

Physical Education Scope & Sequence and Skills List  
 London Christian Elementary School  
 Revised Spring 2010

Skill	Kindergarten	Gr 1	Gr 2	Gr 3
<b>Fitness Building Activities</b>				
Fitness		Fitness circuit Effects of exercise Goal setting	Fitness benefits Goal setting Fitness games	Circuit Challenge Healthy heart circuits Goals & action plans Self-assessments
<b>Indoor and Outdoor Games</b>				
Locomotor Games	Introductory Activities Classroom routines Theme Activities Cooperative/ Low Organizational Activities	Traveling Personal space Galloping Locomotor patterns	Traveling & Changing directions Hopping & Jumping Skipping & Side-sliding Moving with hoops	Locomotor patterns Dodging with balls, with rubber chickens and through cones
Cooperative Games		Moving cooperatively Large group games Small group games Relays Partner challenges Parachute activities	Animal games Hoop activities Group games Relays Partner/group challenges Parachute activities	Tag games Small & large group games Relays Parachute activities
Winter Activities		Team activities Building sculptures	Relay and tag games Building sculptures	Team games Building sculptures
Outdoor Activities		Tagging games Moving with hoops	Moving & tagging Throwing & catching Kicking & dribbling	Tagging & dodging Throwing & targeting Ball handling skills "Wacky Olympics"
International Games		Hopscotch games Chasing, tagging and dodging games Ball activities	Hopscotch activities Tag games Bean bag activities	Hopscotch games Skipping and jumping Target & ball activities Striking activities
Playground Games		Intro to hopscotch Intro to 4-square Intro to skipping	Hopscotch 4-square Skipping	Hopscotch 4-square Partner skipping
<b>Movement Exploration</b>				
Balance	Traveling Skills Stability Jumping and Landing	Balance intro Static balance	Moving on and off equipment Partner balances	Balances Static balance
Jumping and Landing		Take off and landings	Take off combinations	Over low objects

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		Jumping with benches Jumping with rolls	Jumps, shapes & directions With benches & mats	Vertical jump Benches Jumping, landing, rolling
Transfer of Weight		Balances Forward roll	Traveling around Variety of rolls	Locomotion skills Rolling in different shapes
Rhythm and Movement	Creative Movement Folk and Novelty Dances	Creative dance	Pathways Body shapes & directions Energy and levels Poetry and dance	Exploring pathways Body shapes & directions Energy & levels Poetry and dance Creative dance stations
<b>Skill Building Activities</b>				
Throwing and Catching	Rolling Bouncing Throwing and Catching Kicking Striking and Hitting	Rolling balls Throwing balls Throwing bean bags Bean bag games	Rolling Toss and catch Underhand throwing & catching Bean bag foot tricks Hitting balloons	Catching with bean bags Catching during relays Overhand throw to target Throwing to a target & to a partner Hitting with balloons
Bouncing		Intro to bouncing Two handed bouncing Bouncing with 1 hand	Bouncing with 1 hand while stationary Bouncing on the move	Directional bouncing Bouncing combined with relay and tag games
Kicking and Dribbling		Stopping the ball Dribbling with feet Intro to kicking Intro to passing	Trapping and dribbling with the feet Kicking & dribbling skills	Trapping & dribbling Hitting slowly moving objects with feet Passing & kicking
Manipulative Activities with Equipment		Hoop exploration Hoop pathways Soccer activities Scooter activities Throwing a Frisbee Exploring with scoops	Moving the hoop Intro to scooters Scooter games Passing with a stick Throwing & catching a Frisbee	Scooters Partner scooter activities Stick skills Frisbee activities Tossing & catching with scoops

**A note about gymnastics:**

Due to liability, gymnastics will not be taught in any grade at LCES. This includes all components of gymnastics.