



## AAC Physical Education Scope and Sequence

The AAC Physical Education curriculum is based on the California standards, which divide learning into two areas: Team sports and Individual sports. Our Project-based Learning approach is supported by units which develop the whole child. This is done not only in the classroom (intellectually and socially) but on the athletic field as well (physically and socially).

Through daily Physical Education classes, students learn to play together while developing skills and exercise habits that can be useful throughout their lives.

| Quarter 1   | Quarter 2  | Quarter 3  | Quarter 4  |
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| <b>11th / 12th Grade / Elective</b>   |  |  |  |
| <b>Futsal</b><br>Basic Skills - Review<br>Tactics and Strategies<br><b>Badminton</b><br>Basic Skills - Review<br>Tactics and Strategies                               | <b>Track &amp; Field</b><br>Basic Skills - Review<br>Speed race / shot put<br><b>Volleyball</b><br>Basic Skills - Review<br>Tactics and Strategies   | <b>Health and fitness</b><br>Personal physical fitness goals / Nutrition<br><b>Basketball</b><br>Basic Skills - Review<br>Tactics and Strategies                                       | <b>Swimming - Water polo</b><br>Basic Skills - Review<br>Tactics and Strategies<br><b>American Football</b><br>Basic Skills - Review<br>Tactics and Strategies             |
| Quarter 1   | Quarter 2  | Quarter 3  | Quarter 4  |
| <b>10th Grade</b>   |  |  |  |
| <b>Soccer</b><br>Roles and Positioning.<br>Collaborative Strategies - Offense<br><b>Track and Field - Jumping</b><br>Basic skills<br>Long jump                        | <b>American Football</b><br>Roles and Positioning.<br>Basic Skills<br>Collaborative Strategies<br><b>Basketball</b><br>Roles and Positioning.<br>Collaborative Strategies - Offense  | <b>Health and fitness</b><br>Personal physical fitness goals / Nutrition<br>Physical Fitness Plan<br><b>Volleyball</b><br>Roles and Positioning.<br>Collaborative Strategies - Offense | <b>Badminton</b><br>Basic skills (Review)<br>2vs2<br>Tactics and strategies<br><b>Swimming - Water polo</b><br>Basic skills (Review)<br>Collaborative Strategies - Offense |
| <b>9th Grade</b>  |  |  |  |
| <b>Soccer</b><br>Roles and Positioning.<br>Collaborative Strategies - Defense<br><b>Track and Field - Running</b><br>Basic Skills<br>Speed race 30m<br>Speed race 60m | <b>Baseball</b><br>Roles and Positioning.<br>Basic Skills<br>Collaborative Strategies<br><b>Basketball</b><br>Roles and Positioning.<br>Collaborative Strategies - Defense   | <b>Volleyball</b><br>Roles and Positioning.<br>Collaborative Strategies - Defense<br><b>Health and fitness</b><br>Personal physical fitness goals / Nutrition<br>Physical Fitness Plan | <b>Badminton</b><br>Basic skills (Review)<br>1vs1<br>Tactics and strategies<br><b>Swimming - Water polo</b><br>Basic skills<br>Collaborative Strategies - Defense          |
| Quarter 1   | Quarter 2  | Quarter 3  | Quarter 4  |
| <b>8th Grade</b>  |  |  |  |
| <b>Flag Football</b><br>Collaborative Strategies.<br>Roles and Positioning.<br><b>Soccer</b><br>Positioning and Strategies.<br>Collaborative Strategies.              | <b>Volleyball</b><br>Basic Skills: OverHand Serve.<br>Roles and Positioning.<br><b>Health and fitness</b><br>Individual personal physical fitness goals.<br>Physical Fitness Plan development using the FITT in collaboration with the teacher.<br>Fitness Room Learning Area. | <b>Basketball</b><br>Individual Skills.<br>Roles and Positioning.<br>Collaborative Strategies.<br><b>Double Badminton</b><br>Basics Collaborative Skills.<br>Double Competition.       | <b>Dance</b><br>Square Dance.<br><b>Dodgeball</b><br>Roles and Positioning.<br>Collaborative Strategies.   |

