

ELEMENTARY PHYSICAL EDUCATION CURRICULUM GUIDE

Grades 3-5					
Month	Spotlight on Skills	Focus on fitness	5 th Grade only	Standards	Assessment
August	The First Three Lessons/Recess Activities			1	
September	Cooperatives	Group Fitness		1, 2, 3, 4, 5	Cooperatives/ Group Fitness Performance Rubric/Self Check
October	Football	Chasing and Fleeing	Ballroom Dance	1, 2, 4	Football/Chasing and Fleeing Performance Rubric/Self Check
November	Soccer	Fitness Challenges	Ballroom Dance	1, 2, 3, 4, 5	Soccer/Fitness Challenges Performance Rubric/Self Check
December	Hockey	Movement Bands	Ballroom Dance	1, 2, 4, 5	Hockey/ Movement Bands Performance Rubric/Self Check
January	Flying Disc	Walk/Jog/Run		1, 2, 3, 4	Flying Disc/ Walk- Jog-Run Performance Rubric/Self Check

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February	Basketball	Fitness Circuits	Fitgram Preparation	1, 2, 3, 4, 5	Basketball/Fitness Circuits Performance Rubric/Self Check
March	Dance	Map Challenges	Fitgram	1, 2, 3, 4	Dance Performance Rubric/Self Check
April	Volleyball	Jump Rope		1, 4	Volleyball/Jump Rope Performance Rubric/Self Check
May	Softball	Aerobic Games		1, 4, 5	Softball/Aerobic Games Performance Rubric/Self Check
June	Stunts and Tumbling	Speed Stacking		1, 2, 3, 4	Stunts and Tumbling Performance Rubric/Self Check

ALL

Rotation 1

Rotation 2

Rotation 3