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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Grade 1** | **Mondays**Locomotor SkillsPathways, Shapes andLevels | **Wednesdays**SpaceLocomotorsThrowing &Catching | **Mondays**Body ManagementLocomotor Skills | **Wednesdays**KickingNon-Locomotor Skills | **Mondays**DanceFitness TestJump Rope | **Wednesdays**Movement ConceptsManipulative Skills (dribbling with hands and feet) | **Mondays**Ball HandlingManipulative SkillsStriking Skills | **Wednesdays**Non-locomotor Skills (stability) | **Fridays**Field Day GamesReview Skills Activities(Field Day |
| **Grade 2** | Locomotor SkillsPathways, Shapes andLevelsCooperative Games | SpaceThrowing & CatchingFitness test | Body ManagementLocomotor Skills | KickingNon-Locomotor Skills | DanceFitness TestJump Rope | Movement ConceptsManipulative Skills (dribbling with hands and feet) | Ball HandlingManipulative SkillsFitness test | Non-locomotor Skills (stability) | Field Day GamesReview Skills Activities(Field Day |
| **Grade 3** | Locomotor SkillsSpacePathways, Shapes andLevels and Tactics | Throwing & CatchingFitness test | Body ManagementLocomotor Skills | KickingNon-Locomotor Skills | DanceFitness TestJump Rope | Movement ConceptsManipulative Skills (dribbling with hands and feet) | Ball HandlingManipulative SkillsFitness test | Non-locomotor Skills (stability) | Review Skills Activities(Field Day |
| **Grade 4** | Fitness testCooperativeGamesStrategies and Tactics | Throwing & CatchingFitness test | Body ManagementLocomotor Skills | KickingNon-Locomotor Skills | Dance Fitness TestJump Rope | Movement ConceptsManipulative Skills (dribbling with hands and feet) | Ball HandlingManipulative SkillsFitness test | Non-locomotor Skills (stability) | Review Skills Activities(Field Day |
| **Grade 5** | Fitness testCooperativeGamesStrategies and Tactics | Throwing & CatchingFitness test | Body ManagementLocomotor Skills | KickingNon-Locomotor Skills | Dance Fitness TestJump Rope | Movement ConceptsManipulative Skills (dribbling with hands and feet) | Ball HandlingManipulative SkillsFitness test | Non-locomotor Skills (stability) | Review Skills Activities(Field Day |
| **Grade 6** | Cooperative GamesFitness Activities | Fitness TestingFlag Football | VolleyballTeam Handball | Pickle BallHockey | Dance and Rhythms | BasketballCooperative games | Whiffle BallFitness Testing | Ultimate FrisbeeSoccer | AdventureRecreation 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