

### Physical Education Skills

This table illustrates, in brief, the number of days out of each school year that will be used to develop skills in the following areas:

Concept/Theme/Activity	Yearly Overview	K	1	2	3	4	5
Establish Learning Environment/Rules		6	6	4	4	2	2
Space Awareness		10	8	6	5	2	1
Effort		6	6	4	4	2	2
Body, Shapes, Objects, People Relationships		8	8	7	6	4	2
Traveling		8	6	5	5	2	1
Chasing Fleeing, Dodging		6	8	8	6	6	8
Jumping and Landing		4	4	6	6	6	4
Rolling		4	6	6	4	4	4
Balancing		4	4	4	4	4	4
Transferring Weight		2	3	4	4	4	4
Kicking		5	5	6	6	8	8
Throwing and Catching		3	3	7	8	8	8
Volleying		0	0	1	2	4	6
Dribbling hand and feet		4	4	4	4	6	6
Striking with rackets		0	0	0	2	4	6
Stricking with Polo Sticks		3	3	2	0	0	0
Stricking with Hockey Sticks		0	0	0	2	4	4
Sticking with Bats		1	0	0	2	4	4
Fitness/Wellness Concepts		6	6	6	6	6	6
Phsical Education Week/Field Day		4	4	4	4	4	4
<b>TOTAL DAYS PER YEAR*</b>		<b>84</b>	<b>84</b>	<b>84</b>	<b>84</b>	<b>84</b>	<b>84</b>

\*Note: Numbers represent the approximate number of days per year that a concept theme will be the major focus of a lesson.

\*\*Interdisciplinary and Character Education lessons are done in conjunction with other listed lessons.