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.