

2024-2025 Arlington Physical Education K-5 Scope and Sequence

# of Classes	Grades K-2	Grades 3-5	Assessment	Standards <u>NYS Standards</u> <u>NASPE Standards</u>
4 9-5 9-20	<ul style="list-style-type: none"> Rules and Expectations Warm-up Routine Cooperative Games Chasing, Fleeing, and Dodging 	<ul style="list-style-type: none"> Rules and Expectations Warm-up Routine Cooperative Games Chasing, Fleeing, and Dodging 		<p>NYS Standard 6</p> <p><input type="checkbox"/> Elementary Phy...</p>
4 9-23 10-9	<ul style="list-style-type: none"> Locomotor Skills Body and Spatial Awareness Fitness Locomotor Assessments <u>Grade K-Sliding</u> <u>Grade 1-Galloping & Sliding</u> <u>Grade 2-Galloping, Skipping & Sliding</u> 	<ul style="list-style-type: none"> Physical Fitness & Wellness Unit Resource Link <u>Fitness Cognitive Concepts (EPEC)</u> Fitness Assessments <u>15 Meter Pacer Video</u> <u>Pacer Test Score Sheet</u> 	Locomotor Skills Assessment Data:	<u>Standard 4</u>
2 10-10 10-21	<ul style="list-style-type: none"> Introductory Kicking and Foot Skills Recess activities 	<ul style="list-style-type: none"> Introductory Kicking and Foot Skills 		
4 10-22 11-8	<ul style="list-style-type: none"> Rolling Skills 	<ul style="list-style-type: none"> Rolling Skills Unit Bowling Game With Scoring 		<u>Standard 4</u>

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<p>4 11-12 12-3</p>	<ul style="list-style-type: none"> Underhand Tossing and Catching Underhand Tossing Assessments Grade K-Underhand Toss & Catch Grade 1 Grade ... Grade 2-Underhand Toss and Catch 	<ul style="list-style-type: none"> Tossing, Throwing & Catching Unit Throwing Assessments Grade 3-Overhand Throw Grade 4-Overhand Throw Grade 5-Overhand Throw 	<p>Tossing and Throwing Assessment Data:</p>	<p><u>Standard 4</u></p>
<p>4 12-4 12-20</p>	<ul style="list-style-type: none"> Overhand Throwing and Catching Throwing Assessment Grade 2-Overhand Throwing 			
<p>6 1-2 1-30</p>	<ul style="list-style-type: none"> Basketball and Dribbling Dribbling Assessments Grade K-Hand Dribble Grade 1-Hand Dribble Grade 2-Hand Dribble 	<ul style="list-style-type: none"> Basketball and Dribbling Unit Dribbling Assessments Grade 3-Dribbling Grade 4-Dribbling Grade 5-Dribbling 	<p>Dribbling Assessment Data:</p>	<p><u>Standard 4</u></p>
<p>4 1-31 2-19</p>	<ul style="list-style-type: none"> Dance Unit Dance Assessment (2nd Grade Only) 	<ul style="list-style-type: none"> Dance Unit Dance Assessments Grade 3-Dance Grade 4-Dance 	<p>Dance Assessment Data:</p>	<p><u>Standard 4</u></p>

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	<ul style="list-style-type: none"> • <u>Grade 2- Mexican Hat Dance</u> 	<ul style="list-style-type: none"> • <u>Grade 5- Dance</u> 		
<p style="text-align: center;">6 2-20 3-19</p>	<ul style="list-style-type: none"> • Jump Rope Skills & Fitness • Jump Rope Assessments • <u>Grade K- Jump Rope</u> • <u>Grade 1- Jump Rope</u> • <u>Grade 2- Jump Rope</u> 	<ul style="list-style-type: none"> • Jump Rope Skills • Jump Rope Assessments • <u>Grade 3- Jump Rope</u> • <u>Grade 4- Jump Rope</u> • <u>Grade 5- Jump Rope</u> 	Rope Jumping Assessment Data:	<u>Standard 4</u>
<p style="text-align: center;">8 3-20 4-30</p>	<ul style="list-style-type: none"> • Striking Skills Above The Waist • Striking Skills Below The Waist 	<ul style="list-style-type: none"> • Striking Skills Above The Waist • Striking Skills Below The Waist 		<u>Standard 4</u>
<p style="text-align: center;">6 5-2 5-30</p>	<ul style="list-style-type: none"> • Balance, Stunts, Kidnastics, Climbing • Kidnastics Assessments • <u>Grade 2- Kidnastics Sequence</u> 	<ul style="list-style-type: none"> • Balance, Stunts, Kidnastics, Circus Activities • Kidnastics Assessments • <u>Grade 3- Kidnastics</u> • <u>Grade 4- Kidnastics</u> • <u>Grade 5- Kidnastics</u> 	Kidnastics Assessment Data	<u>Standard 4</u>

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<p>4 6-2 6-18</p>	<ul style="list-style-type: none"> Advanced Kicking and Foot Skills Kicking Assessments <u>Grade 1: Foot Dribbling</u> <u>Grade - 2 Kicking</u> 	<ul style="list-style-type: none"> Advanced Kicking and Foot Dribbling Skills Kicking Assessments <u>Grade 3- Kicking</u> <u>Grade 4- Kicking</u> <u>Grade 5- Kicking</u> 	<p>Kicking Assessment Data:</p>	<p><u>Standard 4</u></p>
<p>4 6-19 6-24</p>	<ul style="list-style-type: none"> Review Past Units Review Past Games Concepts Striking With a Long Implement Yard Games Scooters, Parachute, Hula Hoops Field Day Games & Activities 	<ul style="list-style-type: none"> Yard Games and Lifetime Activities Fitness Test (POST) Striking With a Long Implement Review Past Units and Games Fitness 		<p><u>Standard 4</u></p>