

Physical Education

P.E. Units by Month: 1st – 2nd grade (subject to change)

- September: **Building a Foundation** – Activities and games that focus on body and spatial awareness, locomotor and non-locomotor skills, and movement concepts.
- October: **Manipulatives-** Students will manipulate objects of varying shapes, sizes, weights, and textures.
- November: **Catching and Throwing-** Students will practice the fundamental skills of catching and throwing.
- December: **Dance-** Students will participate in dance and rhythm activities. *NOTE – Students will also participate in dance during inclement weather and limited space
- January: **Balance, Stunts, Tumbling-** Students will work on balance, coordination, flexibility, agility, and strength.
- February: **Parachute-** Students will participate in cooperative activities utilizing a parachute.
- March: **Jumping-** Students will participate in various jumping activities and challenges.
- April: **Kicking and Trapping-** Students will develop foot-eye-coordination through kicking, passing, and dribbling a ball.
- May: **Dribbling, Volleying, and Striking-** Students will work on the fundamental skills of bouncing, catching, volleying, striking, and dribbling multiple objects.
- June: **Games-** Students will enhance movement skills, strategies, and cooperation.