

Kindergarten	1st	2nd	3rd	4th	5th
Rules and Safety	Rules, Safety, Body Needs	Safety Rules & Spatial Awareness	Rules and Guidelines	Sportsmanship	Safe Environment in Physical Activity
___ Procedural Rules ___ Personal Space	___ Safety Rules ___ Classroom Rules ___ Body Needs Water	___ Jogging Vs. Running ___ Personal and General Space While Moving ___ Safety Rules	___ Importance of Rules ___ Appropriate Behavior in Physical Activities ___ Establishing Rules and Guidelines ___ Open Space	___ Conflict Resolution ___ Etiquette ___ Rules & Procedures ___ Integrity	___ Rules ___ Safety ___ Consequences ___ Etiquette ___ Respectful Behaviors
K.2 d, K.4 c	1.4 b, d, 1.5 c	2.1 e, 2.2 b, 2.4 e	3.2 c, 3.4 a, b	4.4 b, c, d	5.4 a, b, c, e
Moving in Space	Use of Space and Self-Control	Locomotor Movement - Safe and Cooperative Participation	Group Dynamics	Team Building	Throw/Catch/Kick
___ Moving Low/Medium/High ___ Fast/Slow/Moderate Speed ___ Activity Helps the Body Grow ___ Personal Space ___ General Space	___ Brain Location ___ Straight, Curving, and Zigzagging Pathways ___ Appropriate Use of Personal Space/General Space ___ Safe Use of Space	___ Hop ___ Jump ___ Leap ___ Skip ___ Run ___ Jog ___ Gallop ___ Slide ___ The Brain Sends Messages to the Body to Move ___ Taking Turns ___ Sharing ___ Safe Participation	___ Jump/Land ___ Open Space While Moving ___ Cooperation ___ Peer Goals ___ Appropriate Peer Feedback ___ Group Activity for Enjoyment	___ Appropriate Peer Feedback ___ Closing Space ___ Group Goal Setting ___ Group Productivity ___ Respect ___ Conflict Resolution	___ Use of Space ___ Inclusion -Skill Combinations ___ Overhand ___ Underhand ___ Foot Dribble
K.1g, I, K.3 a, K.4 b	1.1.j, 1.2 a, e, 1.4 c	2.1 d, 2.2 c, f, 2.4 c, d	3.1 a, 3.2 a, 3.4 c, e, f	4.2 f, 4.4 a, b	5.1 a, d, 5.4 d
Locomotor Skills	Locomotor Skills	Movement and Endurance	Health-Related Fitness Components	Health-Related Fitness	Evaluation
___ Walking ___ Running ___ Hopping ___ Galloping ___ Jumping ___ Muscles and Bones Help the Body Move ___ Cooperative and Safe Play	___ Gallop ___ Leap ___ Skip ___ Slide ___ Forward ___ Sideways ___ Backwards ___ Side to Side ___ Muscles Attach to Bones for Movement ___ Fast ___ Slow ___ Moderate Speed	___ Over/Under/Around/In Front/Behind/Through While Moving ___ Cardiorespiratory Endurance ___ Heart/Lungs ___ Importance of Muscular Endurance	___ Cardiorespiratory Endurance ___ Muscular Strength & Endurance ___ Flexibility ___ Body Composition ___ Activity for Each Component ___ MVPA	___ Cardiorespiratory Endurance ___ Aerobic Capacity ___ Muscular Strength & Endurance ___ Flexibility ___ Body Composition ___ Standardized Fitness Tests ___ SMART Goal	___ Health-Related Criterion Tests ___ Heart Rate ___ BMI ___ Technology ___ FitnessGram
K.1a, K.2 a, K.4 a	1.1 a, h, j, k, 1.2 b	2.1 a, g, 2.3 b	3.3 a, c, d	4.3 a, b, c	5.3 a, e

Manipulatives	Manipulatives	Throwing – Catching - Skill Development	Throw/Catch	Throw/Catch/ Dribbling & Passing	Striking/Volleying
