

STRATFORD PUBLIC SCHOOLS

Physical Education Department

Curriculum Scope and Sequence K-6

Grade	Concept/Units	Application-Students will:
K-2	Foot Manipulatives	<ul style="list-style-type: none">• Demonstrate understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.• Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.• Demonstrate awareness and respect for persona, self and general space.• Utilize the skills of dribbling, passing, kicking and trapping.
	Hand Manipulatives	<ul style="list-style-type: none">• Use proper form and cues to underhand toss and object to a target.• Use proper form and cues to overhand throw an object to a target.• Use proper form and cues to catch an object in flight.• Demonstrate a respect for differences when working with partners or groups.
	Introduction to Dribbling	<ul style="list-style-type: none">• Explore different ways of manipulating a variety of developmentally appropriate equipment.• Demonstrate ball control, i.e. dribbling, passing and shooting utilizing developmentally appropriate equipment.• Learn to use appropriate force to control a ball in general space.• Demonstrate the ability to control a ball while moving steadily at various speeds and while changing direction and pathways. <p><u>Kindergarten Students will:</u></p> <ul style="list-style-type: none">• Use two hands to bounce and catch a large ball.• Use two or one hand to bounce and catch or push a ball to the floor while travelling forward. <p><u>First and Second Grade Students will:</u></p> <ul style="list-style-type: none">• Dribble a ball in self-space using one, then the other hand.• Dribble a ball in self-space while switching from one hand to the other.• Dribble while slowly traveling in different directions and pathways.
	Introduction to Rolling	<ul style="list-style-type: none">• Demonstrate their ability to successfully roll a manipulative towards a target at various distances.• Demonstrate their understanding of the correct technique to roll a manipulative towards a target.• Demonstrate their ability to work cooperatively and respectfully with peers during partner and small group and whole class activities.

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Grade	Concept/Units	Application-Students will:
	Introduction to Striking	<ul style="list-style-type: none">• Exhibit responsible personal and social behavior that respects self and others in physical activity settings.• Demonstrate understanding of movement concepts, principles, strategies and tactics as they apply to the learning performance of physical activities.• Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.
	Lead-Up Games	<ul style="list-style-type: none">• Participate in a novice level invasion game with modified equipment, limited teaching cues and changing the game to emphasize the similarities among other invasion games.• Learn that the tactical components of one game can transfer to the learning of another (e.g.: soccer, basketball, are tactically similar to each other).• Learn modified/limited tactical situations such as:<ul style="list-style-type: none">- Keeping Possession- Starting and Restarting Play particularly for out of bounds• Participate in a 2v2 or 3v3 simple throw and catch or rolling games to a goal.
	Loco-motor/Non-Loco-motor Movement Skills and Spatial Awareness	<ul style="list-style-type: none">• Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.• Develop physical skills needed to enjoy participation in physical activities.
	Low Organized Games	<ul style="list-style-type: none">• Travel and make straight, curved, and zigzag pathways.• Travel around stationary obstacles without touching them.• Follow the pathway that their partner makes.• Follow a fleeing partner's pathways to catch or overtake them.• Flee from a partner as quickly as possible at a signal.• Travel and change directions as quickly as possible at a signal.• Quickly perform dodging skills at a signal.• Use dodging skills in a small group situation to avoid a thrown soft, lightweight object.• Cooperatively play a small group game with opponents that involves throwing with dodging, chasing, and fleeing.

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	Rhythms	<ul style="list-style-type: none">• Perform various jump rope patterns, steps and skills that challenge and motivate their ability and developmental levels.• Utilize cup stacking and juggling skills to enhance eye-hand coordination, timing, dexterity and self-confidence.
3-6	Physical Fitness (Connecticut)	<ul style="list-style-type: none">• Learn proper techniques for push-up, curl-up, sit and reach and PACER.• Identify other exercises that enhance Health Related Fitness levels.• Understand the importance of fitness and fitness assessment as it relates to overall health.
	Cooperative Games	<ul style="list-style-type: none">• Apply rules and safety procedures, practice sportsmanship and teamwork, and cooperatively participate in a variety of group and individual fitness activities.• Develop fundamental physical skills and progress to complex movement activities as physically able.• Develop the personal skills necessary to comfortably and enjoyably participate in cooperative activities.• Acquire skills to move safely.• Understand concepts of physical fitness.• Recognize patterns of growth and development.• Use listening and observation skills to gain understanding.• Use communication strategies and skills effectively to present ideas to others.• Analyze and reflect of ideas while paying attention and listening in a variety of situations.• Use a variety of effective listening strategies.• Encourage group members to offer ideas and points of view.• Respect that a solution may require honoring and other points of view.
	Dribbling Skills	<ul style="list-style-type: none">• Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.• Students will demonstrate understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.• Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.

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	Rolling Skills	<ul style="list-style-type: none">• Understand and apply the rules and proper etiquette of the game of bowling.• Learn the proper terminology used in the game.• Demonstrate the ability to properly score a bowling game.• Perform the 2/4 step approach and delivery with some accuracy.• Understand the strike and spare technique and be able to strategically apply them in a game.
	Striking Skills	<ul style="list-style-type: none">• Be able to perform a bump, set, and spike in volleyball, maintaining control, with a partner or in small group activities.• Be able to perform a forehand, backhand, or overhead shot in tennis, badminton, or other paddle/racquet sport while maintaining control, with a partner or in small group activities.• Learn the basic rules for the associated striking sport or activity.• Understand the basic strategies needed to be successful in striking sports and activities.
	Team Games	<ul style="list-style-type: none">• The students will be able to successfully pass and catch a ball with their partners, use proper defensive techniques, throw the ball from outside the 3-point line, turn and pass the ball, and defend the goal.• The students will be able to comprehend key words that will be used to correctly to play team handball (Pass, Catch, Throw, Defend, Goal Tending, Team Work).• The students will be able to express teamwork and cooperative learning through practicing the game of team handball and demonstrate good sportsmanship while playing Team Handball and have a positive attitude, cooperate, and exhibit teamwork while practicing passing and catching drills.
	Throwing and Catching	<ul style="list-style-type: none">• Develop throwing skills needed to enjoy participation in physical activities.• Develop the knowledge to differentiate a specific throw and the time to use it in an activity setting.