

Scope and Sequence

Content Area: **Physical Education**
Course(s): **Physical Education**
Time Period: **Full Year**
Length: **Length of the Course**
Status: **Published**

Course Overview

The first grade physical education curriculum is based on teaching students about a healthy physical lifestyle through fun, interactive activities. Students are encouraged to develop physical strength, refine their motor skills, and work on coordination while learning social skills through cooperative games and teamwork. The units in the first grade curriculum are intentionally synchronized with the kindergarten curriculum in order to build on skills that were introduced for the first time in kindergarten.

Scope and Sequence

| Order of the Unit | Title of the Unit | Time Frame |
|-------------------|-------------------------------------|---------------|
| Unit 1 | Physical Wellbeing | Week 1 |
| Unit 2 | Locomotor Skills/ Movement Concepts | Weeks 2 - 4 |
| Unit 3 | Soccer | Weeks 5 - 7 |
| Unit 4 | Throwing/ Catching/ Rolling | Weeks 8 - 10 |
| Unit 5 | Invasion Games | Weeks 11 - 14 |
| Unit 6 | Hockey | Weeks 15 - 17 |
| Unit 7 | Gymnastics | Weeks 18 - 20 |
| Unit 8 | Bowling | Weeks 21 - 22 |
| Unit 9 | Fitness | Weeks 23 - 25 |
| Unit 10 | Basketball | Weeks 26 - 28 |
| Unit 11 | Scooters | Weeks 29 - 31 |
| Unit 12 | Parachute | Weeks 32 - 34 |
| Unit 13 | Cooperative Activities | Weeks 35 - 37 |

Date of Board Approval

This curriculum was approved by the Green Brook Board of Education on November 28, 2016.