___ Rolling/Tossing/Throwing Underhand to Targets ___ Bounce & Catch ___ Toss & Catch	___ Rolling/Throwing Underhand to a Target ___ Underhand Toss and Catch to Self/Partner ___ Underhand Throw ___ Cooperation ___ Safe Use of Equipment	___ Individual/Partner ___ Underhand/Overhand Throw ___ Catch Underhand Toss/Throw ___ Challenging Activities & Strategies to Improve	___ Overhand Throw and Catch w/Variety of Objects ___ Teacher Feedback for Improvement ___ Major Muscle Groups	___ Overhand ___ Underhand ___ Catch w/Partner while Moving ___ Dribble and Pass Soccer Ball w/Varying Speed ___ Major Muscle Groups	___ Accuracy ___ Force ___ Skeletal System
K.1 c	1.1 c, d, i, 1.4 a	2.1 a, h, 2.4 b	3.1 a, 3.2 b, 3.4 d	4.1 a, 4.2 b	5.1 e, f, g 5.2 b
Basic Dance	Basic Dance	Basic Dance	Dance	Dance	Rhythm/Dance
___ Moving to a Beat ___ Rhythmic Patterns ___ Locomotor/Non-Loomotor Rhythmic Patterns-Moving Forward ___ Sideways. Side-to-Side, Straight, Curvy, Zig Zag	___ Moving to a Beat in Personal Space/General Space ___ Teacher-Led Dance ___ Straight/Curvy/Zig Zag Pathways	___ Moving to Rhythm ___ Basic Dance Sequences: Teacher-Led/Student Led	___ Dance Formations ___ Locomotor Dance Patterns ___ Levels ___ Shapes ___ Pathways ___ Flow	___ Partner ___ Dance Sequence ___ Beginning, Middle, End ___ Shapes ___ Levels ___ Pathways ___ Locomotor Patterns	___ Individual and Group Sequences ___ Jump Rope
K.1 e, f	1.1 f, g, j	2.1 c	3.1 c, e	4.1 b	5.1 c
Non-Loomotor & Gymnastic Skills	Non-Loomotor & Gymnastic Skills	Gymnastic Sequences	Gymnastic Sequences	Gymnastic Sequence	Gymnastic Sequences
___ Bending ___ Pushing ___ Pulling ___ Turning ___ Balancing on One Foot ___ Narrow/Curled Roll	___ Twisting ___ Curling ___ Bending ___ Stretching ___ Balancing ___ Rolls ___ Moving in Different Directions ___ Transfer of Weight	___ Balance ___ Roll ___ Transfer of Weight from Hands to Feet ___ Flight ___ Muscles Tense for Balance ___ Muscular Strength & Flexibility	___ Travel ___ Roll ___ Balance ___ Weight Transfer ___ Changes of Direction/Shape/Speed/Flow ___ Major Bones	___ Travel ___ Roll ___ Balance ___ Weight Transfer ___ Major Components of Skeletal System ___ Bones and Muscles	___ Travel ___ Roll ___ Balance ___ Weight Transfer ___ Changes of Direction, Shape, Speed, Flow
K.1 b, k	1.1 b, e	2.1 b, 2.2 c, e, 2.3 a	3.1 d, 3.2 d, e	4.1 c, 4.2 c, e	5.1 b

Kicking - Passing - Dribbling	Kicking - Passing - Dribbling	Kicking - Passing - Dribbling	Dribbling & Passing	Modified Sports Activity - Dribbling/Catching	Nutrition
___Kicking Stationary Ball to Target ___Dribbling ___Trapping ___Continuous Kicks and Taps While Walking	___Dribbling w/Hand ___Dribbling w/Foot ___Kicking Ball to a Target	___Kicking/Passing to a Partner or Target ___Force & Control ___Hard & Soft ___Stationary Dribbling ___Dribbling w/Dominant Hand ___Dribbling w/Dominant Hand While Walking	___Dribbling w/Dominant/Non-Dominant Hand and Foot ___Pass a Ball to a Moving Partner	___Dribbling w/Dominant/Non-Dominant Hand at Varying Speed ___Catching Thrown Object ___Physical Activity & MVPA	___Vitamins and Minerals ___Food Labels: Macronutrients, RDA, and Portion Size ___RDA ___Lifetime RDA Guidelines
K.1 c	1.1 c, d	2.1 a, h, 2.3 b	3.1 a, 3.2 b	4.1 a, 4.5 g	5.5 a, b, d, e
