

Scope & Sequence for K-12 Physical Education

Standard I. Motor Skills & Movement Patterns

	Grade K	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	High School	
STANDARD I	LOCOMOTOR SKILLS										
	Hopping	★	→	→	→	→	→	→	→	→	→
	Galloping	★	→	→	→	→	→	→	→	→	→
	Running	★	→	★	★	★	★	→	→	→	→
	Sliding		★	→	→	→	★	→	★	→	→
	Skipping		★	★	→	→	★	→	→	→	→
	Leaping			★	★	→	→	→	→	→	→
	Jumping & landing		★	→	★	→	→	→	→	→	→
	• Jump stop							★	→	→	→
	• Jump rope	★	→	★	→	★	→	→	→	→	→
NON LOCOMOTOR SKILLS											
Balance	★	★	→	★	★	★	→	→	→	→	
Weight transfer				★	★	★	→	→	→	→	
Rolling	★	→	★	→	★	→	→	→	→	→	
Curling & stretching		★	→	→	→	→	→	→	→	→	
Twisting & bending		★	→	→	→	→	→	→	→	→	
MANIPULATIVE SKILLS											
Throwing											
• Underhand		★		★	→	→	→	→	→	→	
• Overhead			★	→	→	★	→	★	→	→	
Catching	★	→	→	★	→	★	→	→	→	→	
Dribbling/ball control											
• Hands		★	→	→	★	→	→	★	→	→	
• Feet			★	→	★	★	→	★	→	→	
• With implement								★	→	→	
Kicking		★	→	★	→	→	→	→	→	→	
Volleying											
• Underhand	★	→	★	→	★	→	★	→	→	→	
• Overhead							★	→	→	→	
• Set								★	→	→	
Striking – with short implement		★	→	→	★	→	★	→	→	→	
• Fore/backhand							★	★	→	→	
Striking – with long implement					★	→	→	★	→	→	
• Fore/backhand								★	→	→	
Combining locomotors & manipulatives						★	→	→	→	→	
Combining jumping, landing, locomotors & manipulatives									★	→	
Combining balance & weight transfers			★	→	→	★	→	→	→	→	

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STANDARD I	MANIPULATIVE SKILLS (Continued)										
	Serving										
	• Underhand							★	★	→	→
	• Overhand								★	→	→
	Shooting on goal								★	→	→
	Passing & receiving										
	• Hands							★	→	→	→
	• Feet				★	→	★	→	→	→	→
	• With implement							★	★	→	→
	• Forearm pass							★	★	→	→
	• Lead pass								★	→	→
	• Give & go							★	★	→	→
	Offensive skills										
	• Pivots							★	★	→	→
	• Fakes							★	★	→	→
	• Jab step							★	★	→	→
	• Screen									★	→
	Defensive skills										
	• Drop step							★	★	→	→
	• Defensive or athletic stance							★	★	→	→