

**Carl Junction R-1 School District
Scope & Sequence Chart
for
Physical Education & Health**

Physical Education	Motor Skills & Movement	Performance	Health Enhancing Level of Activity/Fitness	Responsible Personal & Social Behavior	Value of Physical Activity
K	Travel in personal & general spaces while being able to change speeds.		Recognizes the importance & skills to achieve & maintain physical activity & fitness.	Shares equipment & space with others while recognizing the procedures of the class	Recognizes physical activity can be enjoyable & a great way to live a healthy lifestyle.
1	Differentiates between low, middle & high levels while using objects.		Understands the value of fitness for health, enjoyment, challenge, self-expression and/or social interaction.	Accepts personal responsibility by using equipment & space correctly while following the rules in a small/large group setting.	Identifies physical activity is positive for your health & can be done through enjoyable activities.
2	Demonstrates competency between locomotor, non-locomotor, & manipulative skills.	<p>Distinguishes & performs skipping, jogging, sprinting, galloping, sliding, leaping, jumping, landing & rhythmic locomotor skills.</p> <p>Demonstrates proper balance, weight transfer, rolling to various positions, twists & stretching non-locomotor skills.</p> <p>Performs throwing, catching, kicking, volleying, striking & jumping rope manipulative skills.</p>	Engages in physical activity & recognizes proper health & nutrition habits that are necessary for maintaining physical & mental health.	Identifies & practices rules & proper safety practices.	Describes & illustrates the value of physical activity for self-expression & social interactions.

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3	Demonstrates competency between locomotor, non-locomotor, & manipulative skills.	Distinguishes & performs skipping, jogging, sprinting, galloping, sliding, leaping, jumping, landing & rhythmic locomotor skills. Demonstrates proper balance, weight transfer, rolling to various positions, twists & stretching non-locomotor skills. Performs throwing, catching, kicking, volleying, striking & jumping rope manipulative skills.	Engages in physical activity & recognizes proper health & nutrition habits that are necessary for maintaining physical & mental health.	Identifies & practices rules & proper safety practices.	Describes & illustrates the value of physical activity for self-expression & social interactions.
4	Understands spatial awareness. Combines traveling with manipulative skills (catching, throwing, etc.) Throws & catches maturely	Demonstrates appropriate technique in stretching Participates in physical activity Applies speed, endurance & pacing in running. Applies simple offensive/defensive strategies to activities.	Can identify the health-related components. Exhibits positive feelings about physical activity. Practice the Fitnessgram Components. Actively engages in Physical Education class. Discuss the importance of hydration during physical activities.	Exhibits responsible behavior. Listens respectfully to feedback. Participates safely & responsibly. Applies respect & sportsmanship to activities.	Examines the health benefits of participating in physical activity. Describes the positive social interactions when participating in physical activities.

