

Pacing Guide

3rd-5th Physical Education

All lesson plans are located under “Supporting Resources” on Navigator.

<u>WEEK</u>	<u>LESSON</u>
1	Orientation
2	Manipulative skills using wands and hoops
3	Throwing skills 1
4	Football skills and lead-up
5	Softball skills
6	Rhythmic rope jumping to music
7	Gymnastics skills 1
8	Soccer skills 1
9	Soccer skills 2
10	Parachute Activities
11	Recreational activities
12	Walking activities
13	Rhythmic movement skills 1
14	Long jump rope skills
15	Gymnastics 2
16	Rhythmic skills 2
17	Basketball skills 1
18	Basketball skills 2
19	Throwing skills 2
20	Cooperative activities
21	Hockey skills
22	Manipulative skills using frisbees
23	Volleyball skills 1
24	Track and field skills
25	Gymnastics 3
26	Individual jump rope skills
27	Juggling
28	Tennis skills 1
29	Tennis skills 2
30	Volleyball skills 2