

# P.E. at a Glance 3-5

Month	School Week	Motor Skill Development	Anatomical Basis of Movement	Fitness Planning	Social Development	Energy Balance
August	1					
	2	Locomotor Skills			Social Development will be integrated throughout the year. It will be focused on during April.	Energy Balance and nutrition will be integrated throughout the year. It will be focused on during March.
	3	3.1 4.1 a 5.1 a				
	4	Levels/pathways/speed 4.1 e		Fitness Pre-Testing 4th&5th		
September	5	Overhand Throw/catch				
	6	3.1 a 4.1 a 5.1 a				
	7			Fitness Planning		
October	8					
	9					
	10			3.3a-d 4.3a-e 5.3a-f		
November	11	Dribble/pass w/feet	Anatomical Movement		Fitness planning, goal setting & analyzing data will be integrated and ongoing throughout the year.	
	12					
	13	3.1a 4.1a 5.1a	3.2a 4.2f			
	14	Dribble/pass w/hands				
	15	3.1a 4.1a 5.1a	Skeletal/Muscular system			
December	16					
	17	Volley/Strike w/hand 4.1a 5.1ag	3.2 bde 4.2 bce 5.2b			
	18	Striking w/ implements	Anatomical Movement 5.2c			
19	3.1a 4.1a 5.1ag					
Winter Break						
January	20		Cardiovascular System		↓	↓
	21		3.2c 4.2ad 5.2a			
	22	Balancing /Tumbling				
February	23					
	24	3.1d 4.1c 5.1b				
	25	Dance/rhythmic activities 3.1ce 4.1b 5.1c				
	26	Jump Rope 3.1b 4.1g 5.1c				
March	27					
	28					Nutrition
	29					3.5 a-e 4.5 a-g 5.5 a-f
	30	Cooperative Activities				
31						
Spring Break						
April	32				Game/Activity Development 3.4a-f 4.4a-d 5.4a-e	
	33					
	34					
	35			Fitness Post-Testing 4th&5th		
May	36					
	37					
	38	Cooperative Activities				
39						