

I = Introduced

C = Continued

M = Mastered

**PHYSICAL EDUCATION**

## Scope and Sequence

Tower Grove Christian School

	AE	K	1	2	3	4	5	6	7	8	9	10	11	12
<b>Fundamental Skills and Movement Patterns</b>														
1. Locomotor: walking, jumping, sliding, galloping, hopping, skipping, dodging, and rolling	I	I	M	M	M	M	M	M	M	M	M	M	M	
2. Nonlocomotor: bending, stretching, turning, twisting, pushing, pulling, lifting, and swinging	I	I	M	M	M	M	M	M	M	M	M	M	M	
3. Manipulative: catching, throwing, striking, kicking, punting, dribbling, and trapping	I	I	C	M	M	M	M	M	M	M	M	M	M	
<b>Motor Abilities/Fitness</b>														
1. Power	I	I	C	C	C	C	C	C	C	C	M	M	M	
2. Agility	I	I	C	C	C	C	C	C	C	C	M	M	M	
3. Speed	I	I	C	C	C	C	C	C	C	C	M	M	M	
4. Balance	I	I	C	C	C	C	C	C	C	C	M	M	M	
5. Coordination	I	I	C	C	C	C	C	C	C	C	M	M	M	
6. Endurance	I	I	C	C	C	C	C	C	C	C	M	M	M	
7. Flexibility	I	I	C	C	C	C	C	C	C	C	M	M	M	
8. Strength	I	I	C	C	C	C	C	C	C	C	M	M	M	
<b>Creative Movement Perceptions</b>														
1. Rhythm	I	I	C	C	C	C	C	C	C	C	M	M	M	
<b>Specialized Skills/Team Sports</b>														
1. Bowling	I	I	C	C	C	C	C	C	C	C	C	M	M	
2. Soccer	I	I	C	C	C	C	C	C	C	C	C	M	M	
3. Flag Football				I	I	C	C	C	C	C	C	M	M	
4. Floor Hockey	I	I	C	C	C	C	C	C	C	C	C	M	M	
5. Basketball	I	I	C	C	C	C	C	C	C	C	C	C	M	
6. Volleyball				I	C	C	C	C	C	C	C	C	M	
7. Softball	I	I	C	C	C	C	C	C	C	C	C	C	M	
8. Ultimate Frisbee				I	I	C	C	C	C	M	M	M	M	
9. Track & Field	I	I	C	C	C	C	C	C	C	C	C	M	M	
<b>Specialized Skills/Individual Sports</b>														
1. Tumbling														
2. Track & Field	I	I	C	C	C	C	C	C	C	C	C	C	M	
<b>Decisional Learning</b>														
1. Understand and relate to others	I	I	C	C	C	C	C	C	C	C	C	M	M	
2. Understand self	I	I	C	C	C	C	C	C	C	C	C	M	M	
3. Integrity	I	I	C	C	C	C	C	C	C	C	C	M	M	
4. Cooperate	I	I	C	C	C	C	C	C	C	C	C	M	M	
5. Share talents and responsibilities	I	I	C	C	C	C	C	C	C	C	M	M	M	
6. Sportsmanship	I	I	C	C	C	C	C	C	M	M	M	M	M	

	<b>AE</b>	<b>K</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
7. Leadership/follower roles	I	I	C	C	C	C	C	M	M	M	M	M		
<b>Intellectual Learning</b>														
1. Enjoyment	I	I	C	C	C	C	C	M	M	M	M	M		
2. Socialization	I	I	C	C	C	C	C	C	C	C	M	M		
3. Safety rules and procedures	I	I	C	C	C	C	C	M	M	M	M	M		
4. Body composition	I	I	C	C	C	C	C	C	C	C	M	M		
5. Weight control		I	C	C	C	C	C	C	C	C	M	M		
6. Maintain physical fitness	I	I	C	C	C	C	C	C	C	C	M	M		
7. Physical growth	I	I	C	C	C	C	C	C	C	C	M	M		
8. Physiological principles	I	I	C	C	C	C	C	C	C	C	M	M		
9. Disabilities	I	I	C	C	C	C	C	C	C	C	M	M		
10. Positive attitudes	I	I	C	C	C	C	C	C	C	C	M	M		
11. Setting physical fitness goals	I	I	C	C	C	C	C	C	C	C	M	M		
12. Christian commitment and behavior	I	I	C	C	C	C	C	C	C	C	M	M		