

Pacing Guide

K-2nd Physical Education

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

<u>WEEK</u>	<u>LESSON</u>
1	Orientation
2	Manipulatives using hoops
3	Throwing skills
4	Manipulative skills using bean bags
5	Manipulatives using balls
6	Walking and personal space
7	Gymnastics level 1
8	Jumping, tossing and catching
9	Kicking, trapping, bowling and rolling skills
10	Parachute skills
11	Recreational Activities
12	Walking and jogging skills
13	Rhythmic movement skills 1
14	Long jump rope skills
15	Gymnastics skills 2
16	Rhythmic movement skills 2
17	Throwing skills
18	Basketball related skills
19	Hoops and movement combinations
20	Jump roping
21	Catching and locomotor skills
22	Hoop activities and body shapes
23	Jump rope patterns and movements
24	Partner manipulative activities using balls
25	Racket skills
26	Twisting, turning, stretching and relaxing movements
27	Rhythmic movement skills 3
28	Gymnastics skills 3
29	Individual rope jumping skills
30	Bending, stretching and weight transfer