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| **Grade 1** | **Mondays**  Locomotor Skills  Pathways, Shapes and  Levels | **Wednesdays**  Space  Locomotors  Throwing &  Catching | **Mondays**  Body Management  Locomotor Skills | **Wednesdays**  Kicking  Non-Locomotor Skills | **Mondays**  Dance  Fitness Test  Jump Rope | **Wednesdays**  Movement Concepts  Manipulative Skills (dribbling with hands and feet) | **Mondays**  Ball Handling  Manipulative Skills  Striking Skills | **Wednesdays**  Non-locomotor Skills (stability) | **Fridays**  Field Day Games  Review Skills Activities  (Field Day |
| **Grade 2** | Locomotor Skills  Pathways, Shapes and  Levels  Cooperative Games | Space  Throwing & Catching  Fitness test | Body Management  Locomotor Skills | Kicking  Non-Locomotor Skills | Dance  Fitness Test  Jump Rope | Movement Concepts  Manipulative Skills (dribbling with hands and feet) | Ball Handling  Manipulative Skills  Fitness test | Non-locomotor Skills (stability) | Field Day Games  Review Skills Activities  (Field Day |
| **Grade 3** | Locomotor Skills  Space  Pathways, Shapes and  Levels and Tactics | Throwing & Catching  Fitness test | Body Management  Locomotor Skills | Kicking  Non-Locomotor Skills | Dance  Fitness Test  Jump Rope | Movement Concepts  Manipulative Skills (dribbling with hands and feet) | Ball Handling  Manipulative Skills  Fitness test | Non-locomotor Skills (stability) | Review Skills Activities  (Field Day |
| **Grade 4** | Fitness test  Cooperative  Games  Strategies and Tactics | Throwing & Catching  Fitness test | Body Management  Locomotor Skills | Kicking  Non-Locomotor Skills | Dance Fitness Test  Jump Rope | Movement Concepts  Manipulative Skills (dribbling with hands and feet) | Ball Handling  Manipulative Skills  Fitness test | Non-locomotor Skills (stability) | Review Skills Activities  (Field Day |
| **Grade 5** | Fitness test  Cooperative  Games  Strategies and Tactics | Throwing & Catching  Fitness test | Body Management  Locomotor Skills | Kicking  Non-Locomotor Skills | Dance Fitness Test  Jump Rope | Movement Concepts  Manipulative Skills (dribbling with hands and feet) | Ball Handling  Manipulative Skills  Fitness test | Non-locomotor Skills (stability) | Review Skills Activities  (Field Day |
| **Grade 6** | Cooperative Games  Fitness Activities | Fitness Testing  Flag Football | Volleyball  Team Handball | Pickle Ball  Hockey | Dance and Rhythms | Basketball  Cooperative games | Whiffle Ball  Fitness Testing | Ultimate Frisbee  Soccer | Adventure  Recreation Games |

**\*Games and activities are subject to change due to weather and testing.**

**\*Tuesdays and Thursdays students will walk/run their mile. Students will work to improve their mile time for the Alabama Physical Fitness Assessment.**

**\*Friday students will work on skills review as well as have time for free play.**

**GRADES 1-5 STANDARDS FOCUS**

**Grades 1-2**

Acquisition of fundamental motor skills

Acquiring a variety of movement concepts

Applying movement skills

**Grades 3-5**

Increased small muscle control

Enhanced cognitive abilities

More refined gross motor skills

Participation in large groups and modified

game settings

**GRADES 6 STANDARDS FOCUS**

Refining basic motor skills and skill execution

Exhibiting sport-specific etiquette

Respecting officials

Applying proper safety practices