

## Physical Education Skill Themes

Locomotor Patterns		K	1st	2nd	3rd	4th	5th	6th
	1.1 Walk	x						
	1.2 Run	x						
	1.3 Hop		x					
	1.4 Slide		x					
	1.5 Skip				x			
	1.6 Jump			x				
	1.7 Leap						x	
	1.8 Gallop		x					
Manipulatives								
	1.1 Rolling	x						
	1.2 Throwing underhand		x					
	1.3 Throwing overhand		x					
	1.4 Catching					x		
	1.5 Kicking			x				
	1.6 Punting							x
	1.7 Trapping			x				
	1.8 Bouncing/Dribbling			x				
	1.9 Striking with hand			x				
	2.0 Striking with implement				x			
	2.1 Volleying					x		
	2.2 Fielding						x	
Physical Fitness								
	1.1 Knowledge				x			
	1.2 Training concepts					x		
	1.3 Terminology					x		
	1.4 Muscle strength			x				
	1.5 Muscle endurance					x		
	1.6 Flexibility			x				
	1.7 Aerobic					x		
	1.8 Speed					x		
	1.9 Agility					x		
Social								
	1.1 Self Discipline		x					
	1.2 Co-operation		x					
	1.3 Sportsmanship			x				
	1.4 Respect for others, equipment, and property,	x						
Body Management								
	1.1 Body awareness	x						
	1.2 Spatial awareness	x						
	1.3 Personal space	x						
	1.4 Moving in general space		x					
	1.5 Efficiency of movement			x				
	1.6 Static balance	x						
	1.7 Dynamic	x						

- Mark X indicates introduction of skill theme

Locomotor Patterns		K	1st	2nd	3rd	4th	5th	6th
Skill Enhancement								
Activities								
	1.1 Basketball				x			
	1.2 Bowling				x			
	1.3 Floor Hockey			x				
	1.4 Folk dancing	x						
	1.5 Football							x
	1.6 Gym games			x				
	1.7 Jump rope		x					
	1.8 Playground games			x				
	1.9 Soccer indoor/outdoor			x				
	2.0 Station activities	x						
	Individual fitness activities							
	Ex: Frisbees, Foxtails, Roller Racers, etc.							
	2.1 Swimming			x				
	2.2 Volleyball			x				
	2.3 Badminton	x						
	2.4 Mat activities				x			
	2.5 Floor hockey			x				

\* Mark X indicates introduction of skill theme