shots: clear, smash, drop Cooperative game play Introductory game play	Sticks: Passing, Catching, Shooting, Stick handling Scoop & Rake Passing & Catching Shooting Goal-tending	Serve Overhand Serve Bump Set Spike Volley Positions/rotations Introductory game play
7-8	Game Play Game Tactics and Strategy	Game Play Game Tactics and Strategy	Game Play Game Tactics and Strategy	Game Play Game Tactics and Strategy	Game Play Game Tactics and Strategy	Game Play Game Tactics and Strategy	Game Play Game Tactics and Strategy	Game Play Game Tactics and Strategy	Game Play Game Tactics and Strategy

Fitness & Movement Based Units

Activity	Whittle	Fitness	Gymnastics	Frisbee	Scooter Games	Lifetime Activities	Parachute
K-2		Locomotor Movements	Log Roll	N/A			
3-4							
5-6							

7-8							N/A
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