

## PHYSICAL EDUCATION CURRICULUM—GRADES K-6

### ACTIVITY CALENDAR

MAJOR ACTIVITIES	FOCUS	# OF WEEKS	NYS *	NASPE **
Expectation & Safety Rules	fire drill	1		5,6
Track & Field	fitness, endurance	1	1,2,3	1,2,3,4,5,6
Walk / Jog / Run	boundaries / lanes	All	1,2	1,2,3,4,5,6
Indoor / Outdoor Soccer	teamwork, skills	1	1,2	1,2,5
Broom Ball	passing, teamwork	1	2,3	2,6
Floor Hockey	team game	2	2,3	2,6
Indoor Track	jumping, boundaries	1	1,2	1,2,3,4,5,6
Rock Wall	cooperation	1		
Bowling	lifetime activity	1	2,3	2,6
Basketball	rules, safety, teamwork	1-2	1,2	1,2,3,5
Wrestling	physical confidence	1-2	1,2,3	1,2,3,4,6
Fitness Unit (Circuit)	physical condition	1-2	1,2,3	1,2,3,4,5,6
Obstacle Course	speed, quickness	1	1,3	2,3,4,6
Miniature Golf Course	lifetime activity	1	2,3	2,6
Dance	rhythm	1	2,3	2,5,6
Hula Hoop Activities	cooperation, fitness	1	1,2,3	2,3,4,5,6
Jump Ropes	physical fitness	1	1,2,3	1,2,3,4,6
Tumbling / Gymnastics	spatial awareness	1	1,2,3	1,2,3,4,6
Human Golf Game	cooperation, hand-eye	1	2	5,6
Tag Games: Blob Tag, Tunnel Tag, Elbow Tag, etc.	running, change of direction	1-2	1,2	1,3,4,5
Scooter Activities	balance, safety, physical condition	1-2	1	1,2,6
Scarves, Juggling	hand-eye coordination	1	1	1,2,6
Monster / Wiffleball / Softball	team game	2-3	1,2	1,2,4,5,6
Bean Bag Activities	toss & hand-eye coordination	1	1	1,2,6
Survival Island	problem solving	1		
Red light-Green-light; Mr. Fox; Thunder, Lightning; Giants, Wizards & Elves	listening games, working together, stop & start	1-2	2	5,6
Balance Beam, Hop Scotch w/Bean Bag	balance, agility	1	1,2	1,3,4,5
“Steal the Bacon”	movement, spatial awareness	1	1,2	1,3,4,5
Capture the Flag	teamwork	1	1,2	1,2,4,5,6
Outdoor Activities: 4-Way Tug of War; Relay Races	team games	1	1,2	1,2,4,5,6
Orienteering	lifetime activity	1-2	1,3	2,5
Presidential Physical Fitness Challenge +		1-2	1,2	3,4,5,6
Field Day Events	end of year	1-2	1	3,4,5,6

\* New York State Learning Standards  
view standards (<http://www.emsc.nysed.gov/ciai/pe/pels.html>)

\*\* National Association of Sport & Physical Education Learning Standards  
view standards (<http://www.aahperd.org/whatwedo/nationalStandards.cfm>)

+ Presidential Physical Fitness Awards  
**President’s Challenge—Physical Fitness Test** (<http://www.presidentschallenge.org/>)