

# PE Curriculum Map

Week	Kindergarten	1st and 2nd	3rd - 5th
1-2	Squad Spots. Out of Bounds. Whistle Stop (Freeze). Basic Movements. Jumping Jacks. Follow the Leader. Line Run. Name Test. 1v1 Tag. Intro Tunnel Tag	Squad Spots. Movement Relays. Line Run Roadblock yellow line races. Tunnel Tag - Bridge Tag	Squad Spots. Movements. Line Run. Roadblock. Yellowline Races. Pacer Test.
3-5	Line Run - Roadblock. Jumping Jacks. Basketball - Basic Individual Ball Handling. Dribbling - Standing - Walk. Bounce Pass	High Bridge/Low Bridge. Push up progression. Bridge Tag. Basketball - Dribbling Progression - Head up. Follow the Leader. Passing - Chest, Bounce, Overhead. Set Shot Progression - Basket 1v1 Keep Away - All in	Basketball - Set Shot Progression - Basket. Pairs. Team Competition. Knockout - U.K.O. Lay Up Progression. 1v1s - All in with Baskets. 1/2 Court 4v4 Games - No Dribble/Passing Conditions
6-8	1v1 Tag. Tunnel Tag. Intro Push ups. Bridge Tag. Kickball - Circle Fielding, Spots, Base Run. Intro Screen + Triangle Tag. Team Pinball	Kickball - Baserun. Baseswitch. Circle. Pitcher. Intro. Sixbase	Kickball - Baseswitch Comp. Pitcher, Regular, Sixbase
9	Circle Kickball. Team Pinball	Team Pinball. Tails Pumpkinball	Calistenic Fitness Tests. Pinball Dodgeball
10-14	Movement Relays. Intro Hop & Bearwalk. Soccer - Dribbling. Foundation - Walking. Sole Stop - Jogging. Follow the Leader. Knockout. Tunnels - Tunnel Tag. Join the Hunt	Fitness Games. Soccer - Follow Leader Dribble. Tunnels - Tunnel Tag. Triangle Passing. 1v1 Keep Away - All In. 1v2 Keep Away. Knockout/Join the Hunt. Soccer. Dodgeball	Pacer 2. Futsal - Individual Footskills. 1v1 Keep Away - All In. 3s. Dribble/Skill/Pass Progression. On Goal - 1v1s, 2v2s, - Full Court 5v5.
15-18	Speed + Agility - Poles, Jumpstand, Ladder, Jump Rope, Low Hurdles -30s Shuttle -Movement Relays - Races -Snowball	Speed + Agility Yellow Line Races, Ladder, Shuttle Run, Hoops, Low Hurdles, Poles, Jump Rope, Jumpstand, Plyometric Jump, -Snowball	Speed + Agility -Ladders, Ball Shuttle, Hoops, Bunny Hop, Poles, High Hurdles, Jumpstand, Illinois Run, Jump Rope, Standing Broad Jump -Pinball Dodgeball
19	Push Ups, Tag Games, Roadblock.	Relays/Yellow Line Races 4s, Throw and Catch -> Ball Tag.	Pacer 3.

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20-23	Polo - 3 Dribbles, Stop and Go, Knockout, Tunnel Pass -> Tunnel Tag 1v1 Keep Away -> All In. Join the Hunt, Shooting, 4 Goal Game	Polo - Dribble Recap -> Follow the Leader. Tunnell Passing -> Tunnel Tag 1v1 Keep Away -> All In Ball Steal - 4 Defenders Stop + Pass, 1v2 Keep Away 4 Goal Game, 1v1s on Goal	Tennis - Individual Racket Skills. -Wall, Groundstrokes - Volley Wall Rally - Squash Style Nets, Coop Rally, Singles Play
24-26	Skill Circuits / Jumprope - Easy Jump Progression, Stepping, Bouncing, Travelling Introduce 'Tails'	Skill Circuits / Jumprope Set Shot, Soccer Shot, Jump Rope, Team Catch, Basketball Dribble, Soccer Pass, Wall Catch, Drop Shot, Tennis Keep Ups.	Touch Rugby - 2s, Basic Support Play with Set and Pop Pass, 3s, Triangle, Swing Passing. 2v1 and 1v2 Keep Away, 2v1 Squares - Passive Defender, Active Defender. 3s, Passing Line - Overlap, Dummy Pass, Miss one Pass, 3v1, Active Defender
27-28	Fielding - (Dodgeballs). Throw + Catch -> Ball Tag 3s. Pitch / Kick / Field. -Eyes on Ball, -Hands Only Catching -Hands to the Ball.	Fielding <----- " Baseswitch Pitcher Kickball	Pitcher Kickball Sixbase 4+5 - introduce Speedball
29-32	Fielding (Bouncy Kickballs) Recap Basics Intro 2 Handed Throwing Techniques. Chest, Roll, Shoulder, Push, Swing, Overhead. -Pitch / Kick / Field. Hitball	Fielding (Bouncy Kickballs) Passing Triangles and Squares Cooperative Ball Rotation Recap Different Techniques ->Competitions / Races -3/4s Pitch / Hit / Field -Hitball	Pacer 4 Fielding (Tennis Balls) Individual Catching. High Ball 2 Hands -> 1 Hand Thumbs Together / Pinkies Together Alternate 2s Cooperative - Bounce - Competition 2s Distance Progression Black Line Overhead Power Bounce Handball - 2 x 1/2 Court -> Full Court -Hitball
33-36	T-Ball - 4/5s, Hitting + Fielding Circle T-Ball Baseswitch -Pacing (4 Islands) -> Races	T-Ball - 4/5s. Hitting + Fielding Pitcher T-Ball. -Pitcher Kickball	Outside - 200m, 400m Races Kickball Cricket - French x2 Non-Stop, Whole ???, Teacher Pitch Non-Stop, 2x 1/2, Student Pitch No Run, Bat until out.
37	Fun Fitness Tag Games	Pitcher Kickball	Longball (?)