



Lessons at a Glance • PE Unit View

| | K | 1 | 2 | 3 | 4 | 5 |
|----------------|--------------------------------------|----------------------------------|--|--------------------------------|-------------------------------------|-------------------------------------|
| Unit 1 | PE 101 | | | | | |
| Lesson 1 | Moving My Body | | | | | |
| Lesson 2 | Equipment and Safety | | | | | |
| Lesson 3 | Sporting Behavior | | | | | |
| Unit 2 | Foot Dribble and Pass | | | | | |
| Lesson 1 | Sole Roll and Tap | Dribble While Walking I | Dribble While Walking I | Dribble While Jogging I | Passing | Passing and Receiving Review |
| Lesson 2 | Dribble With Inside of Foot | Dribble While Walking II | Dribble While Walking II | Dribble While Jogging II | Receiving | Foot Passing in Action |
| Lesson 3 | | | Assess - Foot Dribble and Pass | | | |
| Unit 3 | Kick | | | | | |
| Lesson 1 | Kick a Stationary Ball I | Kick a Stationary Ball | Kick a Ball Moving on the Ground | Kick a Moving Ball I | Kick a Moving Ball I | Kick a Moving Ball |
| Lesson 2 | Kick a Stationary Ball II | Approach a Stationary Ball | Kick a Ball Moving in the Air | Kick a Moving Ball II | Kick a Moving Ball II | Punt |
| Lesson 3 | | | Assess - Kick | | | |
| Unit 4 | Catch | | | | | |
| Lesson 1 | Catch After a Bounce | Catch a Self-Toss | Catch a Ball Tossed Underhand | Catch a Ball Tossed Underhand | Catch in Various Positions | Catch in Various Positions |
| Lesson 2 | Catch a Self-Toss | Catch Without Trapping | Catch a Ball Thrown Overhand | Catch a Ball Thrown Overhand | Catch in Action | Catch in Action |
| Lesson 3 | | | Assess - Catch | | | |
| Unit 5 | Throw | | | | | |
| Lesson 1 | Self-toss | Self-toss and Underhand Throw I | Overhand Throw I | Overhand Throw I | Throw While Moving I | Throw While Moving I |
| Lesson 2 | Underhand Throw | Self-toss and Underhand Throw II | Overhand Throw II | Overhand Throw II | Throw While Moving II | Throw While Moving II |
| Lesson 3 | | | Assess - Throw | | | |
| Unit 6 | Hand Dribble and Pass | | | | | |
| Lesson 1 | Dribble With One Hand I | Dribble With One Hand I | Dribble While Walking I | Dribble While Jogging I | Dribble While Jogging | Passing |
| Lesson 2 | Dribble With One Hand II | Dribble With One Hand II | Dribble While Walking II | Dribble While Jogging II | Passing | Protecting |
| Lesson 3 | | | Assess - Hand Dribble and Pass | | | |
| Unit 7 | Volley | | | | | |
| Lesson 1 | Volley to Self I | Volley to Self | Volley to a Partner I | Volley to a Partner I | Underhand Pass | Underhand and Overhead Pass |
| Lesson 2 | Volley to Self II | Volley to a Partner | Volley to a Partner II | Volley to a Partner II | Overhead Pass | Volley in Action |
| Lesson 3 | | | Assess - Volley | | | |
| Unit 8 | Jump, Balance, Spin, and Roll | | | | | |
| Lesson 1 | Jump and Spin | Jump and Spin | Jump and Spin | Jump from Various Heights | Full Turn Jump | Full Turn Jump |
| Lesson 2 | Balance and Roll | Balance and Roll | Tuck Jump, Balance, and Roll | Jump and Balance | Balance | Balance |
| Lesson 3 | | | Assess - Jump, Balance, Spin, and Roll | | | |
| Unit 9 | Jump Rope | | | | | |
| Lesson 1 | Jump a Short Rope | Jump a Short Rope | Jump a Short Rope | Short Jump Rope Tricks | Short Jump Rope Tricks | Short Jump Rope Tricks |
| Lesson 2 | Swing and Jump a Long Rope | Turn and Jump a Long Rope | Turn and Jump a Long Rope | Long Jump Rope Tricks | Long Jump Rope Tricks | Long Jump Rope Tricks |
| Lesson 3 | | | Assess - Jump Rope | | | |
| Unit 10 | Strike With Manipulative | | | | | |
| Lesson 1 | Strike With Hand | Strike With Hand | Strike Off Ground or Elevation I | Strike Off Ground or Elevation | Strike Off Elevation With a Partner | Strike Off Elevation With a Partner |
| Lesson 2 | Strike With Short Handle | Strike With Short Handle | Strike Off Ground or Elevation II | Strike Over a Net | Strike Over a Net With a Partner | Strike Over a Net With a Partner |
| Lesson 3 | | | Assess - Strike With Manipulative | | | |
| Unit 11 | Track & Field | | | | | |
| Lesson 1 | Hop and Gallop | Hop, Gallop, Slide, and Skip | Locomotor Skills | Locomotor Skills | Locomotor Skills | Locomotor Skills |
| Lesson 2 | Slide, Skip, and Walk | Walk, Run, Over, and Under | Over and Under | Leap | Long Jump | Long Jump |
| Lesson 3 | | | Assess - Track & Field | | | |
| Unit 12 | Beyond the Gym and Dance | | | | | |
| Lesson 1 | | | Beyond the Gym I | | | |
| Lesson 2 | | | Beyond the Gym II | | | |
| Lesson 3 | | | Beyond the Gym III | | | |