Jumping and Jump Rope	Jumping and Jump Rope and Heart Health	Jumping and Jump Rope	Jump Rope and Heart Function	Endurance and Cardiorespiratory System	Cardiorespiratory Fitness
___Jumping Over a Stationary Rope ___Self Turn Single Jump ___Heart is a Muscle ___Heart Beats Faster w/Faster Movement	___Consecutive Jumps ___Self Turn ___Long Rope ___Student Turn ___Heart & Lungs ___Activities that increase Heart and Breathing Rate	___Jumping Forward & Backward ___Self-Turn/Student-Turn ___Muscular Endurance ___Cardiovascular Endurance to Maintain Heart Health	___Jump Rope Sequences ___Heart/Lungs/Blood Vessels	___Jump Rope ___Pacing ___Speed ___Endurance ___Self-Pacing ___Heart/Lungs/Blood Vessels ___Radial/Carotid Pulse	___Heart Rate ___Physical activity Guidelines ___MVPA
K.1 j, K.2 b, c	1.1 l, m, 1.2 d, 1.3 b	2.1 g, h, 2.3 b, d	3.1 b, 3.2 c,	4.1 d, e, g, 4.2 a, d	5.3 f, 5.5 f
Food and Fruits and Vegetables	Food Groups	Healthy Food and Physical Activity	Energy Balance	Energy Balance	Fitness Plan
___Food = Energy for Movement ___Fruits and Vegetables	___Food Groups ___USDA ___Foods from Each Food Group ___Physical Activity Uses Energy from Food	___Body Composition ___Physical Activity at Home-Dairy ___Healthy Snacks-Hydration	___Macronutrients: Carbohydrate/Protein/Fat ___Foods Sources of Macronutrients ___Fitness Tests ___Hydration Guidelines ___Energy In/Out ___Create a Healthy Meal Plan	___Macronutrients and Purpose: Carbohydrate, Protein, Fat ___Calories Per Gram ___Calories in Foods ___Hydration	___Data Analysis ___SMART Goals ___Reassessment ___Reflection ___FITT Principle
K.5 a, b, c	1.5 a, b, d	2.3 e, 2.4 a, 2.5 a, b, c	3.5 a, b, c, d, e	4.5 a, b, c, e, f	5.3 c, d

Volleying	Volleying	Volleying	Kicking/Foot Control	Volleying/Striking	Manipulative Skill Combinations
___Volleying w/Hand	___Volleying Object Upward w/Various Body Parts	___Consecutive Volleying w/Hand	___Control/Stop/Kick a Ball to Stationary and Moving Partners	___Underhand Volley ___Underhand Strike	___Locomotor/Non Locomotor and Manipulative Skill Combinations
K.1 c	1.1 c	2.1 a	3.1 a	4.1 a	5.1 a
Striking	Striking w/Implement	Striking w/Implement	Striking w/ Short Handled Implement	Striking w/Implement	Striking w/Implement
___Striking Stationary Object w/Paddle	___Striking Stationary Object w/ Hand or Short Handled Implement	___Striking a Ball w/ Short Handled Implement Up & Forward ___Striking Off a Tee	___Striking a Ball w/ Short Handled Implement Up & Forward	___Striking a Ball w/ Short/Long Handled Implement	___Strike an Object with Direction and Force ___Accuracy and Purpose ___Components of Body Systems: Cardiorespiratory, Vascular, Muscular, Skeletal
K.1 c	1.1 c, d	2.1 h	3.1 a	4.1 a	5.1 g, 5.2 a, c
Physical Activity at Home	Physical Activity at Home	Reflection	Striking Off a Tee	Reflection	Reflection
___Activities Can Be at Home ___Moving Helps Keep the Body Healthy ___Activity Can Be Done w/Family and Friends for Fun	___Activities to do at Home ___Moving Helps the Body Grow ___Heart Grows Stronger with Movement	___One Activity to Promote Each Cardiorespiratory Endurance/Muscular Strength & Endurance/Flexibility/Body Composition ___Being Healthy Means Choosing Nutritious Foods and Physical Activity	___Striking a Ball/Bat: Correct Grip ___Side to Target ___Hip Rotation	___Activities to be Done at School and at Home Post-Test Data ___Reflection on Goals/Progress	___Fitness Data ___Personal Strengths & Weakness
K.3 b, c	1.3 a, c	2.3 f, 2.5 d	3.1 a	4.3 d, e	5.3 b