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5	<p>Demonstrates mature movements in activities & dance.</p> <p>Uses appropriate pacing in running.</p> <p>Throws & catches maturely</p>	<p>Demonstrates appropriate technique in stretching</p> <p>Participates & applies movement strategies in physical activity.</p> <p>Applies basic offensive/defensive strategies to activities.</p>	<p>Knows & Understands the Fitness Components for the Fitnessgram Test.</p> <p>Participate in the Fitnessgram Test & understand the techniques & Healthy Fitness Zone.</p> <p>Actively engages in Physical Education class.</p> <p>Exhibits positive feelings about physical activity.</p> <p>Discuss the impact of food choices & how they relate to physical activity.</p>	<p>Demonstrates respect & sportsmanship during activities.</p> <p>Works cooperatively with other students.</p> <p>Engages in physical activity.</p> <p>Exhibits respect for self & others while participating in physical activity.</p>	<p>Compares the health benefits of participating in different physical activities.</p> <p>Analyzes different physical activities for enjoyment & challenge & using positive or negative responses.</p>
6	<p>Show & perform proper technique in throwing, catching, kicking & striking</p>	<p>Create an offense & defensive schemes for different games in team sports</p>	<p>Body systems (muscular, skeletal) identify stressful situations</p> <p>Coping skills</p> <p>Managing self-expressions</p> <p>Decision making behaviors</p> <p>Social health awareness</p> <p>Nutritional principles & practices</p>	<p>Demonstrate teamwork, cooperation, following the rules of the game & play in a safe environment</p>	<p>Participate in various lifetime fitness activities such as badminton, frisbee & dance</p>
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7	Throwing Catching Kicking Striking	Offensive strategies Defensive strategies Team sports	Body systems (muscular, skeletal) Abstinence education Identify stressful situations Coping skills Managing self-expressions 1st aid CPR Heimlich	Teamwork Cooperation Dressing out Safety	Weight training Fitness activities Badminton Yoga Zumba
8	Throwing Catching Kicking Striking	Offensive strategies Defensive strategies Team sports	Body systems (muscular, skeletal) Abstinence education Identify stressful situations Coping skills Managing self-expressions 1st aid CPR Heimlich	Teamwork Cooperation Dressing out Safety	Weight training Fitness activities Badminton Yoga Zumba

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HS PE	Learn & apply advanced movements & skills while participating in organized team & individual sports / activities.	Performs static & dynamic stretching routine. Completes required running tests.	Create a nutritional plan. Figure the BMR, BMI, & Target Heart Rate.	Do peer assessments to evaluate each other's technique. Be taught how to properly use exercise equipment.	Use the FITT principle to design a personal workout plan for anaerobic & aerobic activity.
HS PEII	Learn & apply advanced movements & skills while participating in organized team & individual sports / activities.	Performs static & dynamic stretching routine. Completes required running tests.	Create a nutritional plan. Figure the BMR, BMI, & Target Heart Rate.	Do peer assessments to evaluate each other's technique. Be taught how to properly use exercise equipment.	Use the FITT principle to design a personal workout plan for anaerobic & aerobic activity.
HS Powerwalking	Uses good form & pace to complete daily walking workouts. Figure MVPA.	Completes required walking tests & workouts.	Create a nutritional plan: figure BMR, BMI, & Target Heart Rate.	Describe methods for avoiding & responding to climate-related physical conditions during physical activity. Identify potential safety issues in a physical activity setting.	Learn how to design long term personal fitness plan

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HS Intro to Athletic Training		<p>How to perform isometric, concentric, & eccentric exercises.</p> <p>How to perform static & dynamic stretching routine.</p>	Learn how to create a nutritional plan.	<p>Be taught coaching points of emphasis that can lead to peer assessments</p> <p>Be taught how to properly use exercise equipment.</p>	Learn how to design long term personal fitness plan.
HS		<p>How to perform correct technique on all primary & auxiliary lifts.</p> <p>Performs competency in one or more specialized movement skills.</p> <p>How to perform plyometric exercises.</p>			
		<p>How to perform jump rope, box jumps, agility drills & medball routines.</p> <p>Compare & contrast muscles used during primary & aux. lifts.</p>			
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<p>HS Health</p>			<p>Reduce risk factors & avoid high-risk behaviors of tobacco use.</p> <p>Create a system to enhance the health of self & others.</p> <p>Decision making skills to enhance health.</p> <p>Goal setting to enhance health.</p> <p>Perform basic lifesaving maneuvers.</p> <p>Use writing skills in the creation & interpretation of Health</p> <p>Abstinence education.</p> <p>Reduce risk factors & avoid high-risk behaviors of alcohol abuse.</p> <p>Reduce risk factors & avoid high-risk behaviors of drug abuse.</p>	<p>Prevention, treatment, & control of diseases.</p> <p>Influence f family, peers, culture, media, technology, & other factors of health behaviors.</p> <p>Advocate for personal, family, & community health.</p>	
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