

	K - 1st	2nd	3rd - 4th
SEPT	Expectations. Movement exploration (Hap Palmer). Ball skills. Small equipment exploration.	Expectations, Ball skills: Nerf and playground: individual and hands and feet. Small equipment exploration.	Expectations, goal kick, incremental running, soccer skills: dribbling, passing, shooting, 2v2, throw-ins, rotations, small sided games.
OCT	Ball Skills, Small equipment exploration and stations. Halloween activities.	Ball Skills, Small equipment exploration and stations. Halloween activities	Ball skills/games: Nerf and playground: individual and hands and feet, passing for points, ultimate handball, 6 goal soccer. Fitness cards, Physical Best Fitness testing: Sit ups, sit and reach, pull ups, mile.
NOV	Small equipment stations, Parachute activities. Holiday/cooperative games.	Small equipment stations, Parachute activities. Holiday/cooperative games.	Basketball: pre/post assessment (3rd grade), skills; dribbling, shooting, passing,pivoting, lead-up games. Basketball skill Stations.
DEC	Dance: Party, square, folk and creative dance. Elements of Dance- Body, tempo, space and force. Holiday games.	Dance: Party, square, folk and creative dance. Elements of Dance- Body, tempo, space and force. Holiday games.	Dance: Folk, Native American Dance (3rd grade). Square Dance, Party and Line Dance. Kids Jam.
JAN	Striking skills; net games.	Striking skills; net games.	Volleyball skills: Serving skills, % out of 10. Serving games. Hits; bump and set. Rules and regulations.
FEB	Jumping Rope. Long and short rope, skippits, partner, individual, routines.	Jumping Rope. Long and short rope, skippits, partner, individual, routines.	Jumping Rope. Long and short rope, skippits, partner, individual, routines. Jump rope assessment.
MAR	Small equipment stations. Tumbling: rolls, balances, supports, routines, partner work, jumps, leaps.	Small equipment stations. Tumbling: rolls, balances, supports, routines, partner work, jumps, leaps.	Floor Hockey. Rules, safety, skills, small sided games. Tumbling: rolls, balances, supports, routines, partner work, jumps, leaps.
APR	Cooperative games and Ball skills: throwing, catching, rolling.	Cooperative games and Ball skills: throwing, catching, rolling.	Fitness related games, Physical Best Fitness testing: Sit ups, sit and reach, pull ups, mile.
MAY	Field Day preparation: Hurdles, running events, ball skills, long jump, games, whiffle ball, soccer, base race, sack race, 200 meter.	Field Day preparation: Hurdles, running events, ball skills, long jump, games, whiffle ball, soccer, base race, sack race, 200 meter.	Field Day preparation: Hurdles, running events, ball skills, long jump, games, whiffle ball, soccer, base race, sack race, 200 meter, kickball.
JUNE	Field day, Cooperative games.	Field day, cooperative games	Field day, Texas games: human horseshoes, Cone horseshoes, Games; Treasure Island, Ultimate Frisbee, Capture the cone.

5th	6th - 8th
Expectations, Ultimate Frisbee.	Expectations, Ultimate Frisbee. Ultimate Frisbee quiz
Ball Skills/games: Speed Ball, Fitness cards, Group juggling, goal kick, team handball, scooter handball. Physical Best Fitness testing: Sit ups, sit and reach, pull ups, mile.	Project Adventure: Full Value Contract, Trust activities, Goup Innitiatives and cooperative games. Student Self-assessment. Physical Best Fitness testing: Sit ups, sit and reach, pull ups, mile.
Basketball: skills, dribbling, shooting, passing,pivoting, mini games 3 v 3, 4 v 4, offense/defense small sided games.	Basketball: skills, dribbling, shooting, passing,pivoting, mini games 3 v 3, 4 v 4, offense/defense small sided games. Skill and effort assesement.
Dance: Tinikling (a Polynesian dance). Skill assessment. Kids Jam.	Pickleball: racket skills, forehand, backhand, rules, singles and doubles, tournament, Pickelball quiz.
Volleyball: underhand serve, % out of 10. Serving game. Hits; bump and set, rotation, rules and regulations.	Volleyball: underhand, overhand serve, % out of 10. Skils: serving, bump, set, rotation, rules and regulations, play (6th) 1 bounce and 1 fault, (7th) No bounce and 1 fault, (8th) NO bounce and NO fault. Volleyball quiz.
Jumping Rope. Long and short rope, skippits, partner, individual, routines. Jump rope assessment.	Badminton: Rules, serve, various hits and play. Badminton quiz.
Floor Hockey. Rules, safety, skills, small sided games. Tumbling: rolls, balances, supports, routines, partner work, jumps, leaps.	Floor Hockey. Rules, safety, skills, small sided games. Circuit Training/Fitness unit. Cardio, strength, core components of fitness. Components of Fitness quiz.
Fitness related games, Physical Best Fitness testing: Sit ups, sit and reach, pull ups, mile.	Fitness related games, Physical Best Fitness testing: Sit ups, sit and reach, pull ups, mile.
Field Day preparation: Treasure Island, street hockey, volleyball, kickball.	Field Day preparation: Treasure Island, street hockey, volleyball, kickball.
Field day. Team Handball tournament.	Field day. 6 & 7th: Create a game cooperative project. 8th gr. Choreographed cooperative dance.