Kindergarten	1st	2nd
Rules and Safety	Rules, Safety, Body Needs	Safety Rules & Spatial Awareness
<input type="checkbox"/> Procedural Rules <input type="checkbox"/> Personal Space	<input type="checkbox"/> Safety Rules <input type="checkbox"/> Classroom Rules <input type="checkbox"/> Body Needs Water	<input type="checkbox"/> Jogging Vs. Running <input type="checkbox"/> Personal and General Space While Moving <input type="checkbox"/> Safety Rules
K.2 d, K.4 c	1.4 b, d, 1.5 c	2.1 e, 2.2 b, 2.4 e
Moving in Space	Use of Space and Self-Control	Locomotor Movement - Safe and Cooperative Participation
<input type="checkbox"/> Moving Low/Medium/High <input type="checkbox"/> Fast/Slow/Moderate Speed <input type="checkbox"/> Activity Helps the Body Grow <input type="checkbox"/> Personal Space <input type="checkbox"/> General Space	<input type="checkbox"/> Brain Location <input type="checkbox"/> Straight, Curving, and Zigzagging Pathways <input type="checkbox"/> Appropriate Use of Personal Space/General Space <input type="checkbox"/> Safe Use of Space	<input type="checkbox"/> Hop <input type="checkbox"/> Jump <input type="checkbox"/> Leap <input type="checkbox"/> Skip <input type="checkbox"/> Run <input type="checkbox"/> Jog <input type="checkbox"/> Gallop <input type="checkbox"/> Slide <input type="checkbox"/> The Brain Sends Messages to the Body to Move <input type="checkbox"/> Taking Turns <input type="checkbox"/> Sharing <input type="checkbox"/> Safe Participation
K.1g, I, K.3 a, K.4 b	1.1.j, 1.2 a, e, 1.4 c	2.1 d, 2.2 c, f, 2.4 c, d
Locomotor Skills	Locomotor Skills	Movement and Endurance
<input type="checkbox"/> Walking <input type="checkbox"/> Running <input type="checkbox"/> Hopping <input type="checkbox"/> Galloping <input type="checkbox"/> Jumping <input type="checkbox"/> Muscles and Bones Help the Body Move <input type="checkbox"/> Cooperative and Safe Play	<input type="checkbox"/> Gallop <input type="checkbox"/> Leap <input type="checkbox"/> Skip <input type="checkbox"/> Slide <input type="checkbox"/> Forward <input type="checkbox"/> Sideways <input type="checkbox"/> Backward <input type="checkbox"/> Side to Side <input type="checkbox"/> Muscles Attach to Bones for Movement <input type="checkbox"/> Fast <input type="checkbox"/> Slow <input type="checkbox"/> Moderate Speed	<input type="checkbox"/> Over/Under/Around/In Front/Behind/Through While Moving <input type="checkbox"/> Cardiorespiratory Endurance <input type="checkbox"/> Heart/Lungs <input type="checkbox"/> Importance of Muscular Endurance
K.1a, K.2 a, K.4 a	1.1 a, h, j, k, 1.2 b	2.1 a, g, 2.3 b
Manipulatives	Manipulatives	Throwing – Catching - Skill Development