| 7th Grade  |   |   |  |
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| <b>Kickball</b><br>Basic Individual Skills.<br>Scoring System.<br>Rules and Concept of the game.<br><b>Flag Football</b><br>Basic Individual Skills.<br>Scoring System.<br>Rules and Concept of the game.  | <b>Health and fitness</b><br>5 Fitness Components.<br>FITT Principles.<br>Healthy LifeStyle.<br><b>Volleyball</b><br>Basic Volleyball Skills<br>Teamwork Philosophy   | <b>Badminton</b><br>Advanced Individual Skills.<br>Dual Competition.<br><b>Dance</b><br>MultiCultural Dance.  | <b>Soccer</b><br>Advanced Individual Skills.<br>Roles and Strategies.<br>Rules and Concept of the game.<br><b>Basketball</b><br>Basic Individual Skills.<br>Rules and Concept of the game.   |
| 6th Grade  |   |   |  |
| <b>Games for inclusion</b><br>Pre-sport games<br><b>Health and fitness</b><br>Introduction / Basic Skills<br>Nutrition   | <b>Soccer</b><br>Basic skills:passing/ball<br>conduct/shooting<br><b>Basketball</b><br>Basic skills: passing / dribbling /<br>shooting  | <b>Dance</b><br>Line & folk dance<br><b>Dodgeball</b><br>Basic skills: throwing/<br>dodging / catching  | <b>Volleyball</b><br>Basic skills:<br>Serve/Bump<br><b>Badminton</b><br>Introduction to badminton<br>Basic individual skills   |
| <b>Quarter 1</b>   | <b>Quarter 2</b>  | <b>Quarter 3</b>  | <b>Quarter 4</b>   |
| 5th Grade  |   |   |  |
| <b>Fitness Unit</b><br><br>Perform a rhythmic, low-impact, aerobic warm-up.<br>Note that their heart is strong and rapid after a high-energy activity. properly stretch all muscle groups.<br>Raise their heart rate as they exert more effort.<br>perform a vigorous activity that can be sustained.<br>Measure their heart rate after it speeds up.<br>Increase their aerobic routine to include a warm-up, moderate activity, vigorous activity, abdominal stretch work, and stretching.<br>take pulse reading after warm-up and vigorous part of routine.<br>Perform aerobic routine.<br>Work in their target heart zone for at least 15 minutes.<br>Complete at least 30 minutes of activity without pause.<br>Perform beginner aerobic dance routine.<br>Measure their recovery. | <b>Creative Movements</b><br><br>Rolling (Floor)<br>Melt and Roll (Apparatus)<br>Stretch and Balance (Floor)<br>Stretch and Balance (Apparatus)<br>Fast and Slow (Floor)<br>Fast and Slow (Apparatus)<br>Pull and Push (Floor)<br>Pull and Push (Apparatus)<br>Connecting Moves<br>On and Off with Flow<br>Levels<br>Final Floor Routine<br><br><b>Dance Units</b><br><br>Walk,Run,Schottische<br>Line Dance, Circle with Partners<br>Partnering and Mixers<br>Polka<br>Grand Right and Left<br>Cast-off and Reel<br>Review and Dance<br>Dancing Assessment | <b>Team Sports Unit 1</b><br><br><b>Basketball</b><br><br>Passing and Layup Shot<br>Pass and Catch a basketball<br>Perform the layup shot<br>Dribbling<br>Shooting<br>Learn Guarding techniques<br>Rebounding<br>Defense<br>Fouls<br><b>Soccer</b><br>Dribble, Pass, and Trap<br>Straight on Tackle and Body Trap<br>Knee Trap and Knee Volley<br>Heading<br>Diving Offense and Defense<br>Putting a Ball back into Play<br>Outlet and Inlet Passes | <b>Team Sports Unit 2</b><br><br><b>Flag Football</b><br><br>Throw and Catch<br>Hook Pass<br>Squaring Right and Left<br>Handoff Use of Flags<br>Playing Game<br>Working as a Team<br><br><b>Team Handball</b><br><br>Overarm throw<br>Catch<br>Rolling the Ball<br>Volleying with arms, torso, and knees<br>Pat-down dribble<br><br><b>Volleyball</b><br><br>Bump Pass<br>Underhand Serve<br>The Set<br>Playing the Game<br>Receiving Serves<br>Rotation Order |

