

CISD K-6 PE Scope & Sequence

| ACTIVITY | 1st | 2nd | 3rd | 4th | 5th | 6th |
|---------------------------------|-----|-----|-----|-----|-----|-----|
| Basketball (L/U) | | | ● | ● | ● | ● |
| Bowling | ● | ● | ● | ● | ● | ● |
| Circuit Training | | | ● | ● | ● | ● |
| Character Education | ● | ● | ● | ● | ● | ● |
| Fishing | | | | ● | ● | ● |
| Fitness Testing | | ● | ● | ● | ● | ● |
| Fitness Walking | ● | ● | ● | ● | ● | ● |
| Floor Hockey | | | ● | ● | ● | ● |
| Football (L/U) | | | ● | ● | ● | ● |
| Games | ● | ● | ● | ● | ● | ● |
| Hygiene | ● | ● | ● | ● | ● | ● |
| Jump Rope | ● | ● | ● | ● | ● | ● |
| Juggling | ● | ● | ● | ● | ● | ● |
| Nutrition | ● | ● | ● | ● | ● | ● |
| Orienteering | | | | | ● | ● |
| Rhythms | ● | ● | ● | ● | ● | ● |
| Ropes Equipment | | | | ● | ● | ● |
| Safety (water, fire, bike, sun) | ● | ● | ● | ● | ● | ● |
| Soccer (L/U) | | | ● | ● | ● | ● |
| Softball (L/U) | | | ● | ● | ● | ● |
| Step Bench Aerobics | ● | ● | ● | ● | ● | ● |
| Stress Management | | | | | ● | ● |
| Striking Skills | ● | ● | ● | ● | ● | ● |
| Tennis (L/U) | | | ● | ● | ● | ● |
| Throwing/Catching | ● | ● | ● | ● | ● | ● |
| Tinikling | | | ● | ● | | |
| Track & Field | | ● | ● | ● | ● | ● |
| Tumbling | ● | ● | ● | ● | ● | ● |
| Volleyball (L/U) | | | ● | ● | ● | ● |

L/U = denotes Lead-Up