<input type="checkbox"/> Rolling/Tossing/Throwing Underhand to Targets <input type="checkbox"/> Bounce & Catch <input type="checkbox"/> Toss & Catch	<input type="checkbox"/> Rolling/Throwing Underhand to a Target <input type="checkbox"/> Underhand Toss and Catch to Self/Partner <input type="checkbox"/> Underhand Throw <input type="checkbox"/> Cooperation <input type="checkbox"/> Safe Use of Equipment	<input type="checkbox"/> Individual/Partner <input type="checkbox"/> Underhand/Overhand Throw <input type="checkbox"/> Catch Underhand Toss/Throw <input type="checkbox"/> Challenging Activities & Strategies to Improve
K.1 c	1.1 c, d, i, 1.4 a	2.1 a, h, 2.4 b

Basic Dance	Basic Dance	Basic Dance
___ Moving to a Beat ___ Rhythmic Patterns ___ Locomotor/Non-Locomotor Rhythmic Patterns- Moving Forward ___ Sideways. Side-to-Side, Straight, Curvy, Zig Zag	___ Moving to a Beat in Personal Space/General Space ___ Teacher-Led Dance ___ Straight/Curvy/Zig Zag Pathways	___ Moving to Rhythm ___ Basic Dance Sequences: Teacher-Led/Student Led
K.1 e, f	1.1 f, g, j	2.1 c
Non-Locomotor & Gymnastic Skills	Non-Locomotor & Gymnastic Skills	Gymnastic Sequences
___ Bending ___ Pushing ___ Pulling ___ Turning ___ Balancing on One Foot ___ Narrow/Curled Roll	___ Twisting ___ Curling ___ Bending ___ Stretching ___ Balancing ___ Rolls ___ Moving in Different Directions ___ Transfer of Weight	___ Balance ___ Roll ___ Transfer of Weight from Hands to Feet ___ Flight ___ Muscles Tense for Balance ___ Muscular Strength & Flexibility
K.1 b, k	1.1 b, e	2.1 b, 2.2 c, e, 2.3 a
Kicking - Passing - Dribbling	Kicking - Passing - Dribbling	Kicking - Passing - Dribbling
___ Kicking Stationary Ball to Target ___ Dribbling ___ Trapping ___ Continuous Kicks and Taps While Walking	___ Dribbling w/Hand ___ Dribbling w/Foot ___ Kicking Ball to a Target	___ Kicking/Passing to a Partner or Target ___ Force & Control ___ Hard & Soft ___ Stationary Dribbling ___ Dribbling w/Dominant Hand ___ Dribbling w/Dominant Hand While Walking
K.1 c	1.1 c, d	2.1 a, h, 2.3 b

Jumping and Jump Rope	Jumping and Jump Rope and Heart Health	Jumping and Jump Rope
___ Jumping Over a Stationary Rope ___ Self Turn Single Jump ___ Heart is a Muscle ___ Heart Beats Faster w/Faster Movement	___ Consecutive Jumps ___ Self Turn ___ Long Rope ___ Student Turn ___ Heart & Lungs ___ Activities that increase Heart and Breathing Rate	___ Jumping Forward & Backward ___ Self-Turn/Student-Turn ___ Muscular Endurance ___ Cardiovascular Endurance to Maintain Heart Health
K.1 j, K.2 b, c	1.1 l, m, 1.2 d, 1.3 b	2.1 g, h, 2.3 b, d

Food and Fruits and Vegetables	Food Groups	Healthy Food and Physical Activity
___ Food = Energy for Movement ___ Fruits and Vegetables	___ Food Groups ___ USDA ___ Foods from Each Food Group ___ Physical Activity Uses Energy from Food	___ Body Composition ___ Physical Activity at Home-Dairy ___ Healthy Snacks-Hydration
K.5 a, b, c	1.5 a, b, d	2.3 e, 2.4 a, 2.5 a, b, c
Volleying	Volleying	Volleying
___ Volleying w/Hand	___ Volleying Object Upward w/Various Body Parts	___ Consecutive Volleying w/Hand
K.1 c	1.1 c	2.1 a
Striking	Striking w/Implement	Striking w/Implement
___ Striking Stationary Object w/Paddle	___ Striking Stationary Object w/ Hand or Short Handled Implement	___ Striking a Ball w/ Short Handled Implement Up & Forward ___ Striking Off a Tee
K.1 c	1.1 c, d	2.1 h
Physical Activity at Home	Physical Activity at Home	Reflection
