

Office of Health, Physical Education and Athletics

Physical Education Activity Guide

Below you will find a list of activities you can use to start off the school year. Please utilize your outdoor facilities as much as possible to increase maximum participation. Use the Physical Education Curriculum Guides that are located on the district website and within the Google Classrooms for additional guidance.

Grades K-2

Cycle 1

Rules and Expectations (Unit 1 Movement Skills and Concepts)

- **Building Foundations**
- **Spatial Awareness Activities**
- **Levels and Directions**
- **Jumping and Landing**
- **Locomotor Movement Activities**
- **Rolling, Throwing, & Catching Activities**

Cycle 2

Unit 3 Lifelong Fitness

Movement Education and Rhythm

- **Dance**

Individual/Dual Activities (Unit 3 Lifelong Fitness)

- **Yoga**
- **Jump Rope**
- **Speed Stacking**

Grades 3-5

Cycle 1

Unit 1 Movement Skills and Concepts

- **Rules and Expectations**
- **Building Foundations**
- **Rolling, Throwing, & Catching Activities**
- **Soccer**
- **Flag Football**

Cycle 2

Unit 2 Physical Fitness

- **Fitnessgram**

Unit 3 Lifelong Fitness

Movement Education and Rhythm

- **Dance**

Individual/Dual Activities (Unit 3 Lifelong Fitness)

- **Bowling**
- **Jump Rope**
- **Speed Stacking**
- **Yoga**

Grades 6-8

Cycle 1

Unit 1 Movement Skills and Concepts

- **Rules and Expectations**
- **Soccer**
- **Flag Football**

Cycle 2

Unit 1 Movement Skills and Concepts

- **Floor Hockey**

Unit 2 Physical Fitness

- **Fitnessgram**
- **Fitness Unit**

Unit 3 Lifelong Fitness

Individual/Dual Activities (Unit 3 Lifelong Fitness)

- **Jump Rope**
- **Speed Stacking**
- **Yoga**

Grades 9-12

Cycle 1

(Unit 1,2 and 3 Movement Skills and Concepts, Physical Fitness and Lifelong Fitness)

- **Fitness Gram**
- **Soccer**
- **Flag Football**
- **Softball**
- **Ultimate Frisbee**
- **Weight Room**

Cycle 2

(Unit 1,2 and 3 Movement Skills and Concepts, Physical Fitness and Lifelong Fitness)

- **Basketball**
- **Volleyball**
- **Handball**
- **Floor Hockey**
- **Badminton / PickleBall / Tennis**
- **Bowling**
- **Yoga**
- **Fitness Gram**
- **Weight Room**