

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								★	★	→	→