___ Activities Can Be at Home ___ Moving Helps Keep the Body Healthy ___ Activity Can Be Done w/Family and Friends for Fun	___ Activities to do at Home ___ Moving Helps the Body Grow ___ Heart Grows Stronger with Movement	___ One Activity to Promote Each Cardiorespiratory Endurance/Muscular Strength & Endurance/Flexibility/Body Composition ___ Being Healthy Means Choosing Nutritious Foods and Physical Activity
K.3 b, c	1.3 a, c	2.3 f, 2.5 d

3rd	4th	5th
Rules and Guidelines	Sportsmanship	Safe Environment in Physical Activity
___ Importance of Rules ___ Appropriate Behavior in Physical Activities ___ Establishing Rules and Guidelines ___ Open Space	___ Conflict Resolution ___ Etiquette ___ Rules & Procedures ___ Integrity	___ Rules ___ Safety ___ Consequences ___ Etiquette ___ Respectful Behaviors
3.2 c, 3.4 a, b	4.4 b, c, d	5.4 a, b, c, e

Group Dynamics	Team Building	Throw/Catch/Kick
<input type="checkbox"/> Jump/Land <input type="checkbox"/> Open Space While Moving <input type="checkbox"/> Cooperation <input type="checkbox"/> Peer Goals <input type="checkbox"/> Appropriate Peer Feedback <input type="checkbox"/> Group Activity for Enjoyment	<input type="checkbox"/> Appropriate Peer Feedback <input type="checkbox"/> Closing Space <input type="checkbox"/> Group Goal Setting <input type="checkbox"/> Group Productivity <input type="checkbox"/> Respect <input type="checkbox"/> Conflict Resolution	<input type="checkbox"/> Use of Space <input type="checkbox"/> Inclusion -Skill Combinations <input type="checkbox"/> Overhand <input type="checkbox"/> Underhand <input type="checkbox"/> Foot Dribble
3.1 a, 3.2 a, 3.4 c, e, f	4.2 f, 4.4 a, b	5.1 a, d, 5.4 d
Health-Related Fitness Components	Health-Related Fitness	Evaluation
<input type="checkbox"/> Cardiorespiratory Endurance <input type="checkbox"/> Muscular Strength & Endurance <input type="checkbox"/> Flexibility <input type="checkbox"/> Body Composition <input type="checkbox"/> Activity for Each Component <input type="checkbox"/> MVPA	<input type="checkbox"/> Cardiorespiratory Endurance <input type="checkbox"/> Aerobic Capacity <input type="checkbox"/> Muscular Strength & Endurance <input type="checkbox"/> Flexibility <input type="checkbox"/> Body Composition <input type="checkbox"/> Standardized Fitness Tests <input type="checkbox"/> SMART Goal	<input type="checkbox"/> Health-Related Criterion Tests (FitnessGram) <input type="checkbox"/> Heart Rate <input type="checkbox"/> BMI <input type="checkbox"/> Technology
3.3 a, c, d	4.3 a, b, c	5.3 a, e
Throw/Catch	Throw/Catch/ Dribbling & Passing	Striking/Volleying
<input type="checkbox"/> Overhand Throw and Catch w/Variety of Objects <input type="checkbox"/> Teacher Feedback for Improvement <input type="checkbox"/> Major Muscle Groups	<input type="checkbox"/> Overhand <input type="checkbox"/> Underhand <input type="checkbox"/> Catch w/Partner while Moving <input type="checkbox"/> Dribble and Pass Soccer Ball w/Varying Speed <input type="checkbox"/> Major Muscle Groups	<input type="checkbox"/> Accuracy <input type="checkbox"/> Force <input type="checkbox"/> Skeletal System
3.1 a, 3.2 b, 3.4 d	4.1 a, 4.2 b	5.1 e, f, g 5.2 b
Dance	Dance	Rhythm/Dance
