**Physical Education Class Activities**

**1st 9 Weeks**

**1st Grade:**

Monday/Wednesday: Locomotor Skills, Spatial Awareness, Pathways, Throwing and Catching

Tuesday/Thursday: Mile Days (walk or run, goal is 100 miles total by end of the school year)

Friday: Skill Review, Free Play

**2nd Grade:**

Monday/Wednesday: Locomotor Skills, Pathways, Spatial Awareness, Throwing and Catching, Cooperative Games

Tuesday/Thursday: Mile Days (walk or run, goal is 100 miles total by end of school year)

Friday: Skill Review, Free Play

**3rd Grade:**

Monday/Wednesday: Locomotor Skills, Pathways, Spatial Awareness, Tactics and Game Strategies, Throwing and Catching

Tuesday/Thursday: Mile Days (walk or run, goal is 100 miles by end of school year)

Friday: Skill Review, Free Play

**4th Grade:**

Monday/Wednesday: Cooperative Games, Tactics and Game Strategies, Throwing and Catching

Tuesday/Thursday: Mile Days (walk or run, goal is 100 miles by end of school year)

Friday: Skill Review, Free Play

**5th Grade:**

Monday/Wednesday: Cooperative Games, Tactics and Game Strategies, Throwing and Catching

Tuesday/Thursday: Mile Days (walk or run, goal is 100 miles by end of school year)

Friday: Skill Review, Free Play

**6th Grade:**

Monday/Wednesday: Cooperative Games, Team Sports, Fitness Activities

Tuesday/Thursday: Mile Days (walk or run, goal is 100 miles by end of school year)

Friday; Skill Review, Free Play

\*Activities are subject to change due to weather or other unforeseeable circumstances.