| <b>4th Grade</b>   |   |  |  |
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| <p><b>Learning Experiences in Games</b><br/> Rules in PE, Expectations and Community Agreements.<br/> Spiral football pass.<br/> Forehand strike<br/> Lead passes, offense and defense.</p>  | <p><b>Learning Experiences in Games 2</b><br/> Overhand volley pass.<br/> Throwing and catching deck<br/> Tennis rings<br/> Offensive and Defensive repositioning.<br/> Developing defensive relationship in baseball.</p>  | <p><b>Learning Experiences in Gymnastics</b><br/> Creating and Performing Matching Sequences.<br/> Muscle Tension and Extension of Non-supporting Body Parts.<br/> Developing Phrases With a Partner.<br/> Developing Partner Sequences.</p>   | <p><b>Learning Experiences in Dance</b><br/> Combining Weight and Time Qualities.<br/> Refining the Five Basic Jump.<br/> Group Shapes and Movement Sequences.<br/> Combining the Effort Qualities of Space.<br/> The Polka Step.</p>                                      |
| <b>3rd Grade</b>   |   |  |  |
| <p><b>Learning Experiences in Games 1</b><br/> Rules in PE, Expectations and Community Agreements.<br/> Throwing lead passes.<br/> Striking a ball with a paddle.<br/> Kicking lead passes</p>   | <p><b>Learning Experiences in Games 2</b><br/> Forearm pass<br/> Unilateral throw and one-handed catch<br/> Throwing and fielding</p>   | <p><b>Learning Experiences in Gymnastics</b><br/> Rolling, Stepping , and Movements of Flight.<br/> Relationship of the Feet With Weight on Hands<br/> Cartwheels and Roundoffs.<br/> Traveling on Hands and Feet, Mounting and Dismounting.<br/> Symmetrical and Asymmetrical Shapes.</p> | <p><b>Learning Experiences in Dance</b><br/> Symmetry and Asymmetry.<br/> Moving Alone and with Pair.<br/> Meeting and Separating .<br/> Creating Group Shapes at Different Levels.<br/> Designing Phrases and Making Curves Pathways.</p>                                 |
| <b>2nd Grade</b>   |   |  |  |
| <p><b>Learning Experiences in Games 1</b><br/> Rules in PE, Expectations and Community Agreements.<br/> Dribbling and passing the ball in different directions with feet.<br/> Reaching to catch while keeping one foot stationary.<br/> Dribbling a large ball with either hand while traveling in different directions.<br/> Tapping a bouncing ball with the dominant hand.</p> | <p><b>Learning Experiences in Games 2</b><br/> Throwing and catching fly balls and grounders.<br/> Bouncing a ball forcefully and travelling under or over it at a different level.<br/> Punting and kicking a ball high and far.<br/> Batting a ball off tee and fielding grounders.</p> | <p><b>Learning Experiences in Gymnastics</b><br/> Changing Levels, Directions, and Supporting Body Parts While Traveling<br/> Backward Roll<br/> Balancing, Rolling, and Step-Like Actions.<br/> Making Body Shapes On and Off Apparatus.<br/> Step-Like Actions of the Hands and Feet</p> | <p><b>Learning Experiences in Dance</b><br/> Stepping to a Metric Rhythm.<br/> Rising, Sinking, Changing Directions and Pathways.<br/> Creating Dance Phrases with Locomotor and Non-Loomotor Movements.<br/> Relationships among Body Parts.<br/> Standards in Dance.</p> |
| <b>1st Grade</b>   |   |  |  |
| <p><b>Learning Experiences in Games 1</b><br/> Rules in PE, Expectations and Community Agreements.<br/> Dribbling, Passing, Stopping a ball with the feet.</p>   | <p><b>Learning Experiences in Games 2</b><br/> Tapping a bouncing ball with the hand(s).<br/> Dribbling with either hand, changing directions, and</p>  | <p><b>Learning Experiences in Gymnastics</b><br/> Forward Roll.<br/> Traveling on Different Body Parts.<br/> Rolling and Weight on</p>   | <p><b>Learning Experiences in Dance</b><br/> Making Shapes in our body.<br/> Traveling, Turning, and Body Shapes.</p>  |

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| Develop a forceful overhand throw with a ball.<br>Traveling and stretching to catch a ball.   | stopping.<br>Sharing self-selected throwing, striking, and kicking activities with others.<br>Passing and trapping a soccer ball.   | Hands.<br>Jumping Landing and Rolling.<br>Traveling Into and Out of Balance.  | Skipping, Pausing, and Changing Body Shapes and Levels.<br>Body Shapes and Movement through Space.<br>Traveling, Pausing, and Changing Speed. |
| <b>Quarter 1</b>  | <b>Quarter 2</b>  | <b>Quarter 3</b>  | <b>Quarter 4</b>  |
| <b>Kindergarten</b>   |   |   |   |
| <b>Body Parts</b><br>Dancing using body parts<br>Identify body parts<br><b>Balance :</b><br>Balance beanbags in their body parts.<br>Balance a tennis ball on the rocket .<br>Balance on one Foot | <b>Space Awareness</b><br>General Space<br>Changing Directions<br>Personal Space<br><b>Jumping:</b><br>Jumping skills<br>Jumping with jumping ball<br>Jumping with a jumping bag<br>Jumping the obstacles<br>Jumping rope | <b>Throwing overhand :</b><br>Throwing a beanbag<br>Throwing a small ball<br>Throwing big ball<br>Throwing an object<br><b>Throwing Underhand :</b><br>Throwing a beanbag<br>Throwing a small ball<br>Throwing big ball<br>Throwing an object observing the force with body<br><b>Catching :</b><br>Catching a beanbag<br>Catching a ball<br>Throw a ball underhand into the air and catch it | <b>Basketball</b><br>Shooting<br>Dribbling<br><b>Running</b><br>Running Skills<br>Running Games   |