<input type="checkbox"/> Dance Formations <input type="checkbox"/> Locomotor Dance Patterns <input type="checkbox"/> Levels <input type="checkbox"/> Shapes <input type="checkbox"/> Pathways <input type="checkbox"/> Flow	<input type="checkbox"/> Partner <input type="checkbox"/> Dance Sequence <input type="checkbox"/> Beginning, Middle, End <input type="checkbox"/> Shapes <input type="checkbox"/> Levels <input type="checkbox"/> Pathways <input type="checkbox"/> Locomotor Patterns	<input type="checkbox"/> Individual and Group <input type="checkbox"/> Sequences <input type="checkbox"/> Jump Rope
3.1 c, e	4.1 b	5.1 c

Gymnastic Sequences	Gymnastic Sequence	Gymnastic Sequences
___ Travel ___ Roll ___ Balance ___ Weight Transfer ___ Changes of Direction/Shape/Speed/Flow ___ Major Bones	___ Travel ___ Roll ___ Balance ___ Weight Transfer ___ Major Components of Skeletal System ___ Bones and Muscles	___ Travel ___ Roll ___ Balance ___ Weight Transfer ___ Changes of Direction, Shape, Speed, Flow
3.1 d, 3.2 d, e	4.1 c, 4.2 c, e	5.1 b
Dribbling & Passing	Modified Sports Activity - Dribbling/Catching	Nutrition
___ Dribbling w/ Dominant/Non-Dominant Hand and Foot ___ Pass a Ball to a Moving Partner	___ Dribbling w/ Dominant/Non-Dominant Hand at Varying Speed ___ Catching Thrown Object ___ Physical Activity & MVPA	___ Vitamins and Minerals ___ Food Labels: Macronutrients, RDA, and Portion Size ___ RDA ___ Lifetime RDA Guidelines
3.1 a, 3.2 b	4.1 a, 4.5 g	5.5 a, b, d, e
Jump Rope and Heart Function	Endurance and Cardiorespiratory System	Cardiorespiratory Fitness
___ Jump Rope Sequences ___ Heart/Lungs/Blood Vessels	___ Jump Rope ___ Pacing ___ Speed ___ Endurance ___ Self-Pacing ___ Heart/Lungs/Blood Vessels ___ Radial/Carotid Pulse	___ Heart Rate ___ Physical activity Guidelines ___ MVPA
3.1 b, 3.2 c,	4.1 d, e, g, 4.2 a, d	5.3 f, 5.5 f
Energy Balance	Energy Balance	Fitness Plan
___ Macronutrients: Carbohydrate/Protein/Fat ___ Foods Sources of Macronutrients ___ Fitness Tests ___ Hydration Guidelines ___ Energy In/Out ___ Create a Healthy Meal Plan	___ Macronutrients and Purpose: Carbohydrate, Protein, Fat ___ Calories Per Gram ___ Calories in Foods ___ Hydration	___ Data Analysis ___ SMART Goals ___ Reassessment ___ Reflection ___ FITT Principle
3.5 a, b, c, d, e	4.5 a, b, c, e, f	5.3 c, d

Kicking/Foot Control	Volleying/Striking	Manipulative Skill Combinations
___Control/Stop/Kick a Ball to Stationary and Moving Partners	___Underhand Volley ___Underhand Strike	___Locomotor/Non-Locomotor and Manipulative Skill Combinations
3.1 a	4.1 a	5.1 a
Striking w/ Short Handled Implement	Striking w/Implement	Striking w/Implement
___Striking a Ball w/ Short Handled Implement Up & Forward	___Striking a Ball w/ Short/Long Handled Implement	___Strike an Object with Direction and Force ___Accuracy and Purpose ___Components of Body Systems: Cardiorespiratory, Vascular, Muscular, Skeletal
3.1 a	4.1 a	5.1 g, 5.2 a, c
Striking Off a Tee	Reflection	Reflection
___Striking a Ball/Bat: Correct Grip ___Side to Target ___Hip Rotation	___Activities to be Done at School and at Home Post-Test Data ___Reflection on Goals/Progress	___Fitness Data ___Personal Strengths & Weakness
3.1 a	4.3 d, e	5.3 b